

Protect Your Vision.....

Protect Your Life!

The National Optometric Association's Three Silent Killers Initiative promotes eye and general health care among minority groups. The National Optometric Foundation, the charitable arm of the NOA, facilitates this effort through financial support and health education programs.

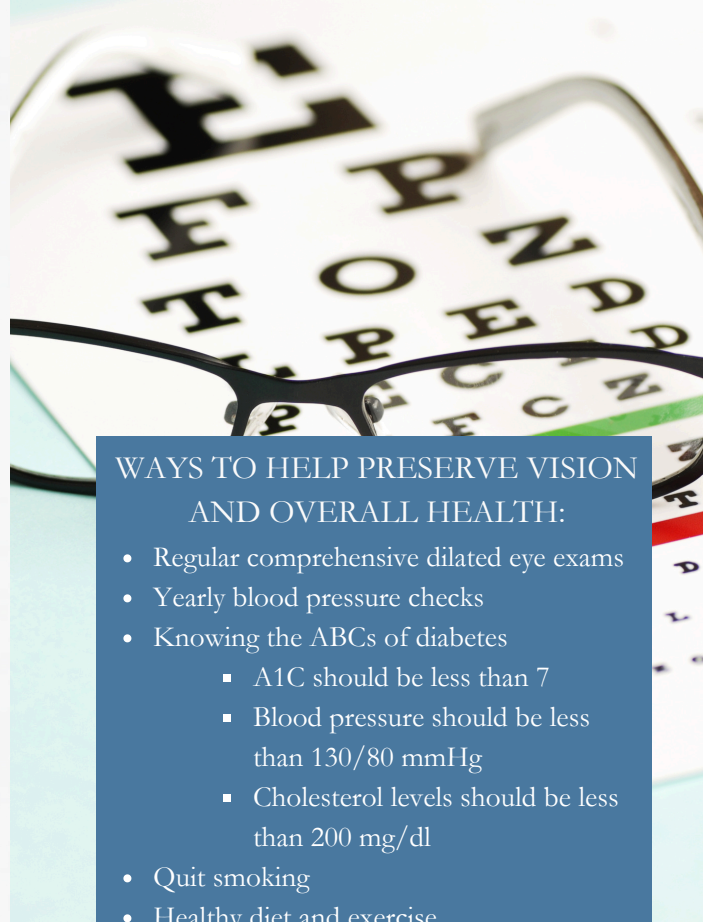
The focus of the initiative is on increased awareness and prevention of visual and systemic complications from diabetes, glaucoma, and high blood pressure - what the NOA refers to as the "Three Silent Killers".

The Three Silent Killers impact minority groups (African Americans, Hispanics, and American Indians) more than any other racial or ethnic group in the United States, robbing them of sight and possibly life. Routine eye and systemic health checkups can prevent or delay the onset of the Three Silent Killers.

For more information on how to protect your vision and your life please visit:

www.nationaloptometricassociation.com

www.nationaloptometricfoundation.com



WAYS TO HELP PRESERVE VISION AND OVERALL HEALTH:

- Regular comprehensive dilated eye exams
- Yearly blood pressure checks
- Knowing the ABCs of diabetes
 - A1C should be less than 7
 - Blood pressure should be less than 130/80 mmHg
 - Cholesterol levels should be less than 200 mg/dl
- Quit smoking
- Healthy diet and exercise
- Taking medications as prescribed
- Contacting your eye doctor at the first sign of any changes in your vision

Resources

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2022

American Diabetes Association Professional Practice Committee, 2022

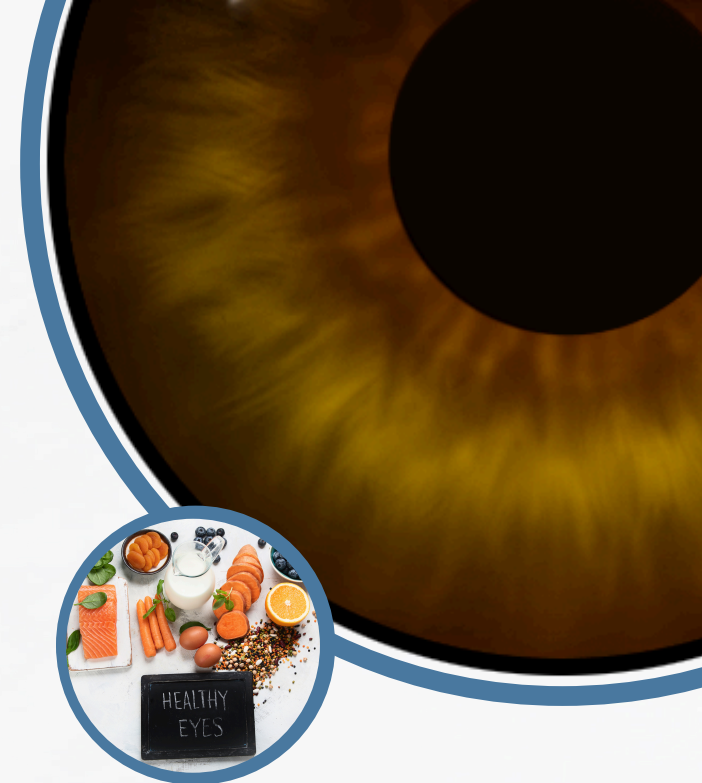
2017 ACC/AHA/AAA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA guideline for the prevention, detection, evaluation, and management of high blood pressure in adults

Hypertension, 2018

H.A. Quigley and A.T. Broman, "The number of people with glaucoma worldwide in 2010 and 2020", British Journal of Ophthalmology, vol. 90, no. 3, pp.262-267, 2006

"Racial and Ethnic Disparities in Primary Open-Angle Glaucoma Clinical Trials: A Systematic Review and Meta-analysis" JAMA Network Open. 2021 May 3; 4(5)

Office of Disease Prevention and Health Promotion. (n.d.). Healthy People 2030. U.S. Department of Health and Human Services. Accessed 2022



Three Silent Killers

Diabetes

Glaucoma

High Blood Pressure

National Optometric Association
(NOA)

Diabetes

Diabetes is a health condition that causes the blood sugar levels to be too high, which can result in serious health complications.

- More than 130 million Americans have diabetes or pre-diabetes.
- Millions of people do not know they have the condition.

The chances of developing diabetes are greater if there is family history, if you have high blood pressure and/or if you are overweight.

The number of people with diabetes-related eye diseases, known as Diabetic Retinopathy (DR), is on the rise.

- DR is the leading cause of vision impairment in Americans.
- By 2030, there will likely be 11 million people with DR.



Glaucoma

Glaucoma is a condition that causes loss of sight due to damage of the optic nerve, which is responsible for sending information from the eye to the brain.

- More than 3 million Americans over 40 have open-angle glaucoma, which is the most common type of glaucoma.
- People of African descent are 6 to 8 times more likely to develop glaucoma at an earlier age and tend to have more severe complications than other racial or ethnic groups. The likelihood of going blind from glaucoma is also higher in this subset of the population.
- You are more likely to develop glaucoma if other family members have been diagnosed with the condition, if you have high blood pressure or diabetes, and/or if you are nearsighted.
- Medications and surgery can help delay the progression of glaucoma.

Glaucoma is often called the “Silent Thief of Sight” because it usually does not cause pain or blurred vision. Once vision is lost due to glaucoma, it cannot be restored.



High Blood Pressure

High Blood Pressure (HBP), also known as hypertension, is a health condition that occurs when the force of the blood flowing in your vessels is too high, for too long.

- A consistent blood pressure greater than 130/80 mmHg is considered to be hypertension.
- 116 million Americans have hypertension, while only about half of them have it under control. Uncontrolled blood pressure can result in strokes, heart attacks, kidney failure and early death.

While everyone is at risk for HBP, many people do not have symptoms, which is why it is called a “Silent Killer”. One very eye-opening fact is that an eye exam can reveal if a person's blood pressure is under control.

