

## Eye Exams

It is important for adults to have comprehensive eye exams on a regular basis to check for eye health related problems. We just don't check your vision, our regular eye exams help detect glaucoma, age-related macular degeneration (AMD), cataracts and diabetic retinopathy among other health problems.

- African-Americans are at greater risk for glaucoma, and should have eye examinations every 2 to 3 years before age 40 and every 1 to 2 years after age 40.
- People with diabetes are at risk for several eye disorders, including diabetic retinopathy, glaucoma, and cataracts, and should have eye examinations every year.
- In general you should have your eyes examined yearly after age 50, and more frequently if you are diagnosed with an eye condition or have a strong family history for one.

## What to expect at your eye exam

During an eye exam, our eye doctor reviews your medical history and completes a series of tests to determine the health of your eyes. The exam will evaluate both your vision and the health of your eyes. If you wear prescription glasses or contacts, bring them to your appointment along with a pair of sunglasses for the trip home in case your doctor needs to dilate your pupils.

Here are some routine tests that your doctor may do to assess your vision and eye health:

### Retinoscopy

This test may be used to help determine your prescription. In retinoscopy, you will be given a large target to focus on, typically a chart with letters decreasing in size from top to bottom, while a small light is directed at your eye.

## Refraction

This determines your exact vision prescription. During this test, our doctor puts an instrument called a phoropter in front of your eyes and shows you a series of lens choices. Refraction determines your level of farsightedness, nearsightedness, astigmatism and presbyopia.

## Cover Test

During a cover test, our eye doctor will have you focus on a small object at distance and will then cover each of your eyes alternately while you stare at the target. This indicates how your eyes work together and can help detect strabismus (eye misalignment), or amblyopia and other vision issues.

## Slit-Lamp Examination

The slit lamp is used to examine the health of many of the structures of your eyes, inside and out. With your chin on the chin rest, the doctor will shine the lamp into your eye. This procedure can help detect cataracts, corneal ulcers, diabetic eye disease, macular degeneration and other conditions.

## The Glaucoma Test

This test measures the pressure inside your eye. The most common glaucoma test is the “puff-of-air” test, technically known as the non-contact tonometer. Our doctor may also want to look at the optic nerve inside the eye to determine if you have glaucoma.

## Visual Field Test

This test checks for possible blind spots in your peripheral vision.

## Dilation

Dilating drops make the pupils of your eyes bigger, allowing your doctor to get a better view into the internal structures of the eye. Once dilated, your eyes will be very sensitive to light. Bringing sunglasses with you to your appointment can make your trip home more comfortable. It may also make your vision blurry. Most people are comfortable driving while their eyes are dilated, but many people arrange other transportation.