


# Wellness Exam

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## FREQUENTLY ASKED QUESTIONS

The Wellness Exam is a quick and non-invasive scan of your eye that lets your doctor see the layers of your retina to aid in the diagnosis of sight-threatening eye disease.

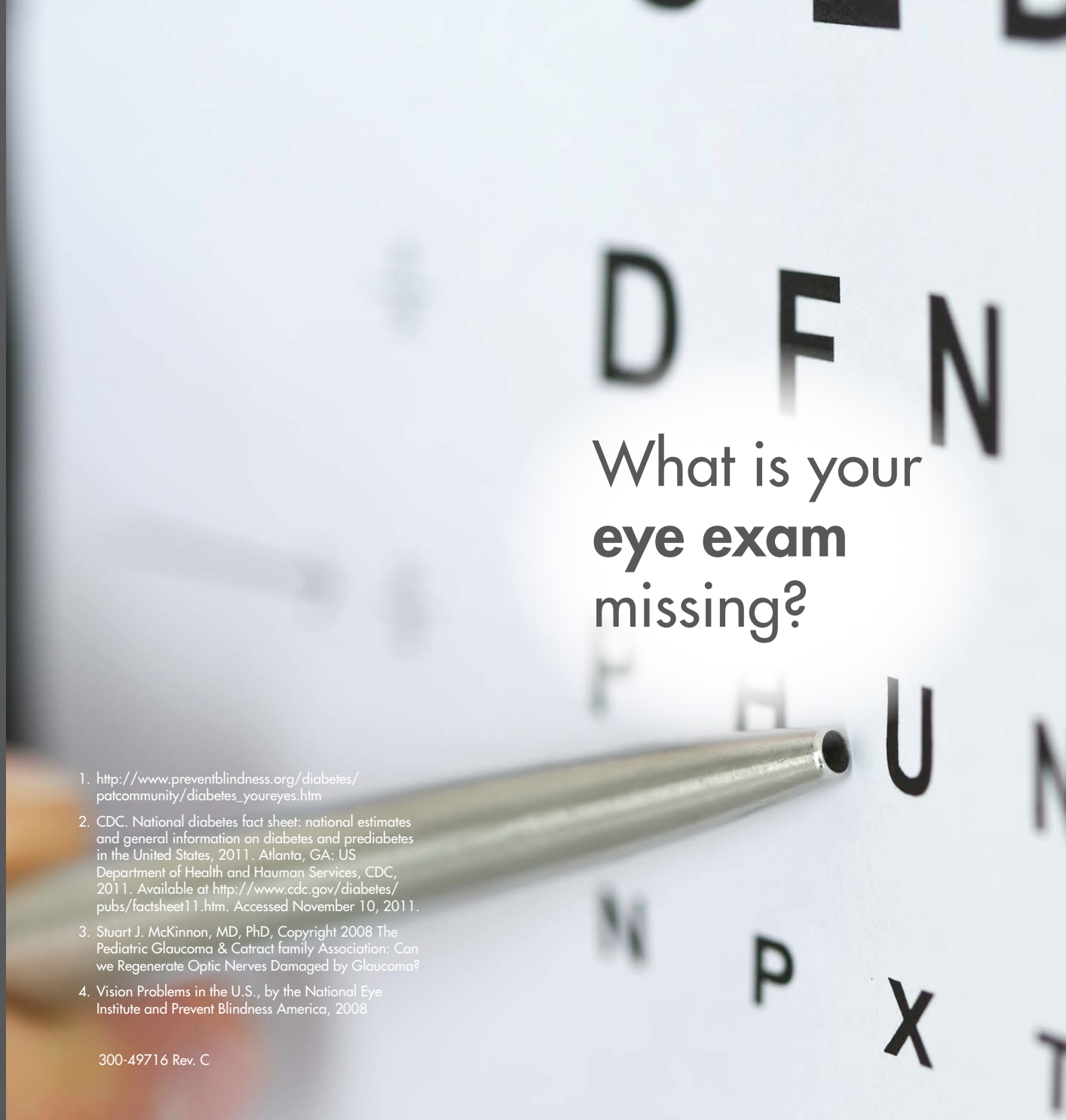
### Q. Why should I have a Wellness Exam?

This state-of-the-art technology can help detect changes in the retina that may be associated with various eye diseases.

### Q. Does a Wellness Exam hurt?

No, the Wellness Exam is non-invasive and doesn't use a bright flash light. The scan is quick and takes just a couple of seconds to complete.

Ask us about a **Wellness Exam** today!



What is your  
**eye exam**  
missing?

1. [http://www.preventblindness.org/diabetes/patcommunity/diabetes\\_youreyes.htm](http://www.preventblindness.org/diabetes/patcommunity/diabetes_youreyes.htm)
2. CDC. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: US Department of Health and Human Services, CDC, 2011. Available at <http://www.cdc.gov/diabetes/pubs/factsheet11.htm>. Accessed November 10, 2011.
3. Stuart J. McKinnon, MD, PhD, Copyright 2008 The Pediatric Glaucoma & Cataract family Association: Can we Regenerate Optic Nerves Damaged by Glaucoma?
4. Vision Problems in the U.S., by the National Eye Institute and Prevent Blindness America, 2008

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## DID YOU KNOW?

- Sight-threatening eye diseases often have no outward signs or symptoms in the early stages.
- State-of-the-art technology can help your doctor see early signs of these diseases.
- A proactive approach to eye health may reduce your risk of vision loss.

The Wellness Exam is **state-of-the-art technology** that lets your doctor see beneath the surface of your retina, where signs of disease first appear. Traditional eye exams and retinal photography do not provide this level of detail.

## Regular Wellness Exams Can Help Your Doctor Detect Common Eye Diseases

- **Diabetic Retinopathy**
- **Glaucoma**
- **Macular Degeneration**



**Normal Vision**

## Diabetic Retinopathy

is damage to the blood vessels in the retina caused by complications of diabetes.<sup>1</sup> A recent CDC study reported that diabetic retinopathy affects approximately 1/3 of the diabetic population. The eye disease, if not detected and treated, can severely affect vision.<sup>2</sup>



## Glaucoma

is a disease in which the nerve fibers suffer damage,<sup>3</sup> permanently impacting vision in the affected eye(s) and progressing to blindness if untreated. It usually develops without obvious symptoms and is called the "sneak thief of sight." There are 2.29 million American adults with glaucoma, yet 2 million more are estimated to have the disease and do not know it.<sup>4</sup>



## Macular Degeneration

is an eye disorder that damages the center of the retina (macula), making it difficult to see fine details. It is caused by damage to the area around blood vessels that supply the macula and is a leading cause of vision loss for Americans age 55 and older.<sup>4</sup>

