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**Make Vision Care Part of Self-care, Georgia’s Doctors of Optometry Invite Public
Schedule an Eye Exam during Save Your Vision Month in March 2024**

ATLANTA, GA (March 2024) – Noting that millions of Americans are placing a new priority on self-care, Georgia’s doctors of optometry are encouraging people to add vision care to that important list of ways to safeguard your health. Save Your Vision Month, celebrated each year in March, is a convenient time to schedule a comprehensive eye exam and benefit right away from self-care steps.

“Self-care means taking the time to do things that help you live well and improve both your physical health and mental health,” said Dr. Nacondus G. Gamble, president of the Georgia Optometric Association. “While many people are quick to add a new cream or fitness app to their self-care regimen, one of the basics – a comprehensive eye exam – can have even more of an immediate impact on your overall well-being.”

Through an eye exam, doctors of optometry can identify early warning signs and manifestations of more than 270 systemic and chronic diseases including diabetes, high blood pressure, autoimmune diseases and cancers.

“When you see clearly, everything in the world around you comes into greater focus and an eye exam can help make that possible,” said Dr. Gamble. “Over time, subtle changes in your vision could be happening that have a negative effect on your health, but adding vision care to your self-care regimen can help you address those problems early before they become a major health issue.”

For additional information or to find a doctor of optometry near you visit the Georgia Optometric Association at www.GOAeyes.com.

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The Georgia Optometric Association is a statewide professional organization representing over 700 doctors of optometry located in communities throughout the state of Georgia. Founded in 1904, the GOA and its members work to provide the public with quality vision and eye care services. For more information visit www.GOAeyes.com, [www.Instagram.com/goaeyes](https://www.instagram.com/goaeyes), [www.Facebook.com/GeorgiaOptometricAssociation](https://www.facebook.com/GeorgiaOptometricAssociation) or [www.Twitter.com/GOA_eyes](https://www.twitter.com/GOA_eyes).