

**Make Vision Health A
Priority**

Don't Smoke



- Rise of Age Related Macular Degeneration, **AMD**
- Increases risk of visual loss in patients with eye disease

Protect Eyes From Sunlight



NUTRITION

- ANTIOXIDANTS- multivitamin, omega-3 fatty acid
- Leafy Green Vegetables-spinach, broccoli, kale



Make Regular Eye Exams Part of Your Routine



COVID-19 FACTS

Can it spread through eyes?

- Someone coughs or sneezes near you- droplets may enter through your eye.
- If you touch something that has the virus, then touch your eyes.

Protection at Doctor's Visit During Eye Exam

- Masks, PPE
- During exam, don't speak near the doctor, wait until you can be at a safe distance.
- Plastic Shield installed on slit lamp.
- Exam rooms/equipment sterilized between patients

Patient Policy

- Don't come to office if you have high risk exposure.
- Don't come to office if you have cough, fever, or other symptoms. If **emergency**, call office ahead of time to allow proper preparation.
- Temperature checked upon arrival.
- Patient is asked to wash hands or use antibacterial hand sanitizer.

COVID-19 PROTOCOL

- You may be asked to wait in your car.
- Office limits companion accompanying you to visit, unless necessary.
- Number of people in office is restricted.
- Seating is limited, according to social distancing guidelines.
- Limit contact lens usage, wear glasses.
- Avoid eye rubbing.

Minimal Findings

- Eye disease has been minimal.
- Small percentage of conjunctivitis.

WHAT CAN HAPPEN IF YOU DON'T TAKE ROUTINE CARE SERIOUSLY?

Treatable diseases like **Glaucoma** and **Diabetes**, if ignored, can cause permanent vision loss.

Staying current with your eye exams will not only help prevent serious eye conditions in the future, but can also reveal health problems that may otherwise go unnoticed.

During a **Comprehensive Eye Exam**, your eye physician does much more than just determine your prescription for eyeglasses or contact lenses.

They also **check your eyes for common eye diseases and evaluate your eyes as an indicator of your overall health.**

Full Medical And Social History

- Establish your medical history
- Document your medications and past surgeries

GOAL OF YOUR ROUTINE EXAM

Discuss any **changes or concerns regarding your vision.**

Ultimately, your doctor will develop a **customized treatment plan** with your particular lifestyle in mind, in order to achieve your best possible vision.

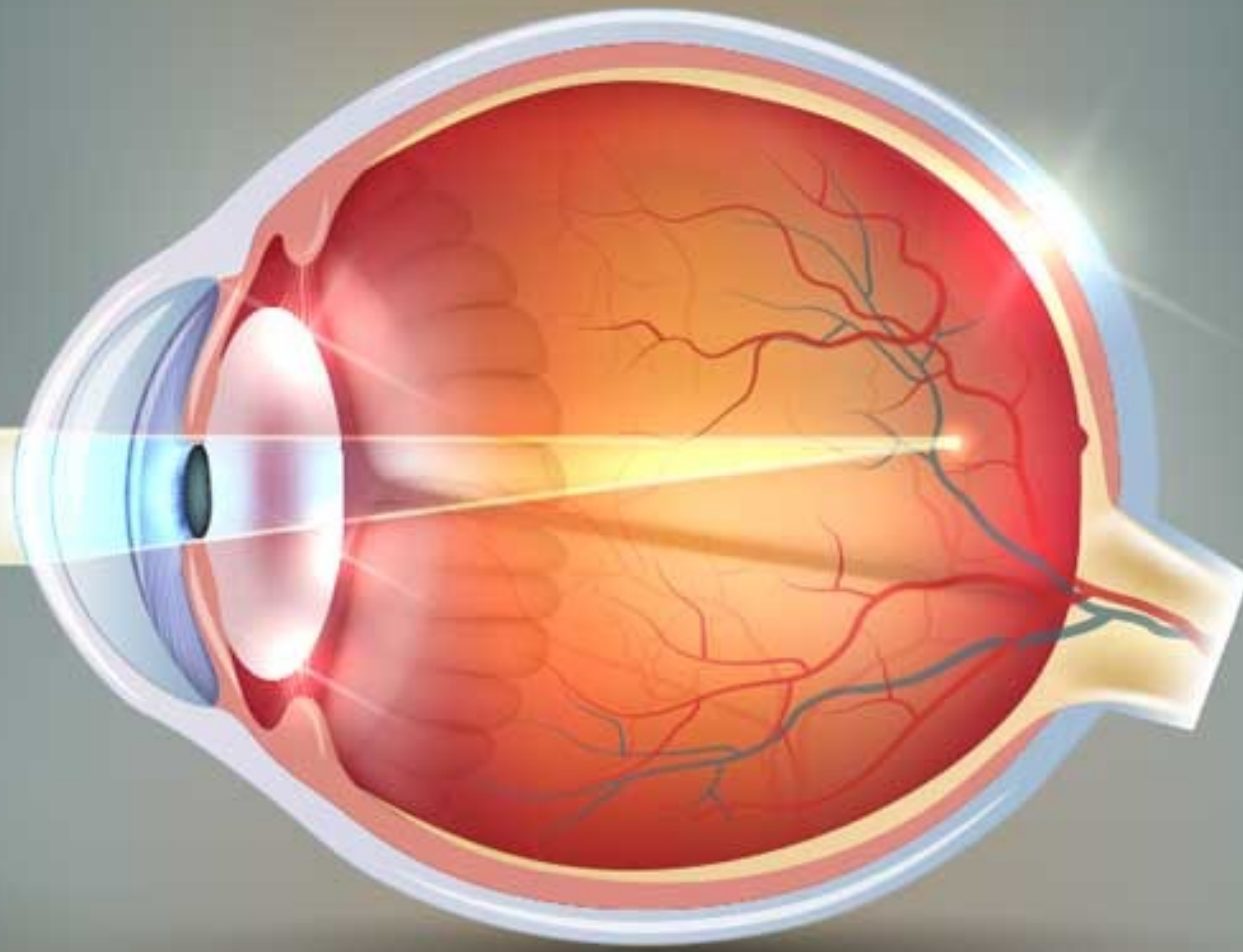
A variety of options including **glasses and/or contact lenses**, will be discussed, depending on your candidacy.

REFRACTIVE ERRORS FAQ:

What is Nearsightedness (myopia)?

When the eyeball is **too long**, light rays focus in front of, rather than on, the retina. Under these circumstances, near objects are perceived clearly, but distant objects are not.

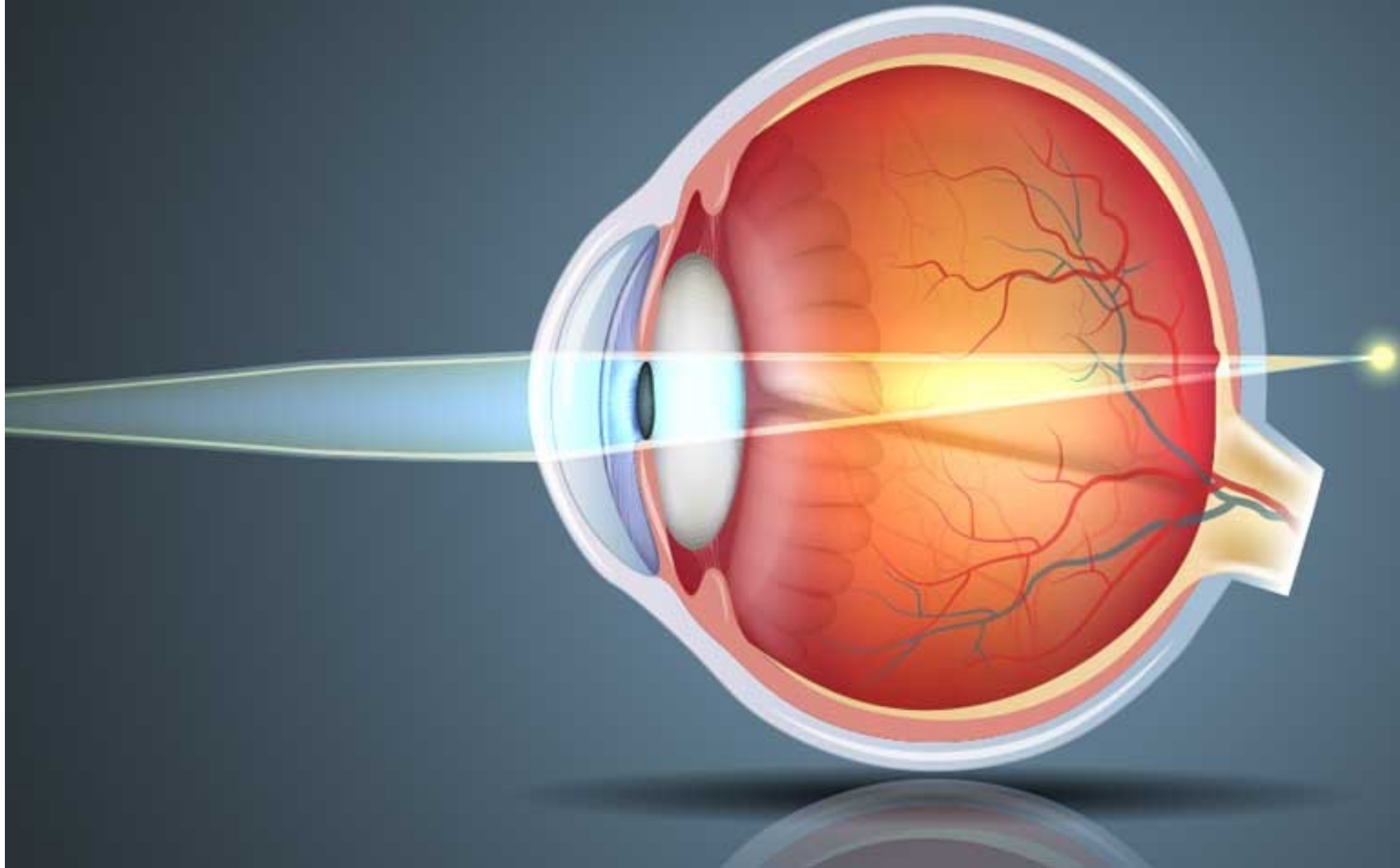
MYOPIA



What is Farsightedness (hyperopia)?

When the eyeball is **too short**, light rays entering the eye focus behind the retina. Distant objects are seen clearly but near objects are not.

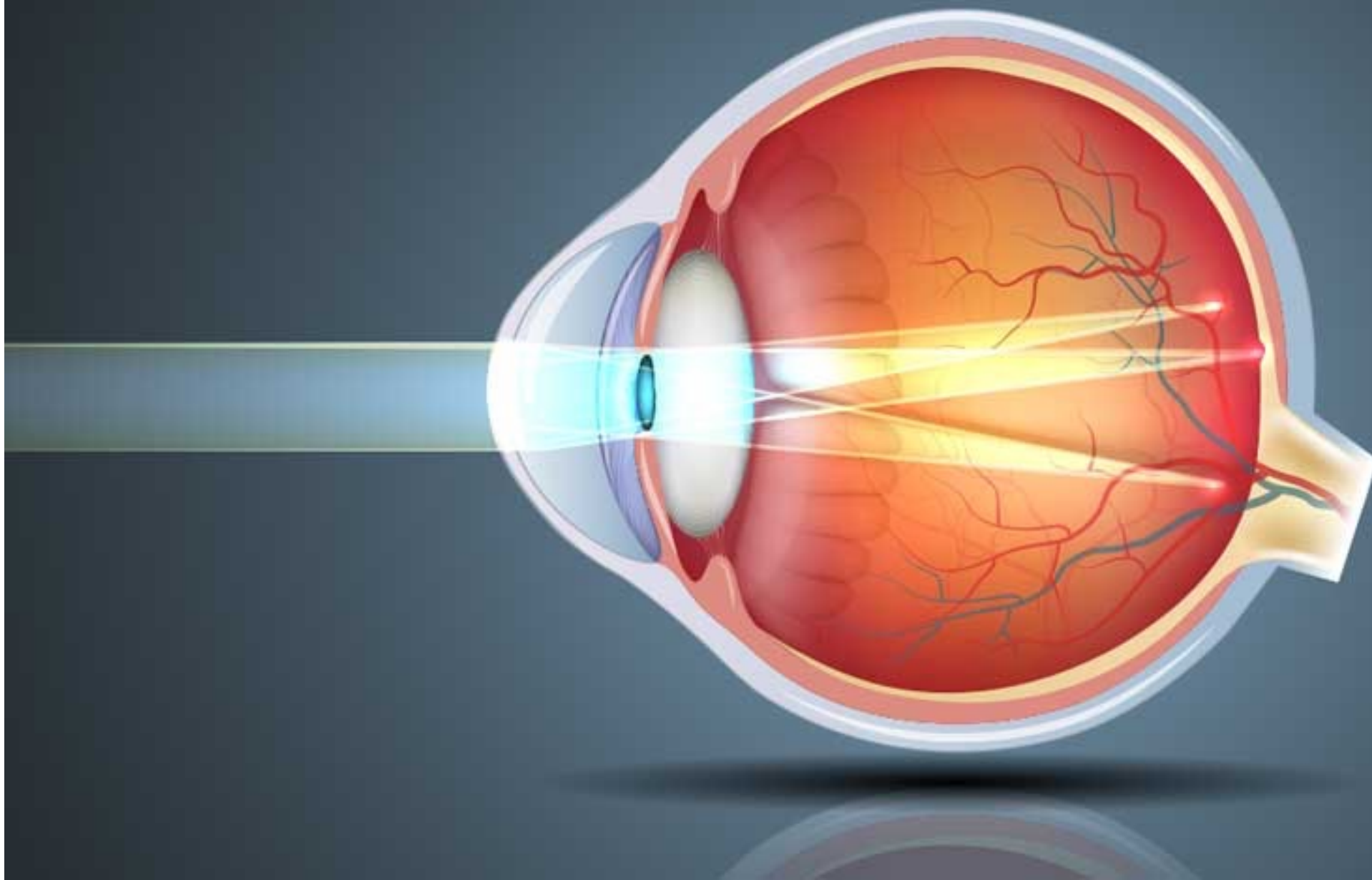
HYPEROPIA



What is Astigmatism?

Vision becomes distorted when the surface of the cornea has an **uneven curvature**; sometimes it is the eye's lens that is irregularly shaped. This type of irregularity causes light to focus on more than one spot on the retina at the back of the eye, causing blurred vision.

ASTIGMATISM



Treatment Options for Refractive Errors:

- Glasses
- Contacts
- Laser Vision Correction
- When Cataracts Develop, Cataract Surgery

REFRACTION



This state-of-the-art system allows our doctors to **make a comparison between your current refractive error, your old prescription, and your new prescription.**

Vision diagnostic results are faster, yet more accurate than ever.

The end result is a precise diagnosis of vision exceeding expectations for consistency and accuracy.

This **refracting system** combines smart features such as an electronic refractor, auto refractor/keratometer, chart projector, and auto lensmeter.



PRESSURE CHECK

Glaucoma is a disease that can slowly destroy the delicate nerve fibers that carry signals from the back of the eye to the brain.

Generally, **high pressure** within the eye is responsible for the damage, but even patients with normal pressure can experience loss of this important nerve function due to glaucoma.

It's important to be **checked yearly** to ensure glaucoma is not present, because patients do not always feel the symptomatic elevated eye pressure as it slowly robs them of their sight. Because **it can be inherited**, if one family member has glaucoma, other family members should be checked.

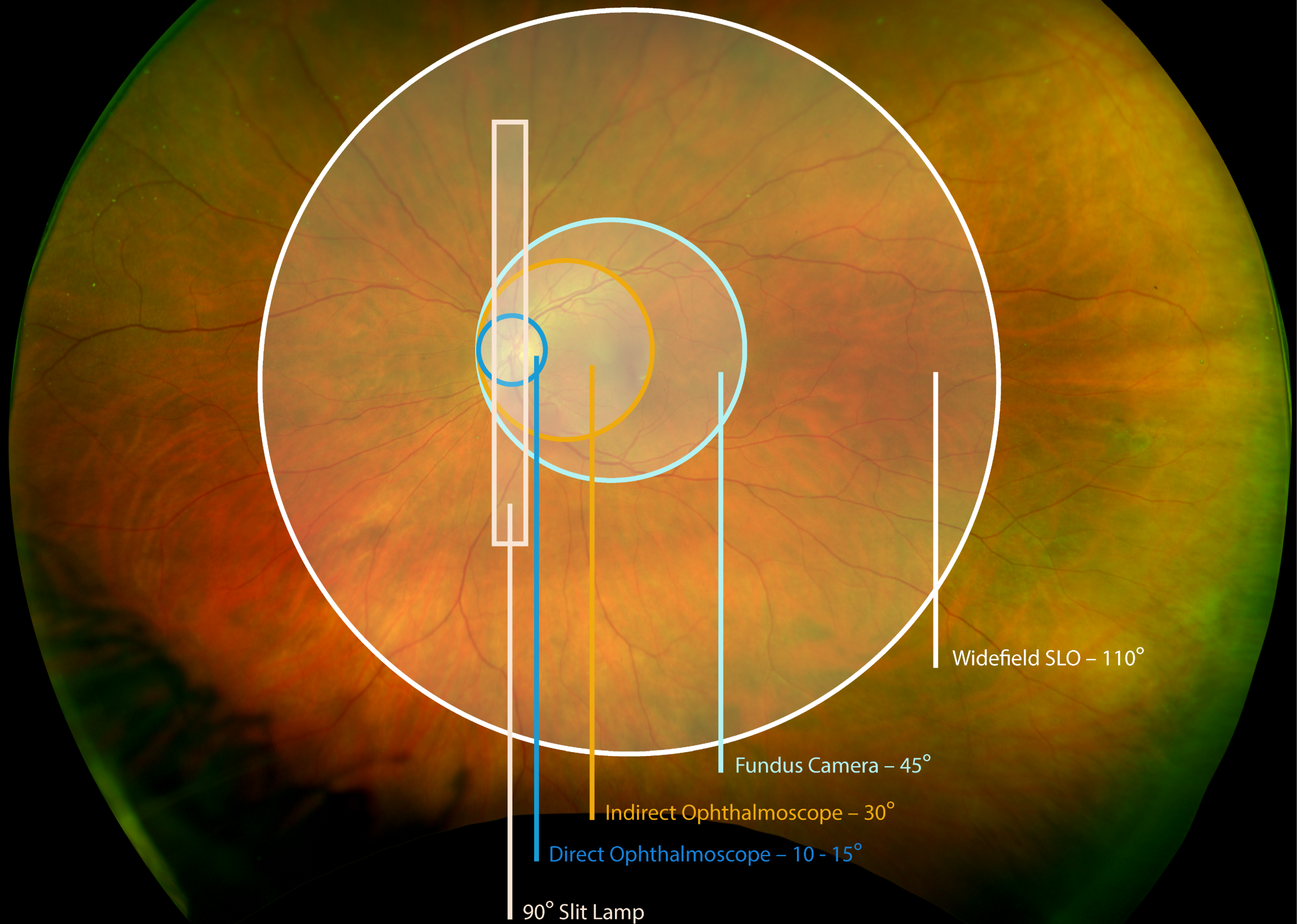


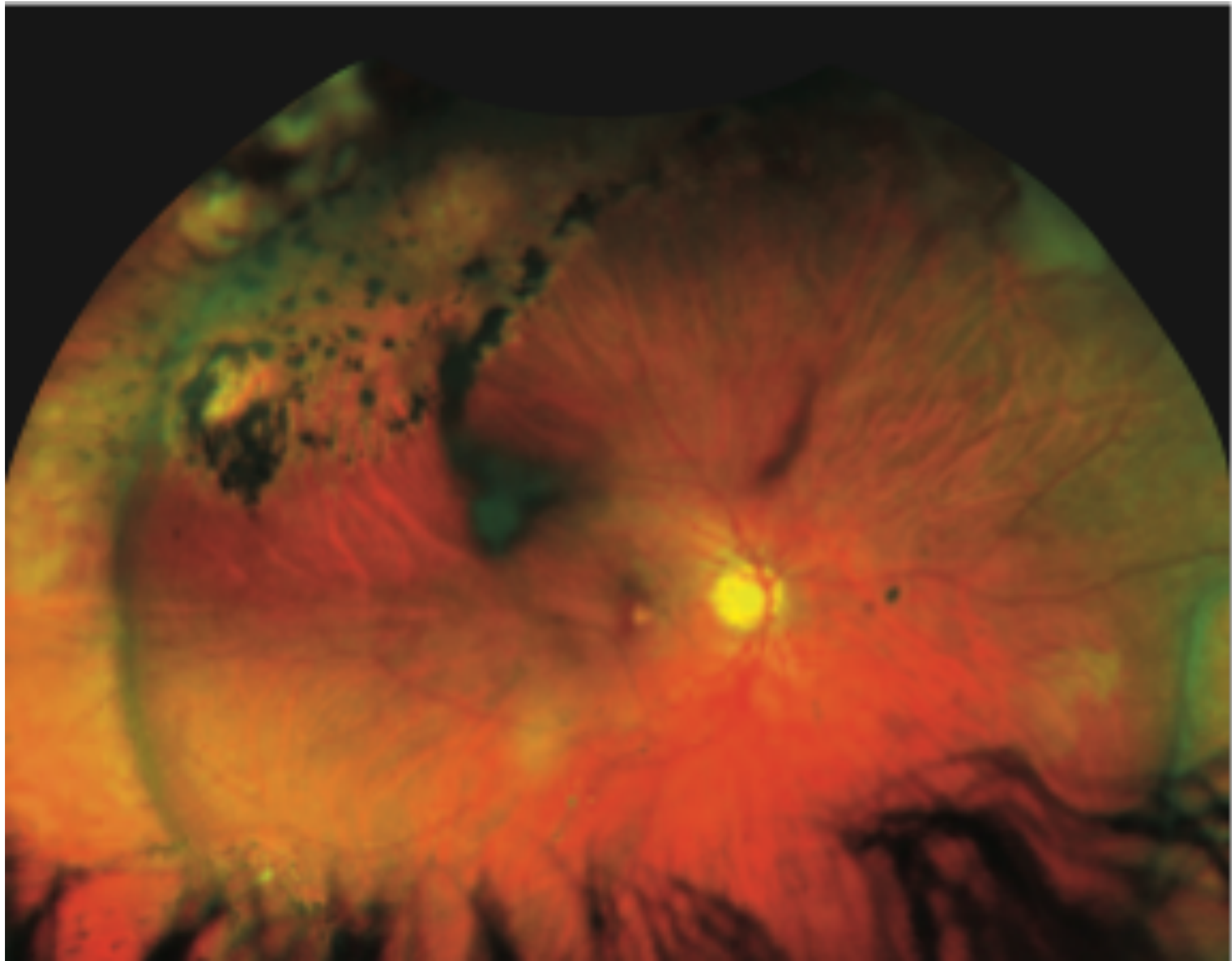
DILATION/RETINA



Sometimes
No Dilation
Necessary With
OPTOS

Comparison of Fields of View

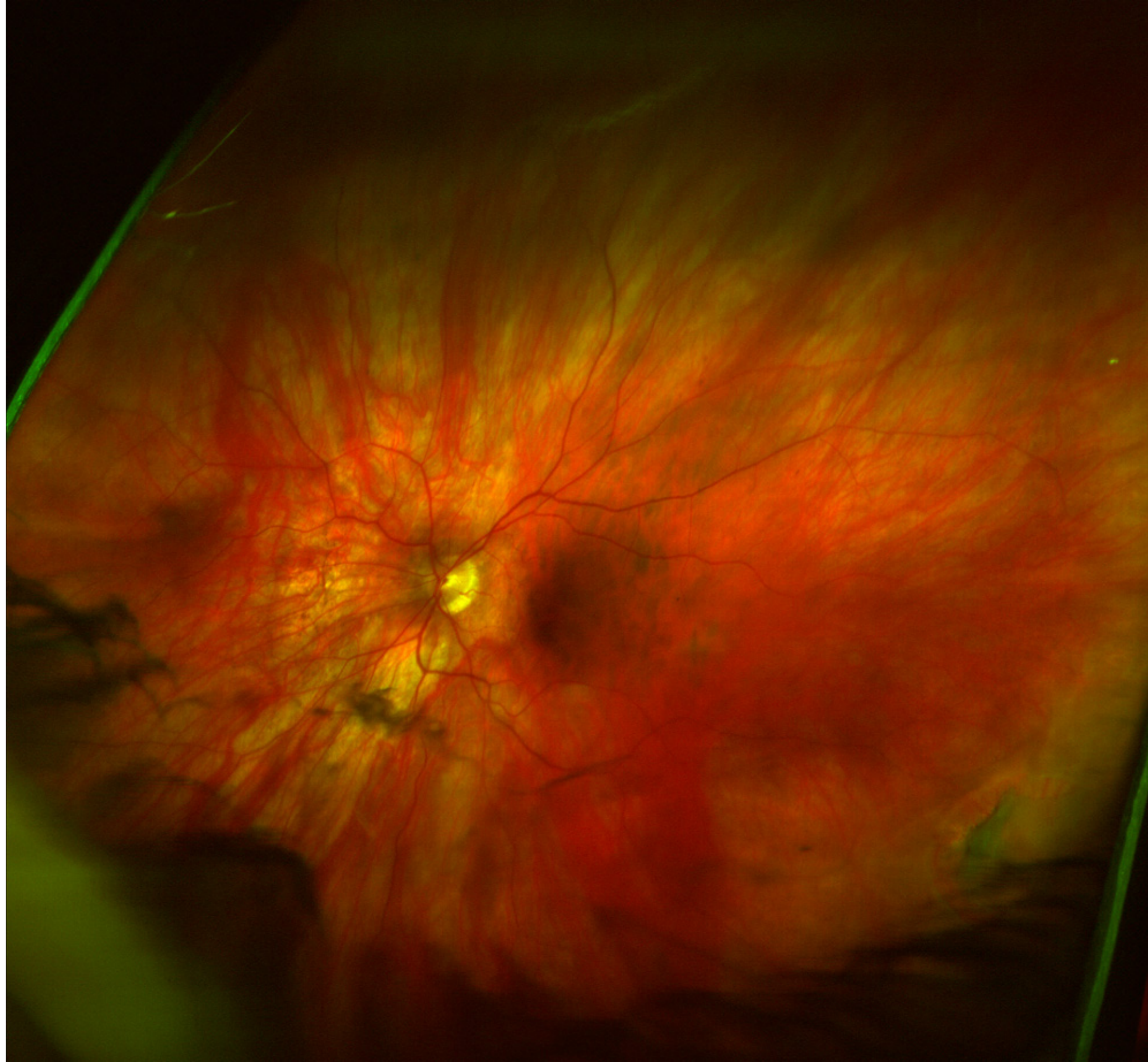


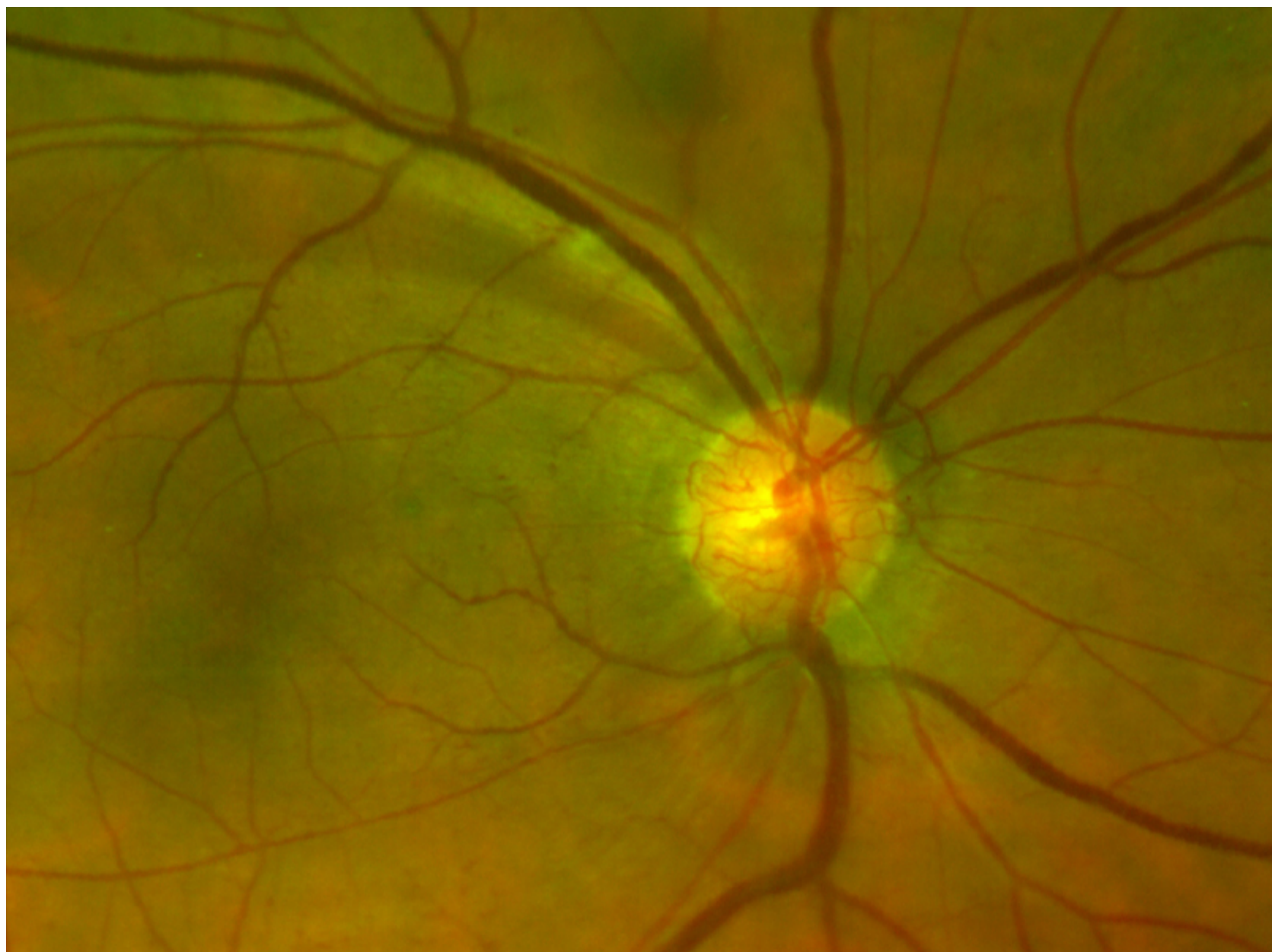


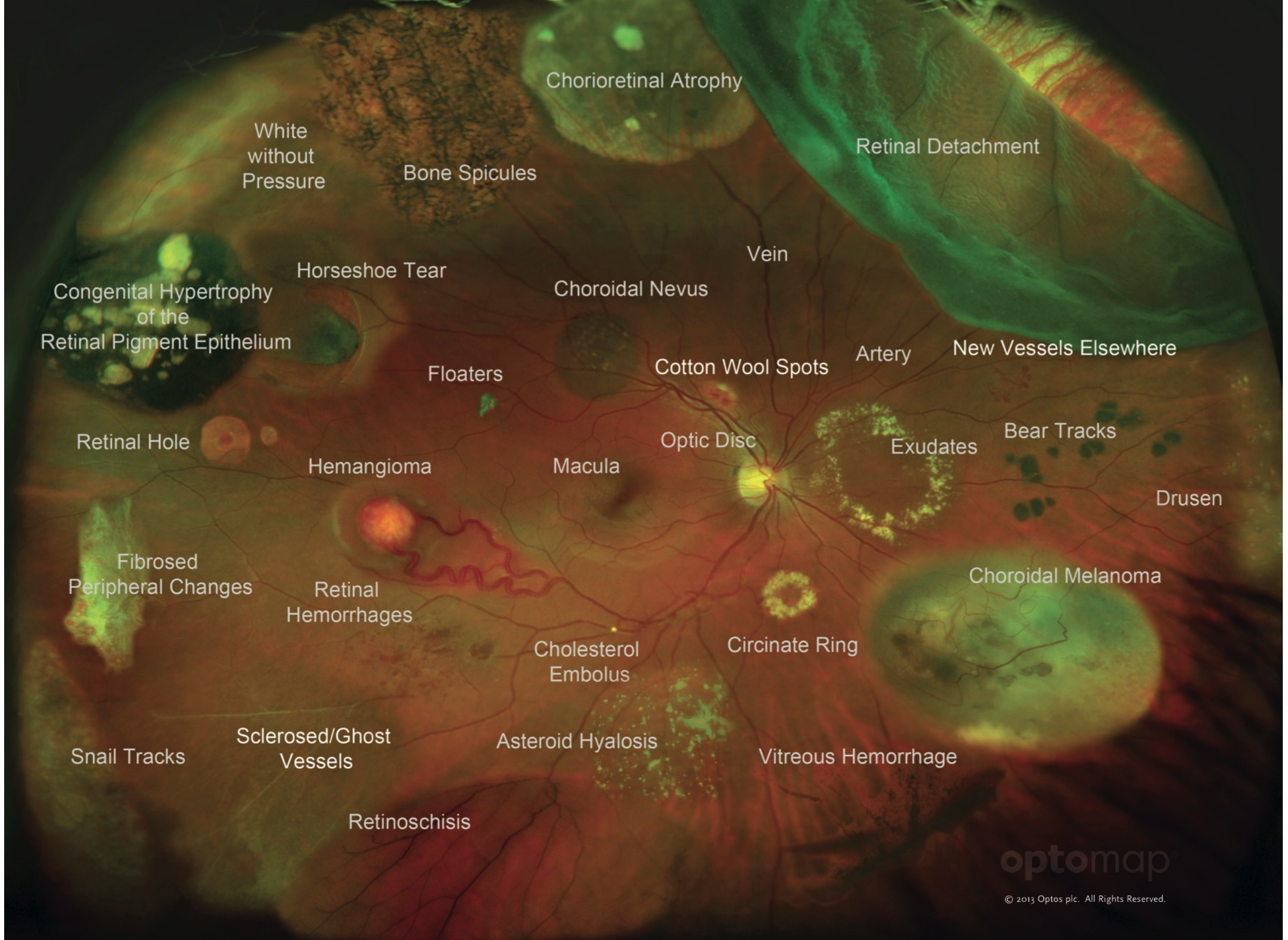
Optomap Plus



Macular Degeneration Optos Picture







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DOCTOR CONDUCTS EXAM

- After all testing is complete your physician reviews all findings and speaks to you about your vision and what your visual goals are.
- Compares refraction from last visit.
Order additional testing, if needed.
- Glasses prescription is provided - expires in two years.
- Surgical Scheduling and Contact Lens Fittings may also be part of the exam, if it pertains to your situation.

TRENDING TOPICS

Blue Light Filtering Lenses

&

Corona-19 and Your Eyes

Virtual Life And **Blue Light Lenses**

Sources of **blue light** have expanded over the years to include:

- TVs
- Computer Screens
- Tablets
- Smartphones

As of late—Zoom meetings and Virtual Learning has prolonged exposure.

Here are some symptoms to look out for:

- Digital eyestrain
- Headaches
- Physical and mental fatigue
- Loss of Concentration
- Dry and irritated eyes



Blue Light lenses can serve to:

- Protect
- Increase your comfort level
- Deliver a more restful night's sleep when utilized 2-3 hours before bed.

Source: Aspex® Eyewear Group, aspexeyewear.com





Coronavirus and Your Eyes

What you should know:

Most common symptoms of COVID-19 are a fever, coughing, and breathing problems.

Rarely, it also can cause an eye infection called **conjunctivitis**. Based on data so far, doctors believe that **1%-3%** of people with COVID-19 will get conjunctivitis, also called pinkeye.

Here's how to [protect your eyes](#):

- Avoid rubbing your eyes, especially in public and with unwashed hands.
- Switch from contact lenses to glasses. While there's no evidence that glasses or sunglasses decrease your risk for infection, some people wearing contacts may rub their eyes more.
- Follow other recommended practices. [Wash your hands frequently](#), limit touching your face, avoid contact with sick people, follow physical distancing best practices, and [wear a mask](#) in public.



****Having pink eye or irritated eyes **does not** necessarily mean you have COVID-19.**

There are many other reasons your eyes might be red or swollen, including:

- [allergies](#)
- getting foreign objects in your eyes
- [digital eyestrain](#)

Eye-related symptoms are rare for people at the beginning of COVID-19.

Be proactive about your eye health.

Questions?