**Check Yearly, See Clearly**

Our eyes are one of our most precious organs, but we often go years or even decades without getting a basic eye exam. Some are only driven to seek vision care as they grow older and can no longer read small print or have trouble driving at night. While vision-related issues can sometimes be remedied with inexpensive drugstore readers getting a proper eye exam remains crucial. In fact, a **standard half-hour eye exam can save your life.**

According to *Verywell Health*, over **170 medical conditions such as high cholesterol, high blood pressure, glaucoma, diabetes, brain tumors, and even cancer can be detected via vision exams**. The main purpose of an annual exam, however, is to maximize your ability to see near, mid-level, and at distance. These issues can be corrected by glasses, readers, and contact lenses or sunglasses with UV protection. Using the wrong or outdated prescription, however, can lead to headaches, eye fatigue, and general tiredness, as your eyes are working hard to compensate for uncorrected error or changes in your vision needs.

Updating your glasses or contact prescription on a regular basis is more important now than ever before. The digital age of using phones, tablets, and computers has also dramatically changed what we require of our eyes. **By 2050 50% of the world’s population is predicted to be Myopic** (near-sighted),according to the World Health Organization**.** Many link this to several changes including increased hours on digital devices and a lack of spending time outside in natural sunlight.

Regardless of your situation a regular eye exam should be part of your standard health care every year. We can help update your prescription or provide you with a healthy eye exam.

Our partners at ***Sight & Sound-Vision care for the music industry*** are providing certificates for free eye exams and a free basic pair of glasses. Upgrades are available at minimal costs for contact lenses, and more complicated prescriptions. If you are in need of these services, please contact us directly at \_\_\_\_\_\_\_\_\_\_

Wishing you the best of health,

Mark Lindsey & Amy Lindsey

Sight & Sound Founders

[www.sightandsoundcare](http://www.sightandsoundcare). org