

Annual Eye Exams video transcript

[MUSIC] [NARRATOR]

90 Seconds to Better Health brought to you by Med Center Health, the largest healthcare provider in the region.

[RUSSELL HELTSLEY, O.D., Optometrist with Med Center Health Eye Care]

A comprehensive eye exam should be done annually on everyone.

[NARRATOR]

Dr. Russell Heltsley explains what vision problems an eye exam can reveal.

[DR. HELTSLEY]

An optometrist can diagnose regular vision disorders, like near-sightedness, far-sightedness, astigmatism, as well as multiple eye diseases – glaucoma, cataracts, macular degeneration. There's many eye diseases we're looking for, and then some other diseases that would affect the rest of your body, like diabetes and things like that.

First well visit for a child should be at age three and then again at age five, and after that annually.

[NARRATOR]

You should talk to your doctor about any eye concerns you may have.

[DR. HELTSLEY]

You should ask your optometrist how is your vision compared to what is normal. Are you having any difficulties? Do you have vision loss? Is the vision loss going to regress?

[NARRATOR]

Dr. Heltsley says an annual eye exam is the best way to protect your vision.

[DR. HELTSLEY]

It's important to have annual eye exams to detect eye disease as well as other vision problems. A lot of people feel as though they're seeing perfectly, and they have no problems so they don't need to go to the eye doctor; but there's a lot of other diseases they don't know about until it's too late. Just because you're seeing well doesn't mean everything's going perfectly. So, we want to make sure that you stay seeing well.

[NARRATOR]

For more information, visit MedCenterHealth.org.

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