

VISION RISK ASSESSMENT

Are you at risk for eye disease?

Take this assessment and learn more about your eye health



How to use this assessment:

Complete all sections below and total the number of "yes" answers in each section.

Section A - AMD

1. I am a smoker
Yes
No
2. My eyes are light in colour – blue or green
Yes
No
3. I have a diet high in saturated fat with few leafy vegetables and fish
Yes
No
4. I rarely or never wear sunglasses with good UV protection
Yes
No
5. One of my parents or brothers or sisters has AMD
Yes
No

Total

Section B - Diabetic Retinopathy

1. I have diabetes
Yes
No
2. My blood sugar is uncontrolled
Yes
No
3. I am of First Nations descent
Yes
No
4. I have high blood pressure
Yes
No
5. I am a smoker
Yes
No

Total

Continued on the next page...

Section C - Glaucoma

1. I am of African/Caribbean or Asian descent
Yes
No
2. I am nearsighted
Yes
No
3. I have been told I have high pressure within my eye
Yes
No
4. One of my parents or brothers or sisters has glaucoma
Yes
No
5. I use medication that contains steroids
Yes
No

Total

Section D - Cataracts

1. I rarely or never wear sunglasses with UV protection
Yes
No
2. I am a smoker
Yes
No
3. I use medication that contains steroids
Yes
No
4. I have had an eye injury
Yes
No
5. I have a family history of cataracts
Yes
No

Total

Each section relates to one of the four major eye conditions as outlined below and every question reflects one of the corresponding inherent or lifestyle risk factors for that condition. **If you answered yes to a number of questions in a section you may have an elevated risk for that condition.**

Continued on the next page...

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Consult your eye doctor and visit www.cnib.ca or call 1-800-563-2642 for more information.

Section A

AMD

Age-related macular degeneration (AMD) affects an estimated one million Canadians and is more common in people over 50. Females are more at risk, as are those with a family history of AMD. It's important to protect your eyes from sunlight, quit smoking and eat well, while staying active.

Section B

Diabetic Retinopathy

People with both Type 1 and Type 2 diabetes are at risk of developing vision problems. Risk increases the longer you have diabetes and if you smoke or have high blood pressure. See your eye doctor as soon as possible if you notice dark spots, blurred, distorted or double vision, or large "floaters" that move across your field of vision.

Section C

Glaucoma

Glaucoma is usually painless and has no symptoms; most people do not know they have it. People with a family history of glaucoma are at a much higher risk, as are those who are nearsighted, have diabetes or an elevated pressure in the eye.

Section D

Cataracts

People with cataracts may experience difficulty seeing details and poor central vision, an inability to distinguish colours or difficulty seeing at night. Most cataracts occur with age and smoking, drinking alcohol and excessive sun exposure are some of the risk factors.

Early Detection is Key... When did you last have your eyes checked? With early detection, treatment is often very successful for eye disease. We encourage you to have regular eye exams and consult your eye doctor about your eye health, especially if you notice any change to your vision.