
Your eyes

The window to your health

Eyes are an important part of your health. Regular eye exams can help your eye doctor find vision problems early, and they may uncover other hidden health problems, too.

Learn the early warning signs, and make an appointment.

Our doctor and location search can help you find your local Ophthalmology and Optometry departments. In many areas, our Vision Essentials [🏠](#) centers offer eyeglasses and contact lenses for sale in addition to providing complete eye care.

Common eye problems

Did you know that 1 in 3 adults over 40 has a vision problem? Look for these common warning signs:

- trouble seeing at night, especially when you drive toward bright headlights
- hard time reading and doing close-up work
- cloudy vision
- problems with glare from lamps or the sun
- frequent changes in your eyeglass prescription
- trouble seeing things to your side
- changes in the way you see color
- double vision or halos around lights

If you're over 40, you're at increased risk of:

- cataracts (clouding of the eye's lens)
- glaucoma (disease of the optic nerve)
- macular degeneration (loss of central vision)
- presbyopia (a condition that makes it harder to read and do close-up work)

Some common vision problems have no warning signs and can cause permanent vision loss if left untreated.

Related information

Blocked tear ducts

Cataract surgery

Cataracts: Should I have surgery?

Cataracts: Should I have surgery?

Contact lens care

Dry eyes

Eye injuries

H-LASIK for farsightedness

LASIK for nearsightedness

Objects in the eye

Pinguecula and pterygium (growths on the lining of the eyelid and the covering of the white part of the eye)

Pinkeye (conjunctivitis)

Styes and chalazia

Vision tests

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Additional Kaiser Permanente reviewers

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