

# VISION SOURCE

## Mandan



**Brittany G. Schauer, OD**

**Q:** I can see just fine. Do I still need an eye exam?

**A:** Yes. Even though you may be able to read the 20/20 line with ease, a comprehensive eye examination also ensures that the eyes are HEALTHY, inside and out. Especially in the aging years, there are many eye diseases that do not have signs or symptoms until it's too late. Glaucoma is a prime example of an ocular disease that can "sneak up" over the years. By the time peripheral vision is noticeably lost, the disease process is very advanced and the damage is irreversible.

Even though most ocular diseases occur in the golden years, eye health is also important for children and young adults. While rare, there can be serious ocular conditions that can be life-threatening, such as a tumor inside the eye. Or there can be subtle ocular signs that can lead to a systemic disease diagnosis, such as Lisch iris nodules indicating a form of neurofibromatosis (a nerve tissue disease). Your eyes are truly the window to your health. It is important to have your vision and your eye health checked every year with a dilated eye exam.

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