
Did You Know...

Age-Related Macular Degeneration

Affects the part of the retina responsible for sharp, central vision. Risk factors include: age, race and smoking.

Diabetic Retinopathy

Commonly caused by diabetes. It involves abnormal growth of retinal blood vessels that may leak, break down or become blocked.

Cataracts

The clouding of the eye's naturally clear lens. Risk factors include: exposure to UV rays, age, diet, smoking and alcohol consumption.

Glaucoma

Involves optical nerve damage that causes the permanent loss of peripheral vision. Risk factors include: age, race, diabetes, eye injury and certain medications.

*The material in this pamphlet is for informational purposes only.
Please consult your physician for professional assistance.*

For more information please contact:



www.preventblindness.org/Florida

Information line (800) 331-2020

State office (800) 817-3595

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Adult Vision Resource Guide

Vision USA Program

American Optometric Association

www.aoa.org

(800) 766-4466 (application by phone)

Program provides free vision care to working, uninsured, low-income adults and their families.

Eye Care America

American Academy of Ophthalmology

www.eyecareamerica.org

(800) 391-EYES (application by phone)

Program provides multiple eye care programs at no cost for which individuals may qualify.

New Eyes for the Needy

www.neweyesfortheneedy.org

(973) 376-4903

Program provides free glasses to individuals based on their financial need.

Lions Club International

www.lionsclubs.org

(800) 982-0356

Program may provide glasses based on individual's financial need.

Adult Vision Care Resources

Florida Medicare

www.floridamedicare.com

(800) MEDICARE

Program generally does not cover eye care unless medically necessary.

Florida Medicaid

www.floridamedicaid.com

(888) 419-3456

Program generally covers routine eye exams and glasses for adults and children.

Florida Division of Blind Services

www.dbs.myflorida.com

(800) 500-6412

Programs include services for blind and visually impaired persons of all ages.

Professional Eye Care

Florida Optometric Association

www.floridaeyes.org

(800) 399-2334

Provides vision care resources and an association database to search for an optometrist.

Florida Society of Ophthalmology

www.mdeye.org

(904) 998-0819

Provides vision care resources and a database to search for a society member ophthalmologist.



Protect Your Sight...

- **Eat healthy**-eat a healthy diet as recommended by your doctor. Research has shown that certain vitamins and minerals such as lutein and vitamins A and C may help prevent vision loss due to AMD and cataracts.
- **Exercise regularly**-you will not only feel better and have more energy, but physical activity can also help to reduce the risk of Type II Diabetes.
- **Avoid smoking**-cigarette smoking can increase the chances of developing AMD and other eye diseases.
- **Have a Regular Exam**-having a regular eye exam by an eye care professional can help to detect any vision changes or eye diseases.
- **Wear Sunglasses**-they help protect your eyes from the sun's damaging UV rays. Long-term exposure to UV rays can lead to cataracts, AMD or skin cancer around the eyes.

