

All eyes on heart health

Believe it or not, your eyes can reveal signs of more than 270 serious conditions affecting the entire body.¹

Among these are several heart-related issues that can be detected early through an eye exam, providing valuable insight into your overall cardiovascular health, including^{2,3}:

- Heart attack
- Stroke
- High cholesterol
- Heart disease
- Hypertension (high blood pressure)
- Diabetes

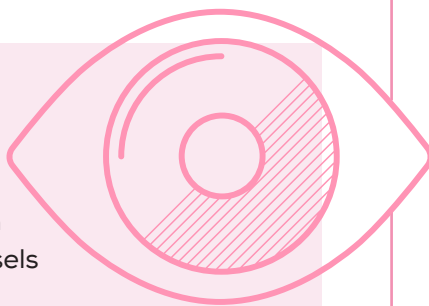
GETTING TO THE HEART OF THE ISSUE

During an eye exam, your eye doctor examines the retina (the light-sensitive tissue at the back of the eye), which can:

- Identify subtle changes in blood vessels that may signal cardiovascular concerns
- Monitor retinal health over time
- Observe changes that may affect both vision and overall health

Did you know?

The retina of your eye is the only place in the body where doctors can directly see and measure blood vessels without invasive testing.¹



Supporting your eye and heart health

By maintaining a healthy lifestyle, you can avoid risk factors that may affect heart health and vision. Take care of your heart and eyes by following these steps:



Live an active lifestyle



Eat a heart-healthy diet rich in omega-3 fatty acids, antioxidants and soluble fiber



Schedule a yearly comprehensive eye exam

¹ Blanton, K.; "Scientists Find Surprising Body Part May Predict Heart Disease and Lifespan"; Prevention; prevention.com; November 15, 2025.

² "20 Surprising Health Problems an Eye Exam Can Catch"; American Academy of Ophthalmology; aao.org; April 17, 2025.

³ Allen, V.; "High street eye scan can reveal heart attack or stroke risk"; British Heart Foundation; bhf.org.uk; July 17, 2025.

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