

CONTACT LENSES & EYEGLASSES EXAMS – NEW ADVANCES

Contact lens and eyeglasses exams are getting easier and easier. New advances in eye examination procedures provide the doctor with a starting point on the [eyeglass prescription](#) and a detailed analysis on the shape of the front of the eye. One such instrument is the **autorefractor**, a computer that estimates the prescription of the eye within a few seconds.

The **glaucoma** test is often done using an instrument that blows a puff of air in your eye to determine your eye's internal pressure. The test is helpful in detecting glaucoma but is not conclusive in ruling it out. Eye pressures can fluctuate during the course of a day and ideally pressures should be measured in the morning and again in the afternoon when there is concern about high pressure.

Dilation of the eye is a procedure that allows the doctor to temporarily open the pupil in order to view the back of the eye. This procedure is helpful in evaluating for **glaucoma, macular degeneration, diabetes, retinal detachment** and many other diseases.

Visual Field testing is a sophisticated computerized instrument which allows the doctor to test the sensitivity of the retina and optic nerve. This is valuable in assisting the early detection of many eye diseases including **glaucoma, optic neuritis, macular degeneration** and some neurologic lesions.

HOW TO PREPARE FOR AN EYE EXAM

You need to do more than just make an appointment for an eye exam. You also need to gather information that will help your optometrist assess your eye health and vision, and provide you with good vision for your varied lifestyle. Write down your answers to these questions and give the information to your optometrist when you go for your exam.

1. What chronic health conditions, such as high blood pressure, diabetes or allergies do you or any close family members have? Your eyes can be affected by your general health.
2. What eye health problems, like glaucoma, run in your family?
3. What prescription and non-prescription medications are you taking? Drugs sometimes can affect your eyes and vision.
4. How do you use your eyes for work? Make note of the tasks that you do, how long and how often you do them, the distance between your eyes and each task, and details about your work environment. Such information helps the optometrist determine the exact prescription and any special lens design needed to give you sharp, comfortable vision on the job.
5. What are your hobbies and sports? Your optometrist can help you decide whether or not you need a special pair of eyeglasses or [safety glasses](#) for your hobby or sport.
6. What problems are you having with your eyes? Some symptoms are blurred vision, difficulty changing focus from far to near and visa versa, squinting, double vision, seeing floaters or flashes of light, headaches, difficult seeing at night or in dim light, burning or itching or tired eyes.

FramesDirect.com features the largest selection of brand-name eyewear products, including Acuvue, Ciba, Focus, CooperVision, Hydrocurve and hundreds of others. If you can't find what you're looking for, please call us at **1-800-248-9427**

All we need is your Rx and your doctor's name and telephone number we will verify your prescription for you!

=====

If you would like to publish this information on your website, include the following information with a direct link to www.framesdirect.com

Dr. David Cooper and Dr. Guy Hodgson are the founders of FramesDirect.com that has been recognized for outstanding customer service and satisfaction. FramesDirect.com is fast becoming the global leader of prescription [eyeglasses](#), [contact lenses](#) and [sunglasses](#) sales online.

=====