

Recommended Guidelines for Eye Exams

Before age 5:	Toddlers should be screened for common childhood problems such as crossed eye, lazy eye, nearsightedness and farsightedness.
Puberty to age 39:	Should be checked if you experience any eye problems or visual changes such as pain, floaters, flashes of light, blurry vision, or eye injury.
Ages 40 to 65:	Should be examined every two to four years.
Everyone over 65:	Should be examined every one to two years.

People at higher risk for eye diseases need to be examined more often. For example, adults with diabetes should have yearly eye exams. Other people at higher risk include blacks over age 40, people with a family history of eye disease, or those with a history of eye injury.

Source: American Academy of Ophthalmology