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**Scan for 270 Health Conditions With Just One Eye Exam,  
Georgia’s Doctors of Optometry Say  
*Optometrists Urge Consumers to Schedule an Eye Exam during  
Save Your Vision Month in March 2026***

**Atlanta, Ga. (March 2026)** – One visit to a doctor of optometry’s office can safeguard your overall health and identify early warning signs of more than 270 system and chronic diseases, according to local doctors of optometry. During “Save Your Vision Month”, observed in March, members of the Georgia Optometric Association are inviting the public to schedule an eye exam and learn more.

Through a comprehensive 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. In fact, the eyes are the only place in the body where doctors can directly view blood vessels, nerves, and connective tissue without surgery.

“People are busier than ever these days and often put off important health care appointments,” said Dr. Frank L. Winski, president of the Georgia Optometric Association. “Fortunately, a comprehensive eye exam enables a doctor of optometry to determine your eye and vision health as well as identify potentially serious system and chronic diseases in just one visit.”

Doctors of optometry recommend patients ages 18 through 39 and 40 through 64 have an exam at least once every two years. Adults 65 and older should have exams annually.

A comprehensive adult eye examination includes:

- Patient and family health history.
- Visual acuity measurement.
- Preliminary tests of visual function and eye health, including depth perception, color vision, peripheral (side) vision and the response of the pupils to light.
- Assessment of refractive status to determine the presence of nearsightedness, farsightedness or astigmatism.
- Evaluation of eye focusing, eye teaming and eye movement abilities.
- Eye health examination.
- Additional tests as needed.

For additional information or to find a doctor of optometry near you visit the Georgia Optometric Association at [www.GOAeyes.com](http://www.GOAeyes.com).

*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](http://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).*