

The Link Between Cardiovascular Health and Eye Health

The eyes are often described as a window into overall health, and nowhere is that more true than in the connection between cardiovascular health and retinal wellbeing. The retina relies on a rich network of small blood vessels, and anything that affects circulation more broadly, from high blood pressure to high cholesterol, can also affect the eyes. Conditions like hypertensive retinopathy and retinal vein occlusion are directly linked to blood pressure and vascular health, and even age related macular degeneration has associations with broader cardiovascular risk factors, including smoking and poor diet. This connection works in both directions too, since eye examinations sometimes reveal early signs of cardiovascular problems before they are picked up elsewhere. Managing blood pressure, cholesterol and blood sugar through diet, exercise and, where needed, medication does not just protect the heart. It genuinely supports the delicate blood vessels feeding the retina, reducing the risk of several serious eye conditions over time. This overlap is one more reason eye examinations should <https://www.medigy.com/news/blogs/specialized-eye-care-services-addressing-unique-vision-needs/> be seen as part of general health maintenance rather than an isolated check up, particularly for anyone with existing cardiovascular risk <https://www.retina-eye.co.uk/> factors.