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Sight impacts everything,  
every day, everywhere.

— **Aspasia Shappet**  
Founder / CEO



## CONTACT US

✉ [hello@ecnpurpose.org](mailto:hello@ecnpurpose.org)

☎ (949) 329-8609

🌐 [www.ecnpurpose.org](http://www.ecnpurpose.org)

📍 26895 Aliso Creek Rd Ste B-427  
Aliso Viejo, CA 92656

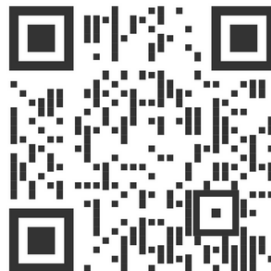
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## OUR MISSION

We believe in the importance of preventative care and eye health education. Our mission is to make access to vision care possible for the underserved population in the United States through advocacy, education, outreach, and connection.

# 10 SIGNS YOU NEED AN EYE EXAM



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## 1. BLURRY VISION

Blurry vision is a common sign of a vision problem. When your vision is suddenly blurry, or more blurry than normal, and you can't clearly see people or objects, this is a sign you may need to schedule an eye exam.



## 2. FREQUENT HEADACHES

Headaches can be caused when the muscles in the eye are strained and work harder to focus on an image. If you experience persistent headaches and have trouble seeing, it may be a sign to schedule an eye exam.

## 3. DOUBLE VISION

Double vision, or diplopia, can occur as a result of your eyes being unable to coordinate properly. Double vision can also be a sign of injury, stroke, tumor, or illness.



## 4. TROUBLE WITH NIGHT VISION

Difficulty seeing at night can be one of the first markers of deteriorating vision. If you struggle to see or feel strain on your eyes at night, an eye doctor will be able to assess the underlying cause and prescribe proper treatment.

## 5. EYE PAIN

Eye pain may be caused by irritation due to allergies, infection, a scratch on the cornea, dry eye syndrome, or a foreign object in your eye. Certain eye conditions, such as glaucoma, can cause pressure or pain from fluid build-up in the eye. If glaucoma goes untreated, it can lead to vision loss or even blindness, which is why it's important to have your vision checked annually.

## 6. FLOATERS OR FLASHING LIGHTS

Floaters are those tiny squiggles, circles, or lines that you sometimes see in your field of vision. If you see an unusually large number of floaters or flashing lights, consult with an eye doctor as you may have had a retinal tear or detachment.

## 7. DRY OR GRITTY FEELING

If your eyes are feeling gritty, dry, or itchy, you may be experiencing dry eye symptoms. Artificial tears may provide temporary relief. However, if symptoms persist for more than 1-2 days, you should book an exam with an eye doctor.

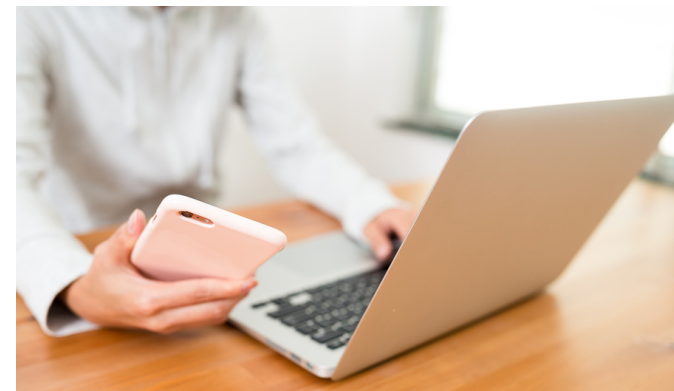


## 8. WATERY EYES

Watery eyes may be a sign you're experiencing a vision problem. However, watery eyes can also indicate other issues, such as allergies or dry eye syndrome. If your eyes are excessively watering, make an appointment with an eye doctor.

## 9. DIGITAL EYE STRAIN

Viewing a computer or digital screen often makes the eyes work harder and can lead to computer vision syndrome, also known as digital eye strain. You can combat digital eye strain symptoms by practicing eye exercises and following the 20-20-20 rule (for every 20 minutes, look 20 feet away for 20 seconds).



## 10. LIGHT SENSITIVITY

Lighting transitions can be difficult on your eyes. If it seems that your vision doesn't adapt as it goes from dark to light, or if you experience frequent light sensitivity, this could be a sign of a serious eye condition so it's best to let an eye doctor know.

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♥ EYE HEALTH IS IMPORTANT ♥

Consistent eye care is the best way to ensure that uncomfortable symptoms don't become serious problems that impact your eye health.