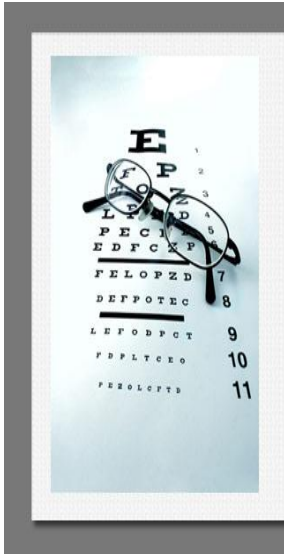


REGULAR EYE EXAMINATIONS

There is more to a healthy pair of eyes than clear vision



When an optometrist examines your eyes, the clarity and comfort of your vision as well as the general health of your eyes will be checked.

After discussing visual problems, your optometrist will use a series of tests to determine if you need prescription lenses and, if so, how strong they should be for efficient vision. There will also be checks to ensure that your eyes are working correctly as a team and to assess your ability to focus for near vision.

The front of the eye including the cornea, conjunctiva, iris, lens and lids will be inspected with a slit lamp microscope. The inside of the eye including the lens, the retinal blood vessels and the optic nerve head will be examined with an ophthalmoscope.

The appearance of these tissues can indicate problems involving the eye, for example cataract or glaucoma, or other diseases such as high blood pressure or diabetes. Sometimes medication will have side effects that disturb vision. Assessments of intra-ocular pressure, fields of vision and colour vision may also be done. If your optometrist finds any sign of eye disease or general health problems, arrangements can be made for you to see an eye doctor (ophthalmologist) or general medical practitioner.

Many of the changes caused by eye disease occur slowly, often over years, and sometimes without obvious signs or symptoms. Regular check-ups make detection more likely, enabling prompt treatment with a better chance of curing or controlling the disease.

Remember to tell your optometrist about any blurred vision, headaches, sore or red eyes, or double vision. Discuss the vision requirements of your occupation. It may be helpful to bring measurements of the distances from your eyes to your computer screen, workbench, instruments or machines. Remember to mention music, hobby or sporting activities that may require special lenses. This information will help your optometrist provide the best possible eye care for you.

If you would like more information on eye conditions such as shortsightedness (myopia), long-sightedness (hyperopia), cataract and glaucoma, your optometrist can offer you a wide range of brochures.

Your optometrist is registered and qualified to

- Examine your eyes for vision disorders
- Detect and diagnose signs of eye disease
- Prescribe, supply and repair spectacles



- Detect and diagnose signs of health disorders involving the eyes
- Prescribe, supply and fit contact lenses
- Analyse and treat eye co-ordination disorders
- Prescribe other specialised optical aids
- Contribute to the care of the partially sighted
- Advise on lighting

Optometrists also advise on

- Sports vision
- Vision-related learning disabilities
- Eye safety requirements for home and industry
- Vision care for the housebound

If an eye disease or general health disorder is detected, your optometrist will refer you to an ophthalmologist or general medical practitioner.

Medical insurance cover

- Optometric consultations qualify for Medicare rebates. Private health insurance funds provide benefits for spectacles and contact lenses

Ask your optometrist for this related brochure

- Medicare and optometry

