

If you think an eye exam is just about checking whether you need new glasses, it's time for a new perspective.

If you think an eye exam is just about checking whether you need new glasses, it's time for a new perspective. That routine check-up is actually one of the most powerful and non-invasive tools available for safeguarding your overall health. Think of it as an early warning system you can't afford to skip.

A startling **75% of vision loss is preventable or treatable**, yet many older Canadians are skipping the one appointment that could save not only their sight but also detect life-threatening diseases. According to the Canadian Association of Optometrists (CAO), a routine eye exam is more than a prescription check; it's a vital health screening that can reveal the first signs of diabetes, hypertension, and even heart disease.

The issue is alarmingly common. A recent survey revealed that **41% of Canadian seniors are not up-to-date with their annual eye exams**. This delay in care contributes to a significant national health crisis, as **5.5 million Canadians live with a vision-threatening eye condition**, according to the CAO.

An eye exam is the only non-invasive way a doctor can get a clear view of your blood vessels, nerves, and arteries in their natural state. This unique vantage point allows an optometrist to spot the tell-tale signs of systemic health problems that often develop silently, without any other obvious symptoms.

The eye is a small organ, but it can tell us a huge story about what's happening in the rest of the body," says Dr. S. Dhami, Optometrist at King & Queen Opticians. "We can see the early impacts of conditions that a person might not know they have for years."

Conditions like high blood pressure can cause distinct kinks in the tiny arteries at the back of the eye, while high cholesterol can sometimes be seen as small deposits in those same vessels. Catching these signs can lead to an earlier diagnosis and management, significantly reducing the risk of heart attack or stroke.

We at King & Queen Opticians want to remind our community that a comprehensive eye exam is much more than a vision test?it's a critical look into your overall wellness. So, Scan the QR code or call us to book your eye exam and remember you have one pair of eyes let us take care of them!