

SHARP VISION. SHARP MIND.

Cataracts are the leading cause of blindness in people 55 and older, but did you know they could also contribute to an increased risk for cognitive decline and dementia?

In a study of 625 elderly patients conducted by the University of Michigan, those with poor vision who did not receive proper eye care were 9 times more at risk of developing Alzheimer's disease and 5 times more at risk for some form of cognitive impairment. In contrast, those participants with good vision had a 63% reduced risk of developing dementia.

Sharp vision and a sharp mind seem to go hand-in-hand. Protect both by scheduling a comprehensive eye health examination in our office today.

VISION SOURCE™

Bonita Point Family Optometry

Dr. Daniel L. Mason, Optometrist

180 Otay Lakes Rd., Suite 201

Bonita, CA 91902

www.cvopt.com

www.facebook.com/bpoptometry

