

## Healthy InSights

Our Members. Our Mission.

Spring 2009

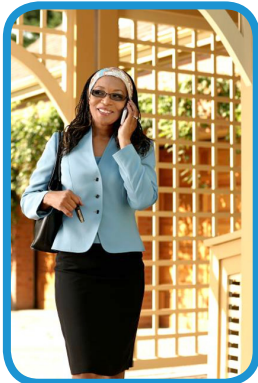


### Women's Eye Health

Many women realize the importance of annual health screenings, but it is equally important that they remember to include comprehensive eye care in their healthcare routine. That's because women are more likely than men to develop certain vision problems and sight-stealing eye diseases, such as cataracts, glaucoma, and macular degeneration.

Women are also at a higher risk for systemic diseases—such as diabetes and several autoimmune diseases—which can take a heavy toll on healthy sight. Even pregnancy can affect vision by altering lens prescription needs and causing light sensitivity.

In addition, women take more prescription and non-prescription medications than men. Medications for anxiety and depression, oral steroids for asthma, and birth control pills can cause visual side effects. These side effects may include blurred vision and light sensitivity, and can sometimes increase the risk for certain eye diseases.



### Importance of Vision Care, Vision Wear

Routine comprehensive eye exams can be a preventive tool for your overall health, and can also help detect eye diseases and disorders in their early stages. Eye doctors can not only check your visual acuity, but know to look for the warning signs of such issues as Computer Vision Syndrome, diabetes, hypertension, and even certain cancers. They can also educate you on the impact of factors such as medications and nutrition.

Appropriate eyewear is also important to help you see comfortably and protect your healthy sight for the future. For instance, Transitions® lenses, which turn from clear indoors to sunglass dark outdoors, minimize glare and protect your eyes from 100 percent of damaging ultraviolet (UV) rays that can lead to various eye diseases. By adjusting to changing light, they can help you see better by improving contrast and countering light sensitivity caused by diabetes and many medications. Superior Vision is proud to support Transitions lenses, the #1 doctor-recommended photochromic lenses worldwide.

### Did You Know

7 in 10 blind people in the United States are women.

*Women's Eye Health Task Force*

Women are twice as likely as men to develop age-related macular degeneration.

*Women's Eye Health Task Force*

Women undergo 60-70% of cataract operations.

*World Health Organization*

Dry eye syndrome is 2 to 3 times more prevalent in women.

*Schepens Eye Research Institute*

Women are 9 times more likely to develop Sjögren's disease, in which immune system cells attack and destroy the glands that produce moisture, such as in the eyes and mouth.

*National Women's Health Resource Center*

### Your Superior Vision Plan

Don't forget that your Superior Vision plan covers an annual eye exam, a wide selection of frames, a contact lens fitting exam, and the most advanced eyewear enhancement options for optimal vision and protection. Make sure to take advantage of the 20% discount on such value-adds as photochromic lenses, progressive lenses, polycarbonate lens upgrades, and anti-reflective and scratch coatings. Always verify that your eye doctor is a discount provider.



Superior Vision®  
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