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# Keep an Eye on Your Vision: The Importance of Regular Eye Check-ups

Good vision is a key factor in maintaining quality of life, but eyesight often changes without notice. For this reason, Mister Spex SE, Europe's leading omnichannel optician, recommends regular eye check-ups, at least every one to two years. Children and older adults should have their vision tested more frequently to detect eye diseases early and ensure the best possible vision.

## Why Regular Eye Tests Are Crucial

Vision can gradually deteriorate, often without the person noticing right away. Symptoms such as headaches, fatigue, or irritated eyes can be early signs of a change in vision. This makes regular check-ups, especially for children and older adults, vital. Children should have an eye test with an ophthalmologist by the age of three at the latest to detect and treat any vision issues early. Older adults should have annual tests due to faster changes in their eyesight, allowing conditions like cataracts to be identified in time.

*"Regular eye tests are more than just routine; they are an investment in the long-term health of our eyes. Often, subtle changes go unnoticed but can have serious consequences. At Mister Spex, we want to encourage our customers to keep an eye on their vision and take action early to safeguard their quality of life",* says Stefanie Berger, Optometrist and Purchaser at Mister Spex.

For acute symptoms such as pain, redness, or a foreign body sensation, it is essential to consult an ophthalmologist, as these signs can indicate not only changes in vision but also general eye health issues. For simple vision tests, such as checking prescription strength, an optician is usually a quicker option and can often be visited without the need for an appointment.

## Protect Your Vision: Tips for Reducing Eye Strain

In today's world, our eyes are heavily strained by digital screens and environmental factors. It is therefore important to take preventive measures: a balanced diet, regular breaks from screen work, and protection from UV rays are simple but effective ways to maintain eye health.

For more information, visit: <https://www.misterspex.de/c/rat/503>.

Free eye tests at Mister Spex can be booked here: <https://www.misterspex.de/c/svc/722>.

**About Mister Spex:**

Mister Spex is Europe's leading omnichannel optician, distinguished by its seamless integration of online and offline presence, innovative technologies, a comprehensive product range, and exceptional customer service. Since its founding in 2007, Mister Spex has evolved from a pure online player to a successful omnichannel optician with more than 7.1 million customers and 10 online shops across Europe, as well as brick-and-mortar retail stores. Mister Spex employs over 120 highly qualified opticians who ensure top-notch optical services in their stores. As a digital native, technology and innovation have always been central to the company's development. Utilizing advanced technologies such as digital 2D-to-3D tools for frame adjustment and intelligent browsing functionalities, Mister Spex sets new standards in the optics industry, offering extraordinary value to its customers. Mister Spex focuses on making the eyewear purchasing experience unique, simple, transparent, and enjoyable, combining a wide and diverse range of high-quality products with extensive optical expertise and advice through customer service, its own stores, and an extensive network of partner opticians.

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