How often should I get my eyes checked?

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The frequency of eye examinations depends on two factors. The first is how well you are seeing, and the second is your age. If you aren't having any trouble seeing and your eyes feel fine, the American Academy of Ophthalmology recommends that you get a baseline eye examination at age 40.

However, if you have diabetes or high blood pressure, it's recommended that you see an eye specialist to be sure these conditions aren't causing eye problems. Also, if eye diseases run in your family, you should ask your doctor if you need to get your eyes checked.

If you are 65 years or older, it's recommended that you get your eyes examined every year or two. Cataracts, glaucoma, and macular degeneration tend to be age-related. Early diagnosis and treatment can help prevent loss of vision.

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