

Eye exams can predict  
**ALZHEIMER'S**  
15 to 20 years before  
clinical diagnosis.

Diabetes is the  
leading cause of  
**BLINDNESS**  
among adults  
aged 20-74 years\*

**28.5%**  
of people with diabetes  
aged 40yrs or older have  
**DIABETIC  
RETINOPATHY**

## THE EYE-BODY CONNECTION

Your eyes are connected to the other parts of your body in many ways. Because of this, a vision plan could have a bigger impact on your health than you might think. Using routine eye exams it's possible for your doctor to discover a number of chronic health conditions – often years before the symptoms start. Hundreds of systemic diseases and conditions can be detected in a comprehensive eye exam. These diseases include (but are not limited to):

- Alzheimer's
- Cancer
- Diabetes
- High cholesterol
- Chron's disease
- Rheumatoid arthritis
- Multiple sclerosis
- Macular degeneration
- Cataracts

There are several benefits to using eye exams over traditional diagnosing methods. Previously, doctors detected Alzheimer's through spinal taps or PET scans, which were far more costly and invasive. Now, this condition can be detected through eye exams, which makes testing widely available and can increase early discovery and treatment of Alzheimer's.

Early detection is a key factor for treating any chronic health issue. Diseases like diabetes or glaucoma can lead to irreversible blindness if not diagnosed early enough, yet the damage begins long before any symptoms are exhibited. In cases such as these, eye exams could be crucial for maintaining good health.

**Contact us today to find out more or to sign up for your  
GVS vision plan: 844.355.5071**

### SERIOUS REASONS TO SEE AN EYE DOCTOR

You have blurry vision occasionally and eyeglasses do not help.	You've been diagnosed as a person with non-insulin dependent diabetes and your blood sugar level often fluctuates in and out of control.	Your family members diagnosed with diabetes now suffer from diabetic retinopathy, cataracts, or glaucoma.	Your eye exam can predict the onset of Alzheimer's 15 to 20 years before clinical diagnosis.
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\*Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.