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### May is Healthy Vision Month

May is Healthy Vision Month and this is a time for each Nebraskan to make sure they are seeing the best they can. Dr. Rachel Bishop is with the National Eye Institute and says while almost 50-percernt of the U-S population wears either glasses or contacts many more should. ( play audio :16 seconds )

Dr. Bishop says regular visits to your eye care professional are even more important for those with medical conditions. ( play audio 26 seconds )

Dr. Bishop says early detection of eye problems and treatment can save your sight. Many common eye diseases lead to vision loss and blindness and often have no early warning signs or symptoms. She says along with a vision check allow your eye care professional to go one step further. ( play audio :17 seconds )

Dr. Bishop says it is also important to take steps to protect the eye from injury. ( play audio :24 seconds )

The National Eye Institute reports that all Americans agree that eyesight is the one sense they fear losing most but many people neglect regular eye checkups.

Nebraska News Network