

Patient Focus

February 2012

Save Your Sight

Saving your vision isn't just about using protective eyewear. Saving your vision also includes visiting your eye doctor on a regular basis, eating and living healthily, and being aware of your risk factors for development of certain eye diseases and/or conditions.



Any changes in the appearance of your eyes or vision should be investigated further by your eye doctor. Some examples include:

- Unusual trouble adjusting to dark rooms;
- Difficulty focusing on near or distant objects;
- Squinting or blinking due to unusual sensitivity to light or glare;
- Change in color of your iris;
- Red-rimmed, encrusted, or swollen lids;
- Recurrent pain in or around your eyes;
- Double vision;
- Dark spot at the center of your view;

- Lines and edges appear distorted or wavy;
- Excess tearing or “watery eyes”;
- Dry eyes with itching or burning; and
- Seeing spots, ghost-like images.

The following may be indications of potentially serious problems that might require emergency medical attention:

- Sudden loss of vision in one eye;
- Sudden hazy or blurred vision;
- Flashes of light or black spots;
- Halos or rainbows around light;
- Curtain-like blotting out of vision; and
- Loss of peripheral (side) vision.

If you notice any signs of potential eye problems, visit an eye doctor for a complete eye exam. Even if you have no signs of problems, regular eye exams are recommended -- especially for those with some chronic health conditions such as diabetes and high blood pressure. Early detection and treatment can be the key to preventing sight loss.

Source: www.preventblindness.org

Growing Older and Driving Safely

Safe driving requires complex visual processing, abilities that may begin to decline as we age. A loss in your visual abilities could endanger you and others on the road. You can maintain your independence and drive safely longer if you:

- Get a complete eye exam regularly, at least once every other year if you are 55 or older,
- Know the vision issues that can affect your driving,
- Understand the laws in your state about driving as you age, and
- Talk to your eye doctor about maintaining your fitness to drive.



Visual processing is only one component of safe driving. Other key factors include 1) the motor ability to scan rapidly changing environments; 2) the sensory ability to perceive information in a rapidly changing environment; 3) the attentiveness to process multiple pieces of information; and 4) the cognitive and motor ability to judge information in a timely fashion and to make appropriate decisions.

Source: www.preventblindness.org

Did you know . . .



Third century legend has it that Saint Valentine, who had been imprisoned for his religious beliefs, saved the sight of his jailer's daughter by praying for her blindness to be cured and she indeed regained her sight. He is said to have written her a farewell note prior to his execution and signed it "From your Valentine".

The Penn State Hershey Eye Center is conducting several clinical trials. If you'd like to volunteer to participate, read more about them at:

<http://www.pennstatehershey.org/web/cto/home/current/ophthalmology>



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