[Importance of getting eyes tested](#)

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It's National Eye Health Week (24 to 30 September). Everyone is being reminded of the importance of good eye health and of having their eyes tested every two years. Looking after your eyes is just as important as looking after the rest of your body.

Preventing damage and sight loss

More than 50 per cent of sight loss is preventable, so getting your eyes tested can help prevent, or limit, the damage caused by certain eye conditions.

Regular eye examinations are important because:

- having your vision corrected can improve the quality of day-to-day life
- they will help detect certain eye conditions such as cataracts, glaucoma and age-related macular degeneration, which could lead to sight loss
- poor vision could be a risk factor for falls.

An optometrist may also be able to spot the signs of some broader health conditions with symptoms that affect the eyes, such as diabetes and [high blood pressure](#).

Eye examinations for children are vital to make sure that any visual problems such as squint, lazy eye (amblyopia) or short-sightedness (myopia) are detected and treated early.

Keeping eyes healthy

Other important steps people can take to help keep their eyes healthy include:

- [stopping smoking](#)
- protecting eyes in bright sunlight or glare
- [eating well](#) and taking regular exercise
- wearing safety goggles to protect eyes while doing DIY and/ or sporting activities
- wearing goggles when necessary in the workplace
- taking regular breaks if working at a computer screen

If you do notice a change to your sight, never dismiss it as 'just part of getting older' – visit your local optometrist immediately.

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