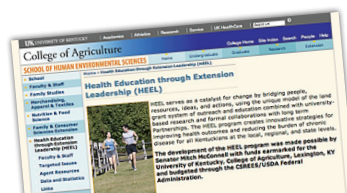


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ADULT HEALTH BULLETIN

JANUARY 2012

THIS MONTH'S TOPIC: TAKE CARE OF YOUR VISION

From waking in the morning until resting your head on the pillow at night – your eyes are critical to your day-to-day activities. It is very important to take care of your eyes and eyesight. Often, the loss of eyesight contributes to the loss of quality of life. When an individual does not have good vision, there will be a limit in their movement and independence.

Consider this:

- Over 50,000 people lose their sight each year.
- More than 1.1 million Americans are legally blind.
- Blindness is the no. 1 complication of diabetes.

An individual should be going to an eye doctor at least once a year for an annual checkup. If it has been a long time since you have been to the eye doctor, talk to family and friends about who they recommend. Someone you know may have a great suggestion.

Prepare for your appointment

There are a few health matters you will want to share with your eye doctor. You want to tell your eye doctor if you

have any medical conditions such as diabetes, high blood pressure or other serious illnesses. You should also share your health history and if there is any family history of eye problems. If you have had any changes in your vision you should tell your doctor. Some examples are double vision, tired eyes, itchiness or other eye issues. You should share the names of the medications you are currently taking. Some medications can impact the eyes and vision. Be prepared to talk

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You should visit an eye doctor for a checkup at least once a year.

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about what you would like to do if you need glasses or contact lenses.

Take the time to make a list of questions that you want to ask the doctor. Do not be afraid to take notes. The notes you take may help you remember something important that the doctor said during the exam.

What happens at an eye exam?

Visual Acuity – A visual acuity test is simply a measure of how well you see. This test is performed by reading letters on a chart that is 20 feet away from you. On this chart there will be letters of all different sizes.

Visual Fields Test – This test will check your field of vision, including your side vision, also known as peripheral vision. For this test, a technician or doctor will stand in front of you and ask you to cover one eye. You will be asked to let the doctor know when you can see her hand or an object she is holding.

Extraocular Movements – A technician or doctor will ask you to simply follow a pen or small object with your eyes without moving your head. You will usually look up, down and side-to-side with each eye.

Cover Test – This test helps determine how well your eyes work together. The doctor will ask you to focus your eyes on an object. The doctor will then cover one eye for a moment and then uncover it. This test is helping find possible depth perception problems or other issues.

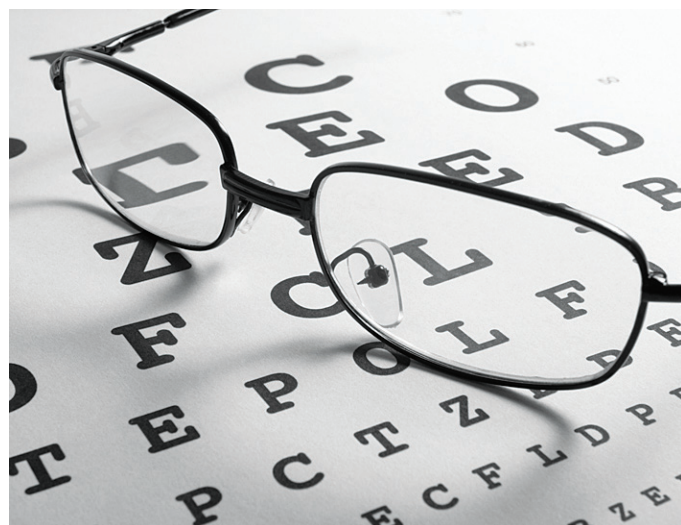
Refraction – This test happens when a doctor asks you which option is better A or B while they are flipping lenses. There are usually several different lenses that you will be looking through. You may go through several sets and you will do this for both eyes. The results of this test are usually used to determine your prescription for glasses or contact lenses.

Slit Lamp Exam – The doctor will use a slit lamp to examine your actual eye and eye

structures including the eyelids and eyelashes. The lamp has a very bright light and magnifies your eyes so that the doctor can see each part of your eye. This test will help determine if there is any disease in the eye.

Depending on your doctor, he may have different ways to examine your eyes. Talk to your doctor about what he is going to do during the examination and do not be afraid to ask questions during the exam.

Healthy eyes and the ability to see clearly is necessary for everyday living.



REFERENCES:

- 6 things your Eye doctor needs to know.
<http://vision.about.com/od/eyeexamination/1p/Things-to-Tell-Your-Eye-Doctor.htm>
- What happens during an eye exam?
http://vision.about.com/od/eyeexaminations/f/Eye_Tests.htm

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