

EYE EXAMS

IT'S MORE THAN
VISION CORRECTION



ACUVUE®



EYE HEALTH
ADVISOR®

YOUR EYES ARE A WINDOW

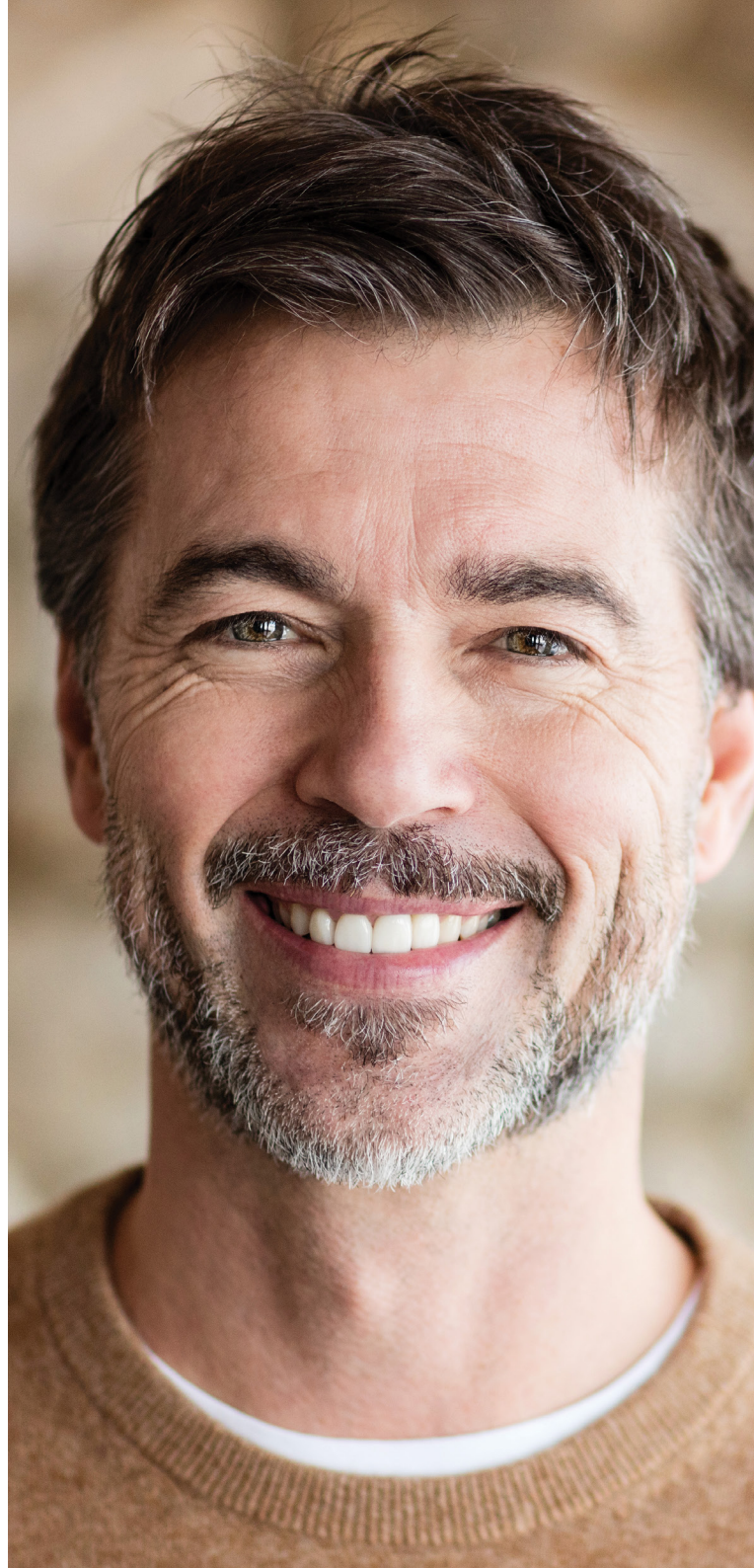
TO YOUR HEALTH

Your eyes reveal more about your health than just good or poor vision. They are a window through which your Eye Care Professional may assess your overall health and discover in advance changes linked to some systemic diseases.

No other organ in your body can so easily reveal the condition of your arteries and veins as your eyes. Your Eye Care Professional can directly observe your blood vessels at the back of your eye. Your eyes can be the key for early diagnosis of many metabolic diseases such as high blood pressure or diabetes. These diseases may also affect your eyes, i.e. your vision.

This is why regular **eye examinations are so important.** Even if you see well and you don't experience any other problems with your eyes, regular routine eye exams are recommended.

Your eyes are telling a story that your Eye Care Professional can read.



SYSTEMIC DISEASE

THE CLUES GIVEN BY THE EYES

Headaches

A headache is not always due to external factors, and the causes of headaches can be wide ranging.

It can be associated with uncorrected refractive error (the need for vision correction that is not recognised- the patient is not using any kind of correction).¹ It could be the sign of uncorrected astigmatism perhaps when wearing spherical instead toric contact lenses.

In rare cases, **a headache could also be a sign of glaucoma** (high pressure in the eye). Your Eye Care Professional will perform your eye examination if you have a contributing headache and will look for the clues in your eyes. Some causes of headaches can be serious and may require immediate treatment.

Hypertension (high blood pressure)

One of the very first signs which can indicate high blood pressure is irregularity and narrowing of the blood vessels.

Your Eye Care Professional has an opportunity to view the blood vessels at the back of the eye during an eye examination. That's why

an eye exam by your Eye Care Professional goes beyond the examination of your vision problems. It is also a check for the health of your arteries and veins. **Early detection of high blood pressure is important.**

If you suffer from high blood pressure, you need to be sure that your treatment is covering all your blood pressure peaks throughout the day.

Stroke

The retina provides important information and allows the Eye Care Professional to tell you whether you should be carefully monitoring your health status with regard to your risk of a stroke.

Clots which can be seen occasionally in retinal vessels can be predictor of a possible stroke.



Diabetes

If you often feel hot and thirsty, your vision fluctuates from day to day and you lose or gain weight, you might be suffering from diabetes.

An examination of the back of your eye may tell your Eye Care Professional the full story.

Diabetes can affect small blood vessels at first, including those seen at the back of the eye. These changes can be detected by the Eye Care Professional during an eye exam, sometimes even before any other symptoms are apparent.

Early detection of diabetes is important for the long-term management of this condition.

High Cholesterol

During an eye exam, your Eye Care Professional may also detect signs of high cholesterol levels in your blood. Lipids can adhere to the wall of the vessels in your retina and change their structure, which can be visible during an examination of the blood vessels at the back of your eye.

The sclerosis² and occlusion of the blood vessels caused by the lipid deposits may cause high blood pressure, heart disease, and even a stroke. Early detection and management of high cholesterol levels will help to protect you from these diseases, improve your quality of life and possibly extend your life expectancy.



COMMON EYE DISORDERS

Glaucoma

Glaucoma can cause high levels of pressure inside the eye due to the failure of the eye's ability to regulate its own internal pressure. This pressure change can damage the optic nerve. If left unchecked, glaucoma can affect the peripheral and subsequently, the central vision.

The dangerous part is that in the early stages it is mostly asymptomatic and you don't feel the high pressure. Your eye is constantly under pressure but with glaucoma, the pressure increases slowly without you noticing.

Untreated glaucoma can lead to irreversible blindness. This is why early detection is so crucial to prevent loss of sight. Your Eye Care Professional can detect these early changes during regular eye exams.

The treatment of glaucoma ranges from the simple use of eye drops to laser treatment and surgical interventions in some cases. A damaged nerve cannot be restored, but healthy nerves can be protected. Regular routine check-ups with your Eye Care Professional can help to prevent glaucoma and are usually painless.

Cataract

With cataracts, the crystalline lens inside the eye becomes cloudy. This is more common in older people (60+). The signs of cataract development are blurry vision, increased glare, and strain in night driving.

For management of cataracts, the natural lens of the eye needs to be removed and replaced by an artificial lens. This operation is the most commonly performed ocular surgery worldwide. After surgery, vision can be as clear as previously either with spectacles, or sometimes even without the need for vision correction. It is important to know that **UV exposure is a risk factor in the development of a cataract. That's why UV protection with glasses and contact lenses* is very important.**^{3,4} Diet, smoking and diabetes are other risk factors for cataract.

Macular Degeneration

Please see your Eye Care Professional for an eye exam if you are suffering from macular degeneration.

Regular eye exams can help to preserve the health of your eyes for life.



REGULAR EYE EXAMS ARE IMPORTANT

You need to take care of your eyes, as well as your overall health. Perform your own eye exam frequently by asking yourself:

- **Do my eyes feel healthy?**
- **Do my eyes look healthy?**
- **Can I see clearly?**

If the answer to any of these questions is 'No', you should visit an Eye Care Professional for an eye examination. These routine eye exams are usually painless and non-invasive but can help you prevent many health problems you may be facing in your life.



SHARE THE KNOWLEDGE

If you have learned something
by reading this leaflet, there's a good
chance that a family member or a friend
could also benefit, so spread the word
to the people you care about,
it's worth it!

ACUVUE®

References:

1. Arsen Akinci, MD,^a Alev Guven, MD,^b Aydan Degerliyurt, MD,^b Esin Kibar, MD,^c Murad Mutlu, MD,^d Mehmet Citirik, MD^e. The correlation between headache and refractive errors. *Journal of AAPOS* 2008. Vol. 12, N.3. P. 290-293
2. Sclerosis: pathological hardening or thickening of a tissue.
3. Kwok LS, Kuznetsov VA, Ho A, Coroneo MT. Prevention of the adverse photic effects of peripheral light-focusing using UV-blocking contact lenses. *Invest Ophthalmol VisSci* 2003; 44(4): 1501-1507.
4. Walsh K. UV radiation and the eye. *Optician* 2009; 237(6204): 26-33.

* All ACUVUE® contact lenses have UV-blocking to help provide protection against transmission of harmful UV radiation to the cornea and into the eye. UV-absorbing contact lenses are NOT substitutes for protective UV absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed by your Eye Care Professional.

ACUVUE® Contact Lenses can be used for vision correction. An Eye Care Professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and instructions on proper lens care. Do not wear contact lenses if you have an eye infection or experience other eye problems or if you are allergic to any ingredient. For more information, including warnings and precautions, read the Instructions for Use available on the ACUVUE® website acuvue.com/en-me/terms-of-use/. If you experience eye discomfort or if any condition occurs, remove the lens and contact your Eye Care Professional immediately.

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For more information on proper wear, care and safety, talk to your Eye Care Professional and read the Instructions for Use available on the ACUVUE® website www.acuvue.com/en-me

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ACUVUE® contact lenses are available for short-sighted, long-sighted, astigmatism and presbyopia (multifocal) vision needs.

Find out more at
www.acuvue.com/en-me

