



## Ten Signs You Might Need Glasses

### Are you among the millions of Americans with an uncorrected vision problem?

It's estimated that about half of all Americans wear corrective lenses. But there are millions more who could use a pair.<sup>1</sup> Many people have lived with poor vision for such a long time, they simply don't realize they would benefit from or see better with vision correction. Others might be aware they have a vision problem but put off going to the eye doctor until it's a struggle to perform everyday functions. The fact is that as soon as you notice your eyesight is changing, it's time to see your eye doctor.

Wondering if it's time to get a pair of glasses? Dr. John Lahr, divisional vice president, EyeMed Provider Relations, and medical director, offers the following 10 symptoms that you might need an eye exam.

1. Blurred close-up vision, indicating farsightedness (hyperopia)
2. Poor distance vision, or nearsightedness (myopia)
3. Difficulty seeing objects both close up and at a distance (astigmatism)
4. Difficulty seeing at night

5. Increased difficulty adjusting from dark to light surroundings
6. Difficulty in reading or working at a computer
7. Eyestrain or eye fatigue
8. Frequent headaches
9. Double vision
10. Seeing halos around light

If you have one or more of these symptoms, it doesn't always mean you have a problem. However, it's important to have your eyes checked by a qualified eye professional to understand the cause behind these changes.

"The way to accurately diagnose a vision problem is to see an eye care professional," Lahr says.

Yearly eye exams are the best way to ensure any possible vision problem is detected and treated early. In the meantime, be on the lookout for any signs your eyes may be giving you.

<sup>1</sup> Based on consumer study data by AC Nielsen and verified by Vision Watch data, 2008.

To learn more and to find an eye doctor in your area, visit: [www.eyesiteonwellness.com](http://www.eyesiteonwellness.com)

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