



THE COLLEGE OF OPTOMETRISTS

Healthy vision for you

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Overview

- The eye examination
- Maintaining good eye health
- Your eyes throughout your life
- Your eyes at work



What are Optometrists?

- Optometrists are graduate health professionals who examine eyes, prescribe spectacles and contact lenses
- They were once known as Ophthalmic Opticians but this term was too confusing as there are Dispensing Opticians who dispense spectacles and contact lenses



What do Optometrists do?

- Optometrists can give advice on visual problems and recommend treatments or vision aids
- We are trained to recognise eye disease, refer if necessary and use and supply various eye drugs



What happens in an eye examination ?

- The basic eye examination takes 25-30 minutes but extra tests may be required
- We check the health of your eyes and can also detect general health problems through examining your eyes



History and symptoms

- The optometrist will spend time discussing your eye and general health
- It's important to tell him or her why you are having an examination. Is this routine or is there a specific reason?
- Are you experiencing any problems with your eyes or vision?



History and symptoms

- Are you taking any medication? Please bring a list of your drugs
- Do you suffer from headaches?
- Do you have a family history of eye problems?



History and symptoms

- What symptoms do you have and how long have you had them?
- Please tell us about your spectacle and contact lens wearing history
- We record your occupation and list your sports and hobbies



Examining the eye

- Your eyes will be examined both inside and out using an Ophthalmoscope and a special torch
- We will look at how your pupils react to light
- We may decide to check your colour vision or test you for Glaucoma



Vision

- Always remember to take your glasses or contact lenses with you when you go for an eye examination
- We will measure your vision with and without your glasses
- We will assess: distance vision, watching TV, driving, near vision, reading, close work, intermediate vision and computers



The sight test

- Your Optometrist will carry out a series of tests to measure the type and extent of any problem with your vision
- You will then be asked to choose between different lenses to see which ones help the quality and clarity of your vision



Eye movements and co-ordination

- These are checked to make sure that both eyes are working together and that undue stress is not being placed on your eye muscles
- Good muscle balance and good eye co-ordination is particularly important for those who use computers, read for prolonged periods or drive a long way



After the eye examination

- Your Optometrist will now have a detailed knowledge of the health of your eyes and any special visual requirements
- This information will be explained to you
- If you do not understand anything or require more information ask your optometrist and they will be only too pleased to help



Your prescription

- At the end of the examination, you will be advised when the next examination should be
- You will be given your prescription or a statement that your eyes don't need correction
- If you need medical treatment for an eye condition, you may be referred to your doctor or hospital



Correcting your vision

- When you have your prescription made up you will be given help in choosing your glasses
- If you wish to have contact lenses you will be given advice on the various types available and the procedures for fitting them
- Further advice on cleaning and caring for your lenses will be given at a contact lens fitting appointment



Reminder

- Most Optometrists send a reminder when your next appointment is due
- Remember that if you have a problem with your vision or eyes before your next examination, don't wait – contact the practice and make an appointment for a check up



Why are regular eye examinations important?

- Research shows that sight is the sense most people fear losing. Unlike your teeth, eyes don't usually hurt when something is wrong
- Early detection and treatment of eye conditions, such as glaucoma and diabetic retinopathy, can avoid sight loss
- People put up with poor vision because they don't realise all they need is a new pair of glasses!



Why bother with an eye examination?

- We check if your eyesight needs correcting with glasses or contact lenses and the best form of correction for your vision
- We can pick up early signs of potentially blinding eye conditions, such as Glaucoma
- We can detect underlying health problems, such as high blood pressure or diabetes



The benefits of an eye examination

- By having an eye examination and remedying problems in eye sight, we can improve your quality of life considerably
- We can identify problems affecting your work performance or driving ability



Ten Tips for good eye health

- Have regular eye examinations
- Stop smoking
- If you have glasses or contact lenses, wear them!
- Don't look at the sun directly, ever!



Ten Tips for good eye health

- Eat a healthy diet – low in fat, rich in vegetables (in particular green leafy vegetables), nuts and fruit
- Don't poke things in your (or other people's) eyes!
- Don't wear other people's contact lenses



Ten tips for good eye health

- Unless your contact lens practitioner tells you it is OK, avoid sleeping or swimming with your contact lenses in. Make sure you keep the contact lenses and their case clean
- Protect your eyes from the sun – wear UV protection, sunglasses or even a wide brim hat
- Look away from your computer screen from time to time to rest your eyes

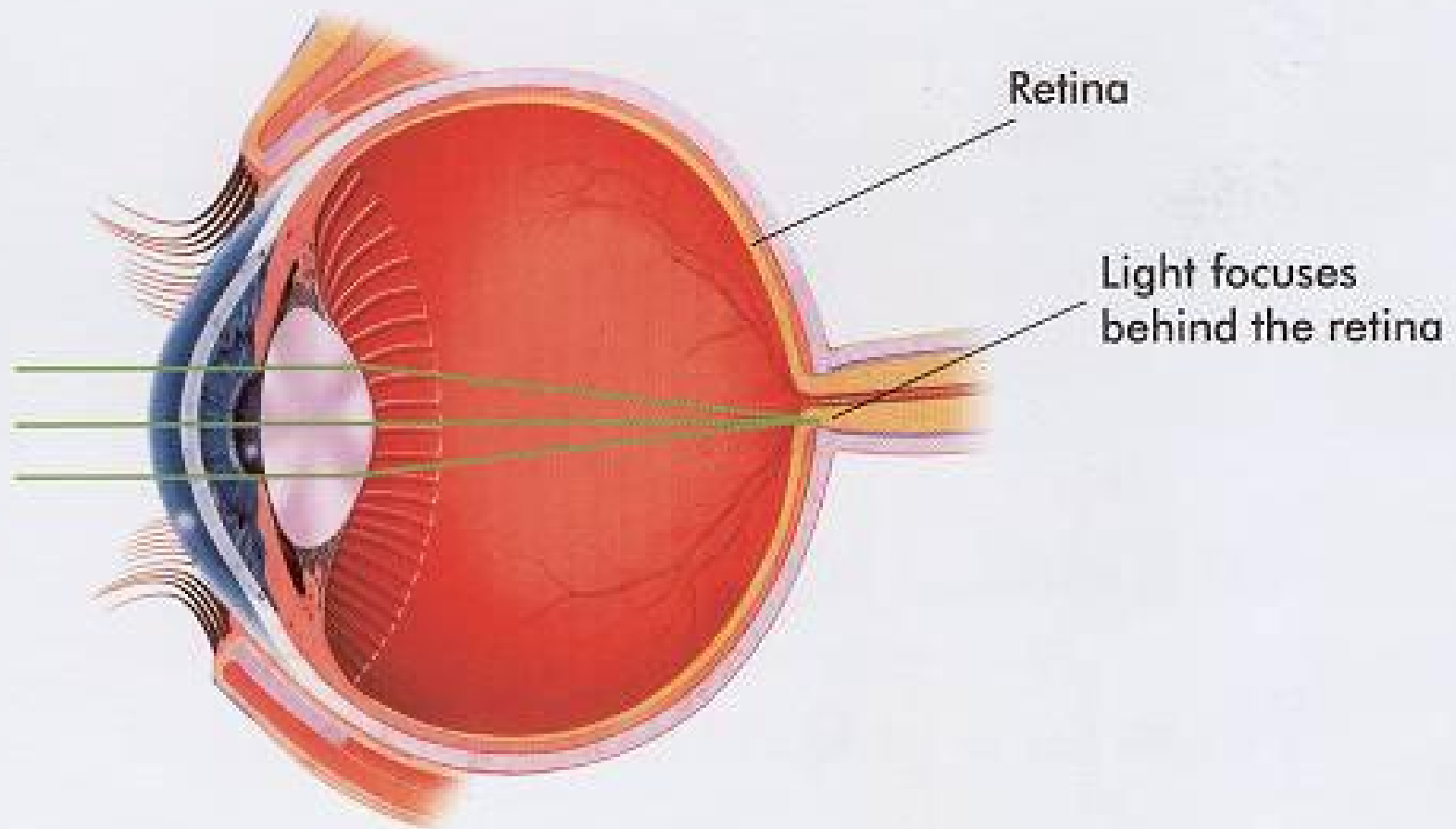


Hypermetropia

- Long-sightedness is when the length of your eye is too small
- The light focuses behind the light sensitive retina
- Things near to you are blurred and objects far away are clearer



HYPERMETROPIA

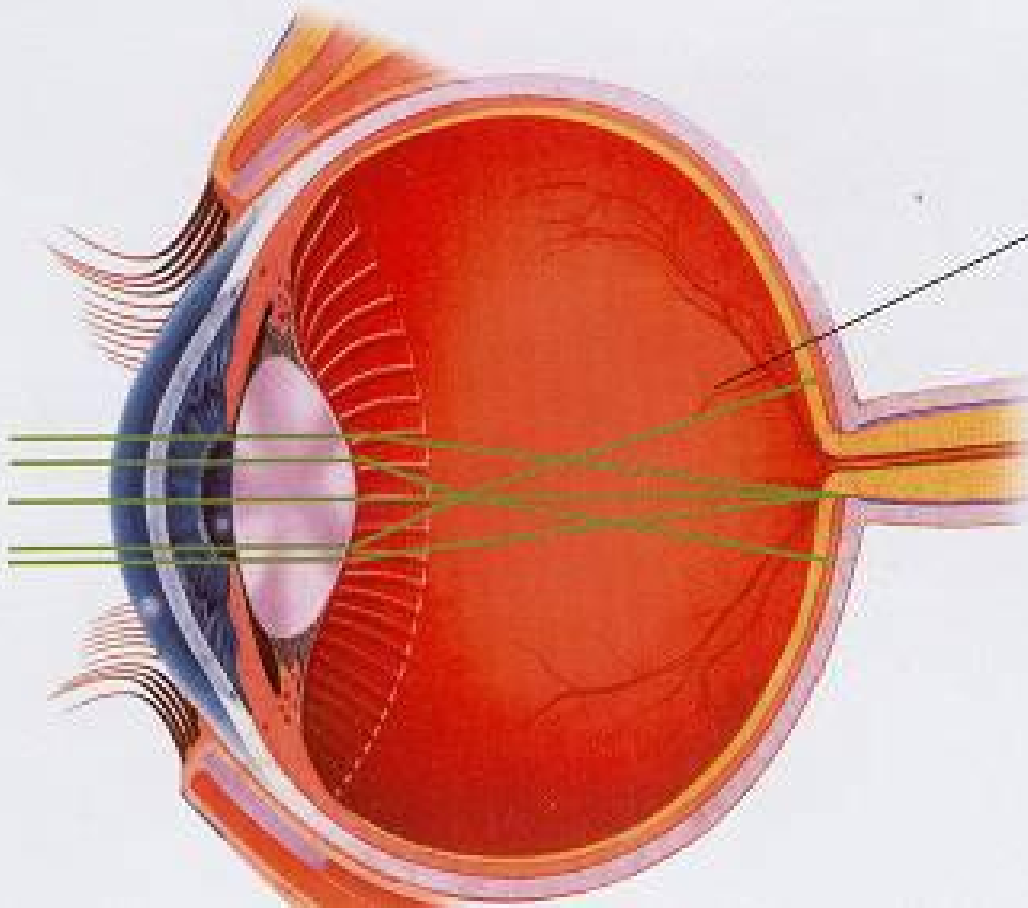


Astigmatism

- If the front of your eye is perfectly round, like part of a football, then you have no astigmatism
- If the front of your eye is shaped like a rugby ball, that is called astigmatism
- With astigmatism the light is focused in two different planes and everything looks slightly out of focus



ASTIGMATISM



Astigmatism causes light to strike at more than one area at the back of the eye. This causes a distorted image.



Presbyopia

- Inside your eye you have muscles, called ciliary muscles, that change the shape of your lens to focus it
- As you age the ciliary muscles lose tonus and are not as effective

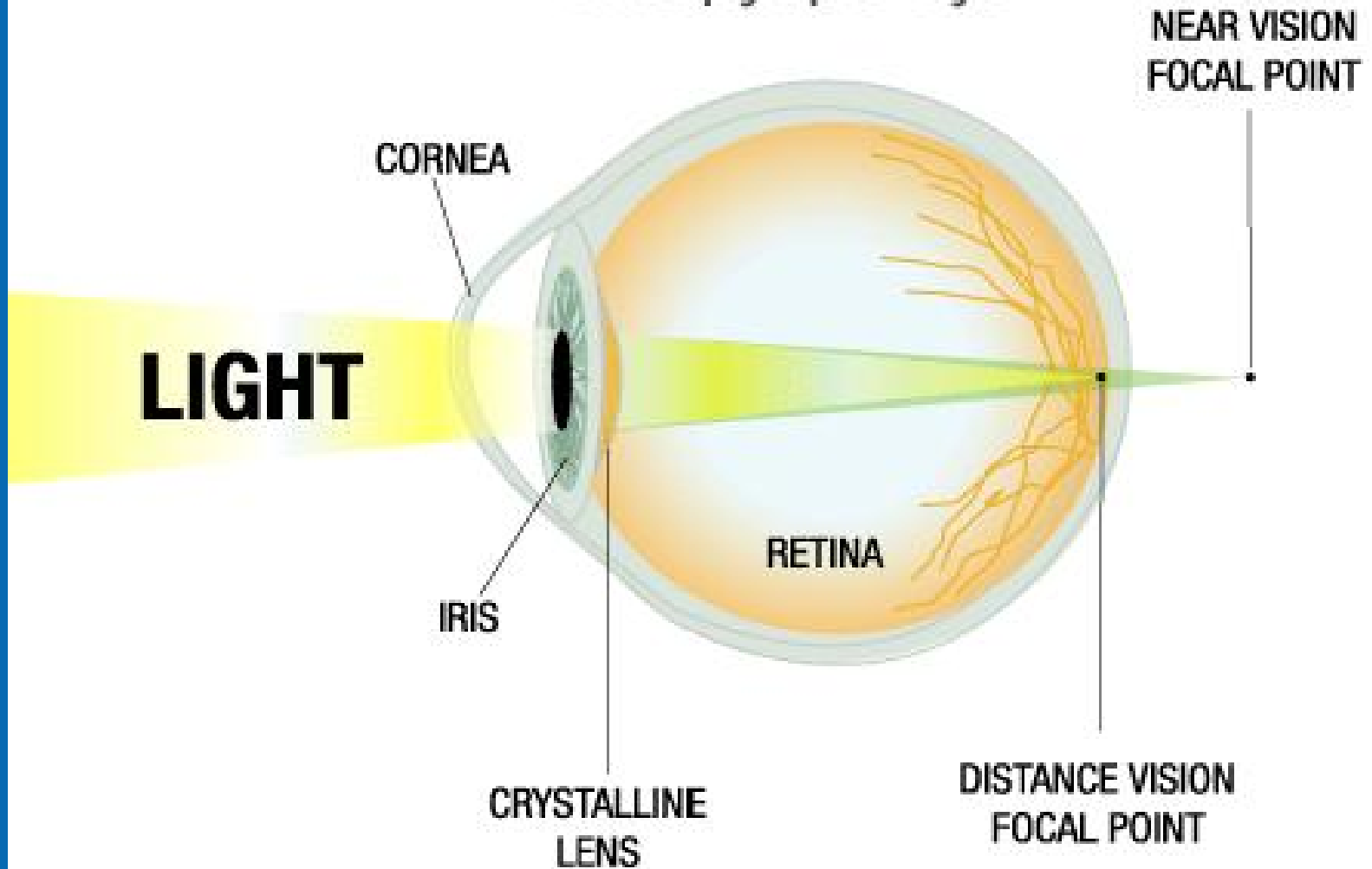


Presbyopia

- At first, after forty, you have a time delay when changing focus from distance to near and back
- The national average age to have your first pair of reading glasses is 45 years
- Every two years as you age the reading prescription will need to be made a little stronger



Presbyopic Eye

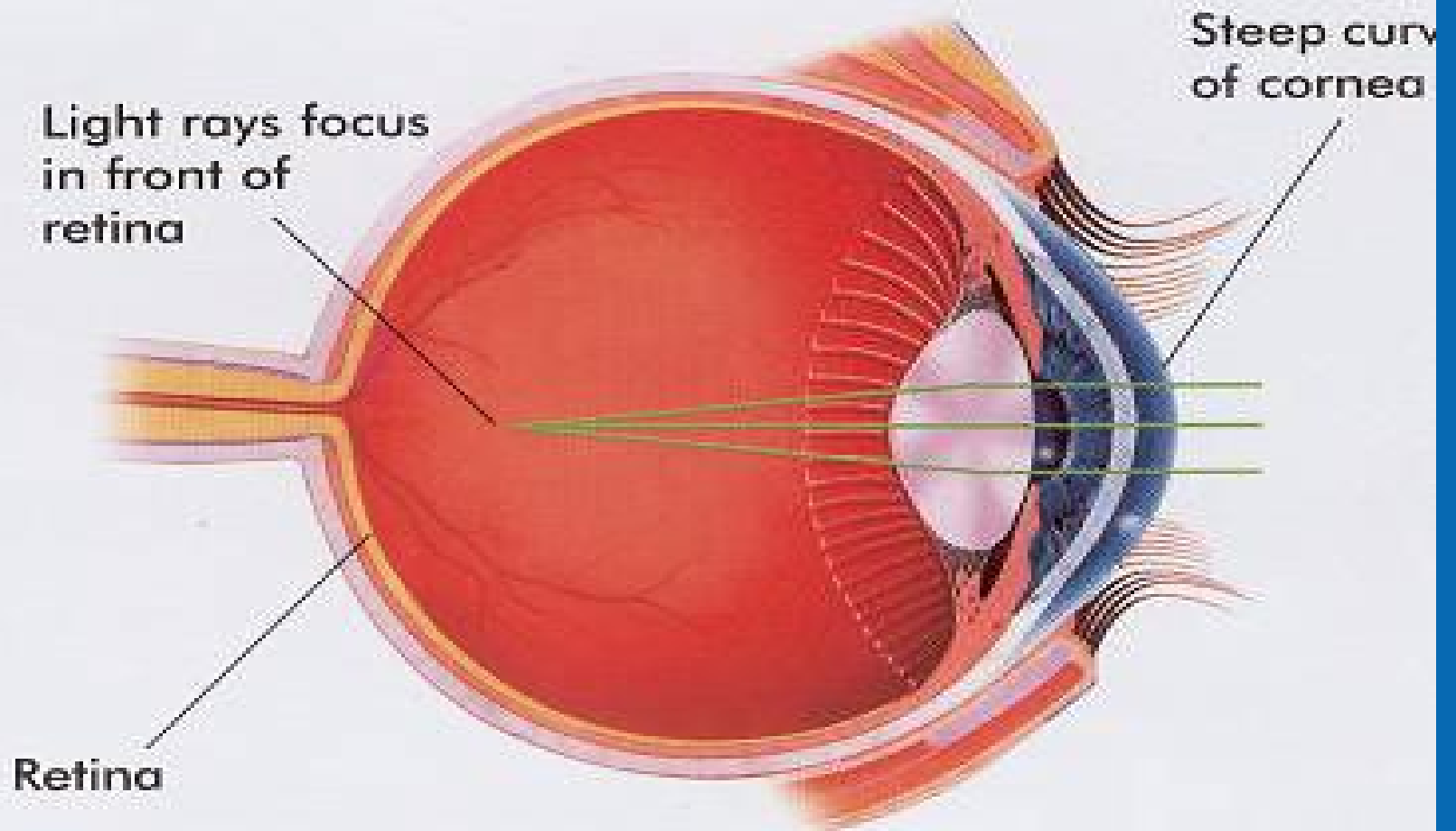


Myopia

- Short-sightedness is when your eyes are too long
- The light focuses in front of the light sensitive retina
- You can see clearly close up but vision is blurred in the distance



MYOPIA



Adults of working age

- All drivers must be able to read a standard size number plate (with glasses, or corrective lenses, if needed) at 20 metres
- If you drive when your vision is below the legal requirement, then your car insurance is invalid



Adults of working age

- Try the 'number plate test' yourself to check your visual ability
- Don't forget to wear your glasses or contact lenses when you drive
- Eyesight changes over time, so remember to have a regular eye examination



The computer

- People who spend a long time working on their computer or surfing the net for leisure, can get tired eyes
- Make sure you look away into the distance for a minute or two
- Take frequent breaks from your computer screen



The computer

- Adjust the brightness and contrast of your screen, so that it is at its most comfortable
- Remember to take the colour out or set it to cool, before adjusting the brightness and contrast and put it back afterwards



The computer

- Make sure that your screen is well positioned, with suitable lighting to avoid glare
- If you use a computer as part of your work, then your employer may provide and pay for your eye examination



The computer

- Place your screen straight in front of you, at arms length
- The centre of the screen should be 18-20 cm below your eye level



Dryness on the VDU

- When reading the screen your blink rate drops from 14 times a minute to just 6 times
- This causes your eyes to get drier, the longer you use the screen
- As a reminder, stick a bright piece of paper bearing the word “blink” to the right side or bottom of the screen when using spreadsheets



Coping with air conditioning

- Air conditioning can make your eyes dry when combined with screen work
- Try adding water to the atmosphere, wet pot plants, a tray of water to evaporate or use a humidifier



The ageing eye

- Our eyes change as we age and eye diseases are more common
- Make sure that you have regular eye examinations



The ageing eye

- As you grow older, try to be aware of the vision in each eye and if you notice any changes see your Optometrist
- Talk to your local Optometrist, if you need further information, or try www.college-optometrists.org



How to find a good Optometrist

- As a sign of quality make sure that your Optometrist has the letters MCOptom or FCOptom after their name



Blepharitis



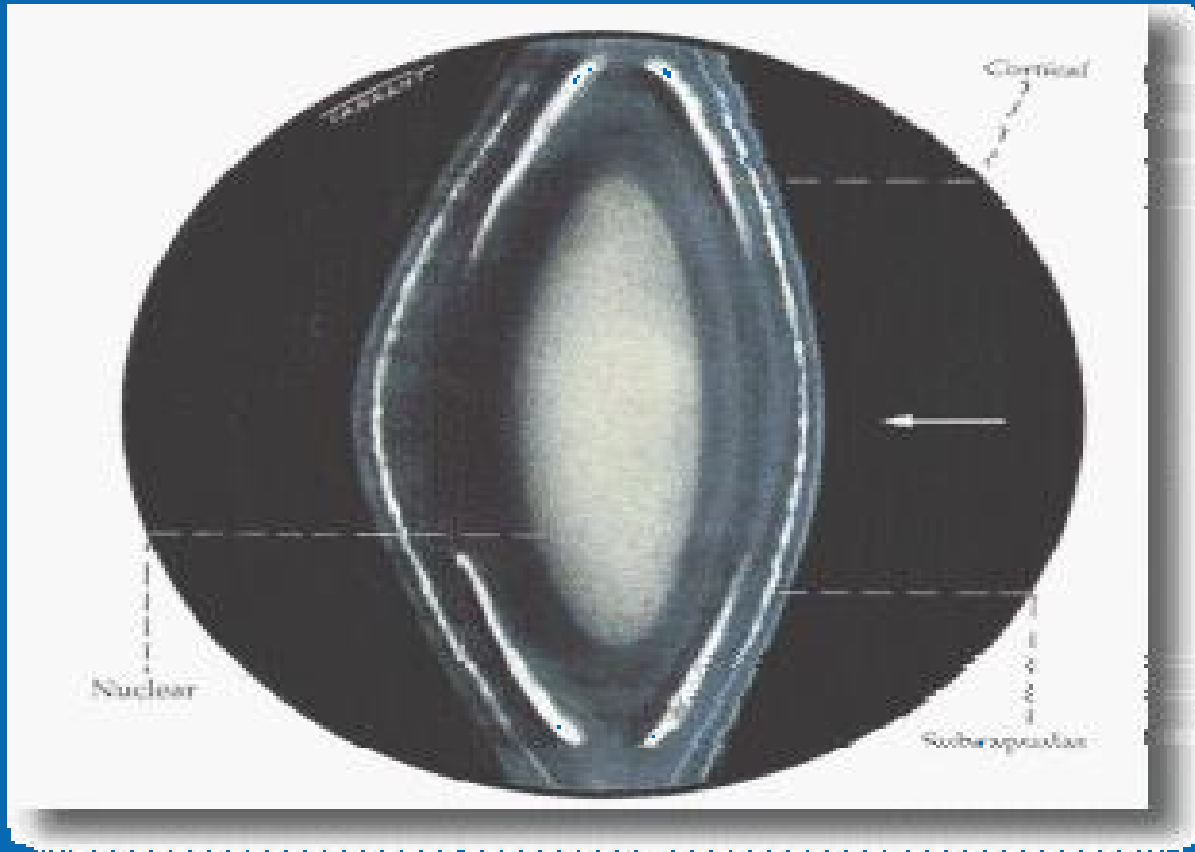
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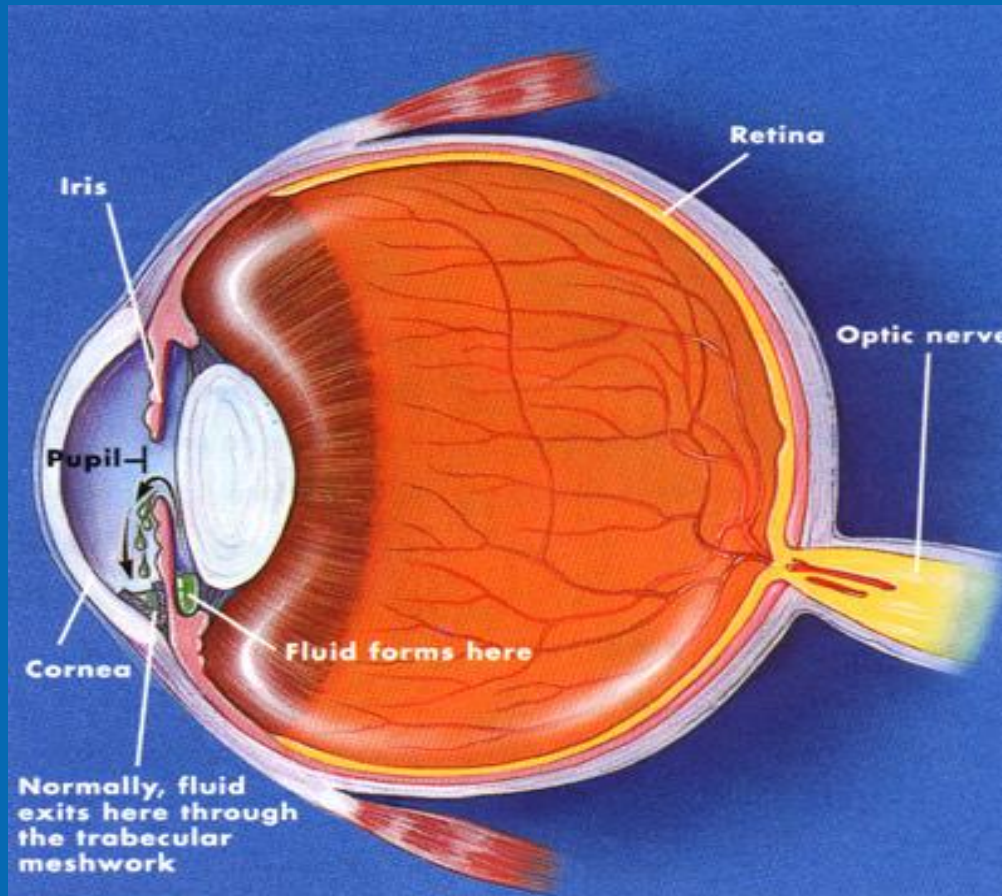
Conjunctivitis



Cataracts



Glaucoma



ARMD



Fundas photograph of a patient with age related macular degeneration.



Any Questions?



Thanks for Listening

