

EYE EXAMS AND **SCREENING GUIDELINES**

Info:

- Regular eye exams are essential for maintaining healthy vision and detecting potential eye problems early.
- The recommended frequency varies based on age and individual circumstances.
- Children's eyes undergo rapid growth from birth to teenage years, so follow guidelines for proper eye development.
- Adults should have a complete eye exam once in their 20s, two in their 30s, and discuss the appropriate exam frequency with their ophthalmologist.
- At age 40, the American Academy of Ophthalmology recommends a comprehensive eye exam for early signs of disease or vision changes.
- Seniors should get their eyes checked annually or every two years to look for age-related eye conditions.
- Comprehensive eye exams typically take 45 to 90 minutes and include medical history, visual acuity, pupil response, eye movement and alignment, refraction, intraocular pressure, dilated eye exam, visual field test, color vision test, and additional tests.
- Early detection and timely treatment can preserve vision for a lifetime.