



Is It Time to Get Your Eyes Checked?

Brought to you by [Pranaam ENT and Eye Care](#)

Regular eye exams are essential because they help detect vision problems, eye diseases, and overall health issues at an early stage—even before symptoms appear. Conditions like glaucoma, diabetic retinopathy, and cataracts can progress silently, causing irreversible damage if left untreated. Eye exams also ensure your prescription is up to date, reducing eye strain and improving daily performance, especially for screen-heavy lifestyles. Additionally, changes in the eyes can be early indicators of systemic conditions like diabetes or high blood pressure, making eye exams a vital part of preventive healthcare.



Simple yes/no checklist like:

- You have **blurry vision** while reading or looking at distant objects.
- You experience **frequent headaches**, especially after screen use or reading.
- You often **squint** to see clearly.
- You find it hard to see **at night or in low light** conditions.
- Your eyes feel **strained or tired** after work or reading.
- You hold books or screens **too close or too far** from your eyes.
- You see **halos or glare** around lights.
- You've noticed a **sudden change in vision** recently.
- You have **double vision** or see shadows.
- You often have **watery, dry, or itchy eyes**.
- Your eyes **turn red** frequently.
- You feel **pressure or pain** around the eyes.
- You are **sensitive to light (photophobia)**.
- You find it difficult to **focus on moving objects**.
- You work on **digital screens for more than 4 hours a day**.
- You've had **eye surgery or injury** in the past.
- You wear glasses or contacts but they don't seem **as effective** as before.
- You have a **family history** of eye conditions (glaucoma, macular degeneration, etc.).
- You have **diabetes, high blood pressure, or thyroid issues**.
- You haven't had an **eye test in the last 12 months**.

If you checked even 1 of these, it's time to consider an eye exam.

This virtual eye screening provides an approximate assessment of your visual health.

<https://www.zeiss.com/vision-care/us/eye-health-and-care/vision-screening.html>



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