

# ABOUT EYE EXAMINATIONS

- It's important to schedule a regular eye examination at least once a year.
- If you have glaucoma, macular degeneration, diabetic retinopathy, or a family history of eye diseases or disorders, regular monitoring and more frequent visits may be required.
- Discuss your health care situation with your physician *and* your eye doctor and make sure you follow his or her advice about ongoing appointments, medications, and/or treatments.
- Bring a friend along who can be your "memory jogger" and remind you about questions you want to ask. Your friend can also take notes about information that the doctor gives you.
- When you make your appointment, ask the doctor if you can bring a tape or digital recorder to help you remember information that he or she shares with you.

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at [VisionAWARE.org](http://VisionAWARE.org), a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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*Don't let vision loss  
keep you in the dark.*

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