

# Test Your “Eye Q”

How much do you know about eye health? See if you can select the false statements below.

1. There is no way to prevent visual impairment or blindness.
2. Eating green, leafy vegetables such as spinach and kale can reduce your risk of age-related macular degeneration, which brings the loss of central vision.
3. Half of those with the eye disease glaucoma are not diagnosed.
4. Wearing the correct eye protection can prevent or lessen the severity of 20 percent of eye injuries.
5. Every day about 50 workers in the United States have an eye injury at work that requires medical treatment.
6. There are about 61 million adults in the United States who are at high risk for vision loss, and 95 percent of them have visited an eye doctor in the past year.
7. Early warning signs of glaucoma and diabetic retinopathy include eye dryness and trouble blinking.
8. A person with diabetes should have an eye exam annually, but only about 2/3 of those with diabetes follow this advice.
9. There's no treatment for diabetic retinopathy; a person with this disease always loses his or her sight.
10. Maintaining a healthy weight can help keep your eyes in good shape.
11. It's important to wear sunglasses because the heat from the sun damages the eye's cornea.
12. The best sunglasses block 50 percent of ultraviolet rays.
13. Smoking is bad for the eyes.
14. Eye diseases are not hereditary.



# “Eye Q” Answer Key



1. There is no way to prevent visual impairment or blindness.  
**False.** It's estimated that early diagnosis and timely treatment can prevent half of visual impairment and blindness.
2. Eating green, leafy vegetables such as spinach and kale can reduce your risk of age-related macular degeneration, which brings the loss of central vision.  
**True.** Other foods that support eye health include fish that are high in omega-3 fatty acids, such as salmon and tuna.
3. Half of those with the eye disease glaucoma are not diagnosed.  
**True.** It is important to have an eye exam, because vision loss caused by glaucoma can be stopped when the disease is detected and treated early.
4. The right eye protection can prevent or lessen the severity of 20 percent of eye injuries.  
**False.** The Centers for Disease Control and Prevention (CDC) notes that the right eye protection can prevent or lessen the severity of 90 percent of eye injuries, according to safety experts and eye doctors.
5. Every day about 50 workers in the United States have an eye injury at work that requires medical treatment.  
**False.** According to the National Institute for Occupational Safety and Health (NIOSH), every day about 2,000 workers in the United States have a job-related eye injury that requires medical treatment.
6. There are about 61 million adults in the United States who are at high risk for vision loss, and 95 percent of them have visited an eye doctor in the past year.  
**False.** It's true that 61 million adults are at high risk for vision loss, but only about half have visited an eye doctor in the past 12 months, according to the CDC.
7. Early warning signs of glaucoma and diabetic retinopathy include eye dryness and trouble blinking.  
**False.** There are no early warning signs of glaucoma and diabetic retinopathy.
8. A person with diabetes should have an eye exam annually, but only about 2/3 of those with diabetes follow this advice  
**True.** It's important for all people with diabetes to have an annual eye exam because a person with diabetes is at higher risk for eye disease.
9. There's no treatment for diabetic retinopathy; a person with this disease always loses his or her sight.  
**False.** Treatments for diabetic retinopathy are available.
10. Maintaining a healthy weight can help keep your eyes in good shape.  
**True.** Being overweight or obese increases the risk for diabetes, which in turn increases the risk for diabetic eye disease or glaucoma.

11. It's important to wear sunglasses because the heat from the sun damages the eye's cornea.  
**False.** Sunglasses are important, but ultraviolet radiation, not heat, is what causes problems.
12. The best sunglasses block 50 percent of ultraviolet rays.  
**False.** When buying sunglasses, look for those that block 99 to 100 percent of UV-A and UV-B rays.
13. Smoking is bad for the eyes.  
**True.** Smoking has been linked to an increased risk of age-related macular degeneration, cataracts, and optic nerve damage. These can all lead to blindness.
14. Eye diseases are not hereditary.  
**False.** Many eye conditions are hereditary. Talk to your family members about their eye health history to learn if you are at higher risk for developing an eye disease or condition.