

Do You Know  
About...

# Eye Care in Cleveland County

**Vision disability** is one of the top 10 disabilities among adults 18 years and older and one of the most prevalent disabling conditions among children. Vision loss causes a substantial social and economic toll for millions of people including significant suffering, disability, loss of productivity and diminished quality of life.

- In 2017, approximately 93 million US adults aged 18 years or older – or about 4 in 10 adults, were at high risk for vision loss.
- About 40% of adults at high risk for vision loss did not see an eye doctor or receive an eye exam in the past year.
- More than 8 million adults– or about 1 in 11 adults – said they could not afford eyeglasses.
- Approximately 6.8% of children younger than 18 years in the United States have a diagnosed eye and vision condition.

**Refractive errors** are the most frequent eye problems in the United States. Refractive errors can be corrected by eyeglasses, contact lenses or, in some cases, surgery.

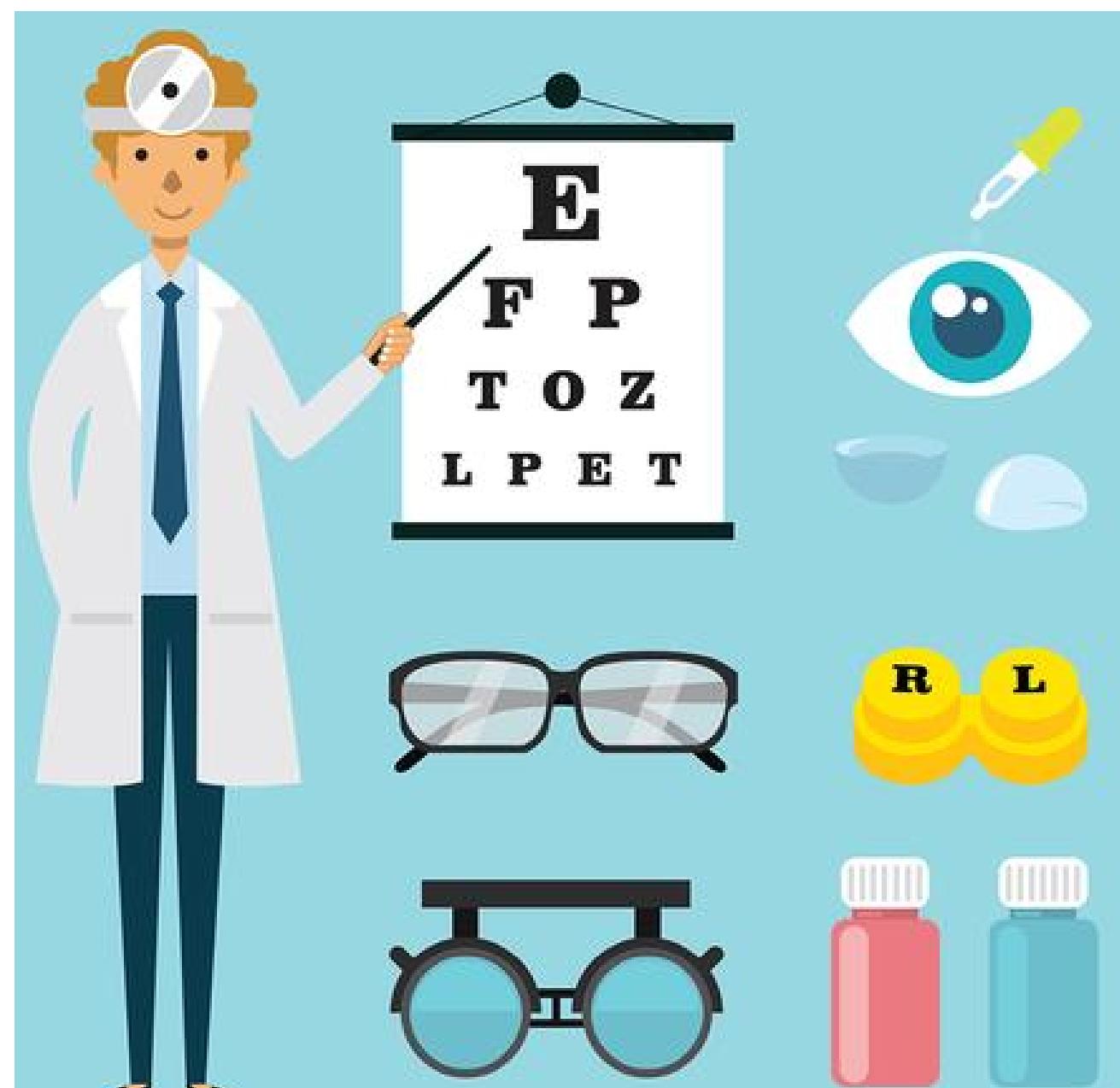
Refractive errors include:

- myopia – near-sightedness
- hyperopia – farsightedness
- astigmatism – distorted vision at all distances
- presbyopia – occurs between age 40-50 and includes the loss of the ability to focus up close

The leading causes of blindness and low vision in the United States are primarily age-related eye diseases such as age-related macular degeneration, cataract, diabetic retinopathy and glaucoma. Other common eye disorders include amblyopia (“lazy eye”) and strabismus (lack of coordination between the eyes)

## Tips to prevent vision loss:

- Have a comprehensive dilated eye exam.
- Maintain your blood sugar levels.
- Know your family’s eye health history.
- Eat right to protect your sight.
- Maintain a healthy weight.
- Wear protective eyewear.
- Quit smoking or never start.
- Be cool and wear your shades.
- Give your eyes a rest.
- Clean your hands and your contact lenses properly.
- Practice workplace eye safety.



# Resources

## Cleveland Eye Care

- Address: 422 W Warren St, Shelby, NC 28150
- Phone: (704) 482-1234
- Website: [clevelandeyecarenc.com](http://clevelandeyecarenc.com)
- Accepts Medicare and Medicaid

## Morganton Eye Physicians

- Address: 1622 E Marion St, Shelby, NC 28150
- Phone: (704) 482-2020
- Website: [morgantoneye.com](http://morgantoneye.com)
- Accepts Medicare and Medicaid

## Shelby Eye Center

- Address: 1170 Wyke Rd, Shelby, NC 28150
- Phone: (704) 482-6767
- Website: [shelbyeyecenters.com](http://shelbyeyecenters.com)
- Accepts Medicare and Medicaid

## Online Resources

- <https://www.cdc.gov/visionhealth/programs/>
- <https://www.preventblindness.org>
- <https://www.aoa.org>
- <https://www.nao.org>
- <https://www.nei.nih.gov>
- <https://www.aao.org/eye-health>

## Carolina Eye

- Address: 410 W King St, Kings Mountain, NC 28086
- Phone: (704) 739-8028
- Website: [carolinaeyenc.com](http://carolinaeyenc.com)
- Accepts Medicare and Medicaid

## Vita Eye Clinic

- Address: 222 N Lafayette St, Shelby, NC 28150
- Phone: (704) 487-4099
- Website: [vitaeyeclinic.com](http://vitaeyeclinic.com)
- Accepts Medicare and Medicaid

## Walmart Vision Center

- Address: 705 E Dixon Blvd, Shelby, NC 28152
- Phone: (704) 487-0088
- Website: [walmart.com](http://walmart.com)
- Does NOT accept Medicare or Medicaid

## Clear View Optical

- Address: 316 W King St, Kings Mountain, NC 28086
- Phone: (704) 750-6164

This resource guide contains information about local services in Cleveland County. The inclusion of any organization, agency or service in this guide does not imply an endorsement or recommendation, nor does the exclusion of any group imply disapproval.

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