

KEEP YOUR EYES HEALTHY!



Some key facts from the local Vision Strategy team



Did you know that there are nearly 2,000,000 people living in the UK with sight loss which has a significant impact on their lives?

Over 50% of sight loss in older people could be prevented or treated – the solution could be as simple as getting a pair of prescription spectacles.



- We should all make sure we get our eyes tested regularly; most people need to go for a test every two years.
- People with diabetes or a family history of eye disease may need testing more frequently.

The good news is that eye tests are free if you are:

- Under 16 or under 19 if you are in full time education
- Over 60
- Have a family history or are suffering from glaucoma
- Diabetic
- Registered blind or partially sighted
- In receipt of certain State benefits

You can find out more at www.nhs.uk or phone the NHS health cost advice line on 0845 850 1166.

Your eye health is precious - make sure you visit your local optician and book your sight test today!