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**Make Getting an Eye Exam Your New Year's Resolution**  
***Doctors of Optometry Recommend Annual Comprehensive Eye Exams for Best Health***

**ATLANTA, Ga. (December, 2025)** – New Year's resolutions can help people accomplish their health goals. Georgia's doctors of optometry are inviting people to make getting an eye exam one of their New Year's resolutions this year because not only can good vision improve your quality of life but eye exams are an easy way to gauge your overall health.

The eyes are the only place in the body where doctors can directly view blood vessels, nerves, and connective tissue without surgery, according to the Georgia Optometric Association.

In fact, a comprehensive eye exam can help identify early warning signs and manifestations of more than 270 systemic and chronic diseases including diabetes, high blood pressure, heart disease, autoimmune diseases and cancers.

"Our eyes change as we age, just as our health is constantly changing," said Dr. Frank L. Winski, president of the Georgia Optometric Association. "In 2026, start the year off right and schedule a comprehensive eye exam with your local doctor of optometry to safeguard your overall health."

Good vision does more than help you see—it helps you live well. Clear, healthy vision plays a major role in:

- Academic performance – Difficulty seeing can negatively impact a young learner's grades.
- Balance and mobility – Poor vision increases the risk of falls, especially in older adults.
- Cognitive function – Vision problems can impact concentration and memory.
- Mental clarity and focus – Eyestrain from uncorrected vision can lead to fatigue and reduced productivity.
- Emotional health – Difficulty seeing can cause frustration, anxiety, and social withdrawal.
- Safety and independence – Driving, cooking, and navigating daily depend on sharp, reliable eyesight.

For additional information visit the Georgia Optometric Association's Consumer Eye Health Resource Center online at [www.GOAeyes.com](http://www.GOAeyes.com).

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*The Georgia Optometric Association is a statewide professional organization representing over 750 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](http://www.GOAeyes.com), on Facebook at [Facebook.com/GeorgiaOptometricAssociation](https://www.facebook.com/GeorgiaOptometricAssociation) or follow us on Twitter @GOA\_eyes.*