

# See your best



## Get Regular Eye Exams

Even if you aren't having trouble with your vision, it's important to get regular, comprehensive eye exams. Your eyecare professional can uncover problems before symptoms occur – and can even provide early detection of serious health problems, such as diabetes, high blood pressure and certain cancers.

## Ask About Lens Options

You only have one pair of eyes – so be sure to protect them from harmful UV rays. While most Canadians know extended sun exposure can cause skin cancer, only six percent know it can damage the eyes.\* Ask your eyecare professional about lens options that can enhance your vision and keep your eyes healthy for a lifetime.

- Anti-reflective coatings reduce annoying reflections that can make it difficult for you to see clearly and comfortably.
- Adaptive, photochromic Transitions® lenses reduce glare and block 100 percent of UVA and UVB rays. They are clear indoors and at night, and darken and adapt to changing lighting conditions outdoors – helping you see your best, all day, every day.
- Impact-resistant lens materials – like polycarbonate and Trivex® – can help protect you from sports-related eye injuries.

## Recognize the Signs

Trouble seeing, headaches, eyestrain, fatigue, watery/uncomfortable eyes and excessive blinking may be signs that you need vision correction.

\*Transitions Optical, Inc. Synovate Survey, August 2010



## TALK TO YOUR EYECARE PROFESSIONALS

Many of the things you do every day can affect your vision.

### Talk about:

- Your lifestyle – including sports or other activities.
- Overall health issues or family history.
- Medications you are taking, including for illness, high blood pressure, pain, asthma, allergies or depression – or if you are taking birth control, vitamins or herbs (such as ma huang), teas and tonics.

## Ask About Bilingual and In-Language Resources

Tell your eyecare professional if you or any of your family members feel more comfortable speaking in another language. Ask about available bilingual and in-language resources, including a Mandarin version of this brochure.

For more information about Transitions® lenses – the #1-recommended photochromic lenses worldwide – visit [www.Transitions.com](http://www.Transitions.com).

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# Asian eyes

WHAT TO EXPECT

OVER 4 MILLION CANADIAN ADULTS have one of the leading blinding eye diseases.\*

ASIAN CANADIANS ARE AT HIGHER RISK for many eye- and overall- health issues that can impact vision.

MORE THAN 45% OF ASIAN CANADIANS INCORRECTLY BELIEVE THEY ONLY NEED AN EYE EXAM when experiencing a vision problem.\*\*

FIND OUT HOW TO PROTECT YOUR VISION FOR THE FUTURE

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CULTURAL CONNECTIONS™

\* Report for the National Coalition for Vision Health, 2007

\*\* Transitions Optical, Inc., Synovate Survey, August 2010

# WHAT'S HAPPENING TO THE EYE?

## Early In Life

Childhood is a crucial time in the development of the eyes. Vision problems, such as trouble seeing far away, can cause difficulty reading, decreased performance in school, frustration, redness or tearing of the eyes and headaches.

Children are also outside more than adults – getting three times the sun exposure – and are more vulnerable to UV damage. Eyewear to correct and protect vision is important for kids of all ages, whether they're inside working on a computer or outside playing sports.

## Mid Life

As you get older, your risk for vision problems increases. Presbyopia is one problem that usually affects everyone by the age of 40. It can make it difficult to focus on close objects. There are options for treating presbyopia, including bifocals, trifocals and progressive lenses ("no-line" bifocals).

## Later In Life

People over the age of 60 have a higher risk for serious, sight-threatening eye conditions – like cataracts, glaucoma and macular degeneration. Loss or deterioration of eyesight can impact your safety and independence. Vision problems can make daily activities (like driving) difficult, and leisure time less enjoyable.

# FOCUS ON ASIAN CANADIANS: EYE AND OVERALL HEALTH ISSUES

Asian Canadians are at higher risk for certain eye- and overall- health issues, which can impact vision.

## Eye Conditions

**Cataract** - Prevalence of age-related cataract is higher in Asians than in Caucasians.

**Age-Related Macular Degeneration (AMD)** - AMD is twice as common in Chinese Canadians as in the overall population, and is a leading cause of severe vision loss for people over the age of 50.

**Glaucoma** - Asian Canadians are more likely to develop angle-closure glaucoma, a rapid pressure increase in the eye which, if untreated, can lead to blindness.

**Myopia** - Nearsightedness, or trouble seeing far away, affects up to 90 percent of Asian Canadians.

## Overall Health Issues

**Diabetes** - Diabetes can lead to eye problems like diabetic retinopathy. Asian Canadians are at higher risk for both diabetes and diabetic retinopathy, and Chinese Canadians have twice the rate of diabetic retinopathy as Caucasians.

**Hypertension** - South Asians are 3 times more likely to develop high blood pressure, and are more likely to get it younger. It can lead to blurry vision and blindness.

**Tuberculosis** - Prevalence of TB among Asian Canadians is significantly higher than the general population. It can lead to numerous complications in the eye.

Most people know that eyecare professionals can help correct vision and diagnose eye diseases. But **did you know** certain health problems – like diabetes – are visible in the eye, even before symptoms occur? This means the eye doctor is often the first health professional to detect serious health problems.



# PROTECT YOUR FAMILY'S VISION

Healthy vision begins with a regular, comprehensive eye exam. Unfortunately, more than 2 out of 5 Asian Canadians do not believe they need an eye exam unless they are having a problem. Talk to your eyecare professional to schedule a comprehensive exam for yourself – and all members of your family.

## Focus On Yourself

It is easy to become busy with work or life responsibilities. But don't forget to make time for an eye appointment. Even if you aren't experiencing vision problems today, your eye doctor can help prevent future problems and recommend the best eyewear to meet your everyday needs.

## Focus On Your Kids

Vision screenings identify only 5 percent of vision problems – and a routine pediatrician visit does not replace a comprehensive eye exam. An eye exam is particularly important for Asian Canadian kids, as myopia affects Asian populations at a younger age. Chinese-Canadian children at the age of 6, for example, have a prevalence rate of 22.4 percent, compared to a rate of 6.4 percent for non-Chinese-Canadian children. Schedule regular eye exams for your kids – especially before school.

## Focus On Older Relatives

Your older family members are at higher risk for developing eye diseases and problems. Make sure they are receiving regular, comprehensive eye exams to detect potential problems and prevent vision loss before it's too late.

