And if that doesn't convince you, here are other reasons why women should take extra care of their eyes.

Living longer puts women at a higher risk for eye diseases that have to do with age, like:

- **Age-related macular degeneration (AMD).** This is when the cells in the back of the eye begin to go bad as people get older. It can lead to poor vision and blind spots.

- **Diabetic retinopathy.** For people who have diabetes, this disease is caused by changes in the blood vessels of the retina (the tissue that lines the back of the eye). This is the leading cause of blindness in American adults.

- **Dry eye syndrome.** If your eyes don’t produce enough tears you may have this condition. It can cause itching, burning and a gritty feeling in the eyes.

**Being pregnant can bring on certain issues that affect your eyesight, such as:**

- **Diabetes and high blood pressure.** In a pregnant woman, there’s an increased risk of developing these conditions. They often can be found by a thorough eye exam even before an obstetrician tests for them.

- **Hormonal changes.** Increased hormone levels while pregnant can affect a woman’s eyesight, so special care may be necessary. Be sure to see your eye doctor and ask what you can do to keep your eyes healthy while you’re pregnant. The good news is that vision often returns to normal within nine months after giving birth.

Having a thorough eye exam is the first step toward taking good care of your eyesight. If you don’t have vision coverage, we can help. Our vision plans can provide the coverage you need for yearly eye exams and other care to help protect your eyesight for years to come. So talk to your employer about vision coverage from Blue Cross and Blue Shield of Georgia today.