



1 The Square Barnham West Sussex PO22 0HB Telephone: 01243 554091

Email: enquiries@barnhamopticians.co.uk

Website: www.barnhamopticians.co.uk

Adult's Eye Health Information Leaflet



Importance of Regular Eye Examinations

An eye examination is not just how well you can see and buying glasses, but checking the health of your eyes internally and externally to look for signs of any general health problems, for example:

- Diabetes
- Glaucoma
- High Blood Pressure
- High Cholesterol
- Dry Eye Disease

and many more things.

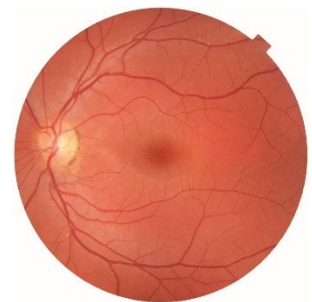
An eye examination may also detect potentially treatable eye diseases which left untreated may cause blindness. Signs of tumours and other abnormalities of the brain can also be detected which could even be life threatening.

Glaucoma screening is a routine part of the eye examination especially if you are over 40 years old. It is a serious condition that is much better treated if discovered early. You would not normally notice any signs of this problem until some sight is already lost and is then irreversible.

Eye movements and co-ordination are checked. This is to ensure that both eyes are working together and that the eye muscles are not placed under any undue stress. If you read, use a computer, tablet or mobile phone a lot, then good muscle balance is particularly important.

Retinal photography

uses a digital photograph of your retina and neurosensory tissues of the eye to confirm its health or detect the presence of any disease. It is also used to follow up any subtle changes to the eye and is routinely included FREE in our eye examinations.



Computer Use

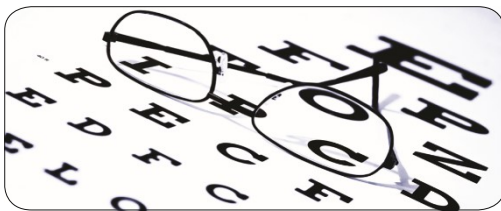
If you work 4 hours or more per day on a computer, then your employer may be obliged by law to contribute towards an eye examination yearly and also glasses if prescribed solely for use on the computer.



Prolonged computer use can cause tired eyes, eyestrain and headaches, so it is important to remember this '20-20-20 Rule': **Every 20 minutes' look 20 feet (6m) away for 20 seconds.** This gives your eye muscles a rest and helps to increase the rate of blinking. Also, if you need glasses to look at the screen... *wear them!*

Driving

If you are a car or motorbike driver you are required by law to read a number plate at 20 meters (*with glasses if required*) and to have a wide field of vision. If you drive with 'uncorrected defective vision' (*including glasses with incorrect prescription*) it is a punishable offence with a heavy fine, penalty licence points and possibly a driving disqualification. Your insurance may also be invalidated. It is common sense to ensure your eyesight is good enough for driving and you are not breaking the law.



Tips to maintain good eyesight

- Have regular eye examinations. Most people should have an eye examination at least every 2 years.
- Stop smoking. Smoking has been linked to AMD (*which is the leading cause of blindness in the UK*) and cataracts.
- Eat a diet rich in green leafy vegetables and coloured fruit and vegetables.
- Wear UV absorbing sunglasses to protect your eyes against harmful UV rays.
- Be aware of your vision in each eye separately as many conditions appear in one eye first. Any changes, contact us straight away for advice. This may include straight lines (*eg. door frame*) appearing wavy or distorted, seeing blank or blurry spots in your vision, floaters, or sudden unexplained headaches.

If in doubt... check it out!