



# Can you believe your eyes?

What do your eyes say about you? If you don't know, perhaps it's time you had someone look deep into them. Your eye doctor is just right for the job. Full-service Avēsis vision plans include an annual or biennial eye exam. Not only can an eye exam detect any uncorrected vision problems, but it can also uncover a host of other medical conditions.

## What your eyes say

In addition to determining your vision prescription and detecting vision health problems such as nearsightedness and/or astigmatism, an eye exam can reveal important information about your overall health. Here are the latest in a growing list:<sup>1</sup>

- Diabetes—blurry vision from blood sugar fluctuation
- Hypertension—damaged blood vessels
- High cholesterol—buildup on the cornea; plaques clogging arteries in the eye
- MS—sudden vision loss; change of optic nerve's color/appearance
- STDs—unresolved pinkeye and other signs (syphilis, chlamydia, herpes) disease—dry eye, muscle stiffness, bulging eyes (Graves' disease)
- Lupus and other autoimmune disorders—uveitis (red, swollen eyes)
- Cancers (lymphoma, leukemia); ocular melanoma and basil cell carcinoma

## When to look into them

Get a complete eye exam as recommended by your doctor, or follow the recommendations below if you are risk-free or asymptomatic:<sup>2</sup>

- Age 6 months
- Age 3
- Age 6, before first grade
- Ages 6 to 18: every 2 years
- Adults who rely on vision correction: every year
- Ages 18 to 60: every 2 years
- Ages 61 and over: every year

What about online vision exams? They're cropping up all over these days, seeming to meet the needs of busy professionals. But as convenient as they are, online tests cannot take the place of real-life eye exams. While they can often come close to determining visual acuity and meet optical needs, they can't detect diabetes or any other ocular/health condition.

## What your eyes see

For more than 100 years, eyes were examined using Herman Snellen's eye chart. These days, eye doctors rely on the more accurate LogMAR chart. And eye exams have gotten more sophisticated by incorporating digital technology, too. Here's what our members can expect:

- Case History
- Record of Visual Acuity—Corrected and Uncorrected
- Internal Exam
- External Exam
- Pupillary Reflexes
- Binocular Vision
- Objective Refraction (near-point refraction/test of accommodation)
- Subjective Refraction
- Slit Lamp Exam (Bio-microscopy)
- Dilation
- Color Vision
- Depth Perception
- Ocular Mobility Testing
- Retinoscopy (when applicable)
- Tonometry (when applicable)
- Glaucoma Test (as part of our Diabetes & Glaucoma Outreach Program, only)

### Sources:

1 <https://www.cnn.com/2018/02/28/health/retina-memory-loss-study/index.html>, March 2018

2 <https://www.allaboutvision.com/eye-exam/preparing.htm>, February 2017

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