

# A clear vision for peace of mind

You might not realize it, but your vision can have an impact on your overall mental wellbeing.

Approximately 196.5 million adults (over 76%) in the US use some form of vision correction<sup>1</sup> and **1 in 4 adults who have vision loss also report anxiety or depression.**<sup>2</sup>

So, how are vision loss and mental health connected?

- Vision loss can make it harder for you to do the things you enjoy.
- Vision loss has been linked to loneliness, social isolation – and feelings of worry, anxiety and fear.<sup>2</sup>
- Impaired vision more than doubles the risk of falls in adults 65 and older, which can often result in serious injuries, decreased mobility, and loss of independence.<sup>3</sup>
- For patients experiencing glaucoma, macular degeneration and other conditions with mild to acute vision loss, everyday activities like driving, using the computer or cooking can become difficult.<sup>4</sup>

## Seeing the signs

The signs of mental illness aren't always obvious. Subtle changes in mood or behavior are often attributed to aging, just like weaker muscles and fuzzy thinking.<sup>5</sup>

If you experience one or more of the following symptoms, you may have **anxiety**<sup>6</sup>:

- Trouble falling asleep or staying asleep
- Difficulty concentrating

- Feeling wound-up or on-edge
- Unexplained aching of the stomach, head or muscles
- Irritability
- Getting tired easily
- Uncontrolled feelings of worry

Those who experience one or more of the following symptoms may have **depression**<sup>6</sup>:

- Disinterest in activities you once enjoyed
- Fatigue, even after a good night's rest
- Feelings of guilt, helplessness or worthlessness
- Sleeping too much or too little
- Anxious or sad feelings most or all the time
- General frustration or irritation
- Thoughts of self-harm

### **Eyes are the window to better health**

Healthy vision can make a big difference when it comes to mental health. At an in-network provider such as **LensCrafters** (<https://www.lenscrafters.com/>), a personalized vision solution is within reach to help you see and feel your best. Here are a few ways your eyecare provider can help your mental health:

**Peace of mind**— Comprehensive eye exams can identify most vision problems, even in their early stages. An eye care professional can also help detect serious health conditions such as high blood pressure, diabetes, heart disease and high cholesterol.<sup>7</sup> Untreated, chronic conditions can cost you thousands of dollars per year.<sup>8</sup> while also affecting mental health due to

medical costs and loss of independence.

**More confidence**— The right pair of glasses will help you see clearly, while giving you more confidence in your ability to complete everyday activities, such as driving to work or cooking a meal. At [LensCrafters](https://www.lenscrafters.com/) (<https://www.lenscrafters.com/>), you'll discover a wide assortment of frames and lens solutions tailored to your lifestyle.

### Set your sights on care

It's important to talk to a doctor if you are dealing with symptoms of vision loss, anxiety and/or depression. Together, primary care and eye doctors can help make a significant impact for your health.

[Schedule your annual eye exam](https://eyedoclocator.eyemedvisioncare.com/member/en) (<https://eyedoclocator.eyemedvisioncare.com/member/en>) at any participating in-network provider, such as [LensCrafters](https://www.lenscrafters.com/) (<https://www.lenscrafters.com/>), to keep your overall wellbeing in check. Plus, log in to [Member Web](https://member.eyemedvisioncare.com/member/en) (<https://member.eyemedvisioncare.com/member/en>) and check special offers before your appointment.

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2 - *CDC, "Vision Loss and Mental Health," Sept. 2021.* <https://www.cdc.gov/visionhealth/resources/features/vision-loss-mental-health.html#:~:text=In%20a%20recent%20CDC%20study,coping%20or%20self%2Dmanagement%20skills> (<https://www.cdc.gov/visionhealth/resources/features/vision-loss-mental-health.html#:~:text=In%20a%20recent%20CDC%20study,coping%20or%20self%2Dmanagement%20skills>).

3 - *CDC, "Vision Impairment and Older Adult Falls", August 2021,* <https://www.cdc.gov/visionhealth/resources/features/vision-loss-falls.html>

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4 - National Institute on Aging, "Aging and Your Eyes," July 2021,  
<https://www.nia.nih.gov/health/aging-and-your-eyes> (<https://www.nia.nih.gov/health/aging-and-your-eyes>)

5 - Harvard Health Publishing, "Are you missing these signs of anxiety or depression?," February 2021, [Are you missing these signs of anxiety or depression? - Harvard Health](https://www.health.harvard.edu/mind-and-mood/are-you-missing-these-signs-of-anxiety-or-depression) (<https://www.health.harvard.edu/mind-and-mood/are-you-missing-these-signs-of-anxiety-or-depression>)

6 - All About Vision, "Vision loss and mental health: Learning to cope and overcome," May 2022

[How Vision Loss Impacts Mental Health \(allaboutvision.com\)](https://www.allaboutvision.com/conditions/related/vision-loss-and-mental-health/)  
(<https://www.allaboutvision.com/conditions/related/vision-loss-and-mental-health/>)

7 - AARP, "8 Health Problems That Can Be Detected Through an Eye Exam," November 2021, <https://www.aarp.org/health/conditions-treatments/info-2021/eye-exam-health.html> (<https://www.aarp.org/health/conditions-treatments/info-2021/eye-exam-health.html>)

8 - CDC, "Health and Economic Costs of Chronic Diseases," September 2022, <https://www.cdc.gov/chronicdisease/about/costs/index.htm>  
(<https://www.cdc.gov/chronicdisease/about/costs/index.htm>)