

Eye On Health

Seeing the Benefits of an Eye Exam

(NAPS)—Most people remember receiving vision screenings at school; a simple test to determine whether a student was seeing well or needed glasses. What some don't realize is that staying current on eye exams should be a life-long habit. It is important to have yearly eye exams, even for people with 20/20 vision. Eye exams not only test vision, but they also screen for a number of medical conditions.

Vision screenings vs. eye exams

Vision screenings, such as those done in schools, test for near or farsightedness. The CDC recommends that children start receiving eye exams as early as preschool. Having adequate vision is vital to learning, for example, seeing what the teacher is putting on the board in front of the class. Vision screenings aim to catch problems early, as children often won't realize their vision is blurry or inform an adult that they can't see well. By contrast, a full eye exam is a comprehensive evaluation of overall eye health, most often performed by an optometrist.

What to expect during an eye exam

An eye exam consists of a number of tests, each designed to assess different areas and functions of the eyes. Tests performed during the exam include visual acuity, often using a Snellen eye chart, which measures how clearly you can see at various distances. This helps determine whether you need corrective lenses. Other components of the exam, such as the internal evaluation of the retina, cornea or optic nerve, are done through dilation. In the past, dilation was done exclusively through eye drops. In modern practice, new machines use cameras to capture high-definition pictures of the retina without using eye drops.

With recent technology modernizing the approach to eye health, it is now easier than ever to maintain optimal vision health with the help of an optometrist. Many people say Delta Dental of Wisconsin's DeltaVision® offers unbeatable



Be wise, look out for your eyes and get regular vision exams.

access to care and great savings. Flexible plans are available through employer-sponsored benefits, or individuals and families can purchase directly from Delta Dental of Wisconsin.

Exams that cover more than just eyes

Eye exams are essential because they can reveal health concerns beyond the eyes. During an internal eye evaluation, providers may detect signs of diabetes, including diabetic retinopathy. Early detection can help prevent vision loss and other serious complications. Eye exams can also identify glaucoma, cataracts, macular degeneration, high blood pressure, high cholesterol, and certain autoimmune diseases.

"Annual eye exams are the best way to maintain overall eye and optimal vision," said Steve LeRoy at Delta Dental of Wisconsin. "Delta Dental of Wisconsin is proud to offer unmatched vision insurance to help keep our members seeing and feeling their best."

See the benefits of healthy eyes

While most people understand that vision screening is an important practice, some do not realize how vital an eye exam is for overall health. It is important to visit an optometrist annually to screen for disease, in addition to checking for near- or farsightedness.

Learn more

For more information about eye care visit Delta Dental of Wisconsin at www.deltawi.com.