

**See with  
healthy  
eyes!**

# Eyesight

**Vision**  
(viz-shun)

This paper will tell you more about your eyesight and eye tests.

It will tell you about some eye problems and when to go to a doctor. It will tell you what to say if you do not read letters well. It shows how to take care of your eyes.

The more you know, the better you can take care of your eyes.

## Simply Health

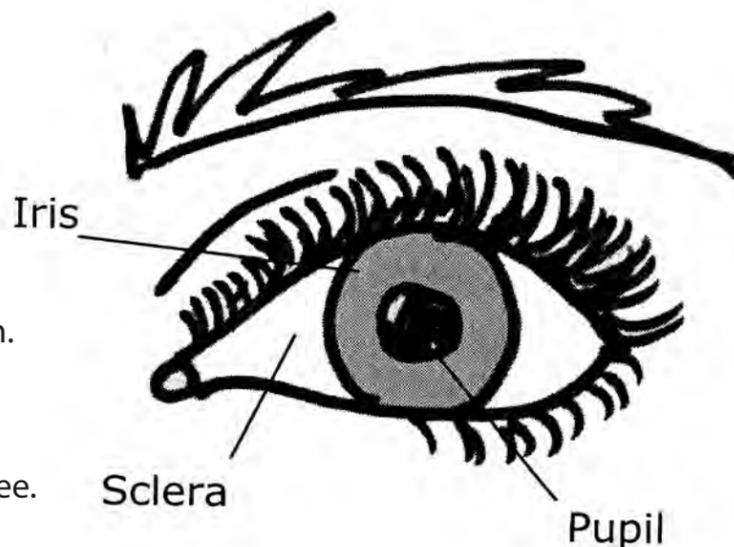
Simply Health helps me learn more about health care. Simply Health gives me the information I need to talk to my doctors.

## How do we see?

I can see things better in daytime. This is because my eyes see the light that bounces off things.

- Light bounces off a thing, such as a tree and goes into my eye.
- My eye takes in a picture upside down.
- It sends the picture to my brain.
- My brain makes a picture of the tree.
- My brain tells me what I saw was a tree.

My eyes have many parts that work together to help me see.



## Sometimes we need to go see a doctor for our eyes

I can go to the doctor or eye doctor if I get these problems with my eyes:

- I hurt my eye, such as if something hits me in the eye
- I cannot see for a short time
- I see things that seem to float in my eyes, such as black spots or wavy lines
- I see dark spots or light flashes when there are none
- I have trouble seeing out of the corners of my eyes
- what I see is blocked, cloudy, blurry or fuzzy
- I see 2 of the same thing
- my eye hurts or I feel pressure in or behind my eye.

### **Other eye problems I can have:**

I may have a hard time to see, such as if I have to sit close to see the TV. I can go to an eye doctor. She is trained to take care of my eyes and help me see better.

## Who to go to for help with my eyes

### Optometrist

#### **What is an optometrist** (op-tom-o-trist)?

An optometrist (op-tom-o-trist) is a doctor for my eyes. He is a doctor, like my family doctor. But he can only do small operations on eyes. Optometrists test my eyes to find out if I have problems seeing.

These persons help me keep my eyes healthy!

- Optometrist (op-tom-o-trist)
- Optometric (op-to-met-ric) assistant
- Ophthalmologist (op-tha-mall-o-jist)
- Family doctor

#### **What does the optometrist do?**

He does things to check my eyes.

- He can try to fix my eyes if I have an injury. If I get glass or metal in my eye, he can take it out.
- He looks into both of my eyes. He does this to see if I have problems with any parts of my eyes.
- He uses special tools to measure how well I can see from both eyes.

- He may fit me for glasses or contacts to help me see better.
- He will make sure my glasses and contacts fit well, before I go home.
- He may give me the name of another eye doctor who can do more to help me.
- He may also give me medicine. It may help me if I have a problem with my eyes.

## Optometric (**op-to-met-ric**) Assistant

This person is not an eye doctor. But she went to school to learn to help me and my optometrist.

### What does an optometric assistant do?

Assistants do many things to help the optometrist (**op-tom-o-trist**), such as:

- give me the first part of my eye tests
- help me pick glasses that fit me and look good on me
- fix my glasses and fit them just for me
- show me how to put my contact lenses in
- help the optometrist test my eyes
- teach me how to use tools to help me see better.

## Ophthalmologist (**op-tha-mall-o-jist**)

This eye doctor does all of the things an optometrist does. But he is not the same kind of eye doctor.

He can try to fix my eyes if I have an injury. He can give me an operation if I need it.

An ophthalmologist may also give me medicine. It may help me if I have an eye problem.

## Family Doctor

My family doctor can tell me if I need to see an **optometrist** (**op-tom-o-trist**) or an **ophthalmologist** (**op-tha-mall-o-jist**).

She can give me medicine to fix an eye problem, such as pink eye. Pink eye is an infection.

My family doctor may give me the name of an eye doctor near my home.



## The sooner I go to the eye doctor, the better!

- She can give me glasses to help me see better.
- She can show me how to help keep my eyes healthy.
- She can help stop big problems with my eyes before I go blind.

## Eye problems that can happen to me

My eye doctor can tell me how to stop some of these problems before they start. An eye doctor can find problems and fix them.

- If I can no longer see in the middle of my eye (**glaucoma**).
- If I can no longer see to the side (**macular degeneration**).
- If the lens of my eye is cloudy or milky (**cataract**).

## What happens when I go for an eye test?

When I go for the test, I will not be scared. The tests do not hurt.

The optometrist will only touch my eyes for two tests. In the other tests I look in a glass lens at words or pictures. I will go into a room and sit down in a chair.

The eye doctor or his assistant will ask me some questions, such as:

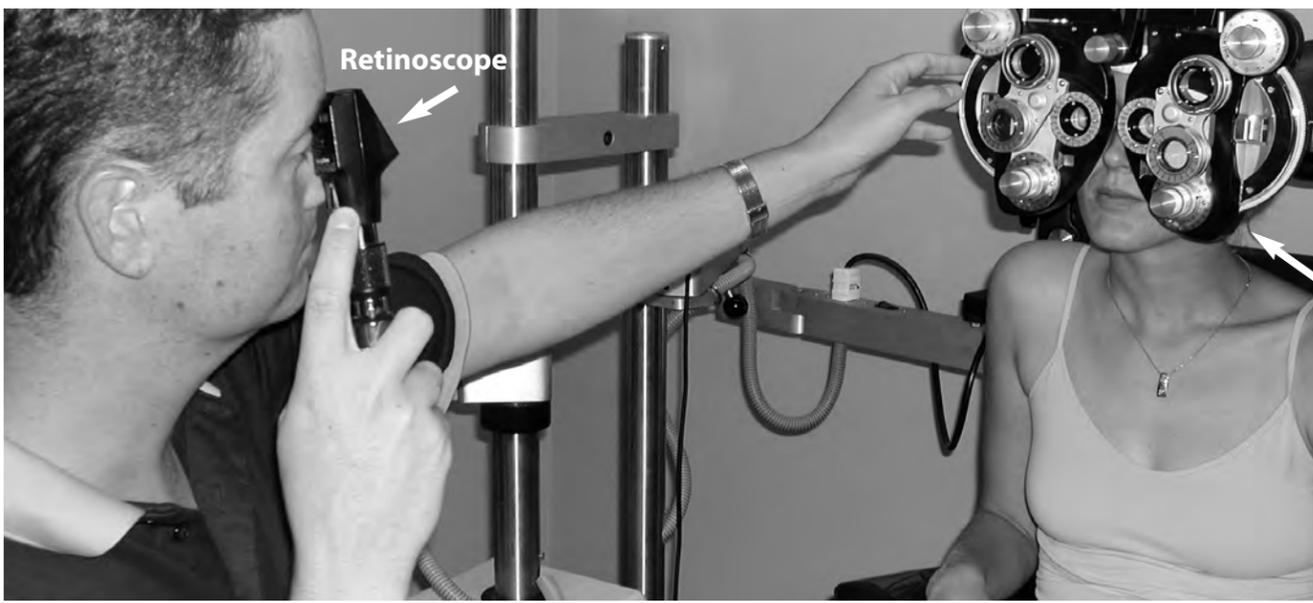
- Do I wear **glasses**?
- Do persons in my family have any eye problems?
- Have I had problems with my eyes before?
- Do I wear contact lenses?
- Do I take medicine?



If I am scared, I can ask a person I trust to come with me.

- I can ask the eye doctor to tell me what will happen in the test.
- I can ask the optometrist what the tools do.

# Tell your optometrist if you have problems when you read.



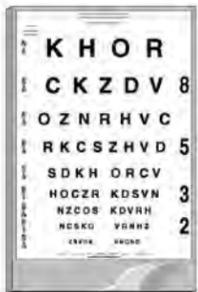
This tool looks funny.  
All of the circles are lenses that the doctor will ask me to look into.

## Here are some tests I may get:

One of the first tests...the eye doctor uses a tool to see how light moves in my eyes.

- The doctor will ask me to stare at a thing across the room.
- He will use a tool called a **retinoscope** (**ret-in-o-scope**) to look at my **retinas**.
- The **retina** is the very back wall of the inside of my eye.

Next, the optometrist will put a large tool called a **phoropter** (**fo-rop-ter**) in front of my eye, like in the picture at the top.



All of the circles are lenses that the doctor will ask me to look into. I will look through two lenses and tell the optometrist if I see better through the first one or the second one.

One picture on the side has letters on it. This is one thing my eye doctor can ask me to look at. The letters go from big to small. I will look at different letters and say what they are.



### Side sight machine

I will look into a machine (**ma-sheen**) that shows a picture. The optometrist will ask me to look at the picture. This machine will flash light at the corners of my eyes. It does this to find out how well I can see to the side if I look at a thing in front of me.



### Microscope

Sometimes the eye doctor must look deep into my eyes. She uses a strong tool called a microscope. This tool shows the optometrist what the inside of my eye looks like. This test tells if I have problems inside my eye.



### Glaucoma test

I may have a test to see if I have **glaucoma** (**glaw-ko-ma**). The eye doctor may puff air in my eye to test this. Or he can use a tool that sits on my eye. This tool flashes light into my eye.

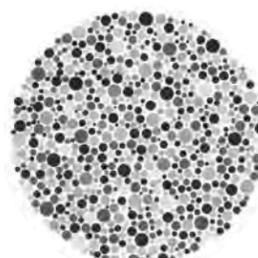
In one test my doctor will cover one of my eyes. He does this to see if my other eye looks ahead or not.

In one test, the eye doctor puts drops in my eyes. The drops are like water and look yellow. The drops make my **pupils** bigger. This is so that the eye doctor can get a better look at the inside of my eye.



### Colour test

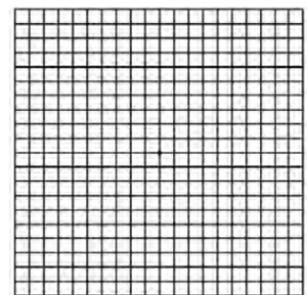
My eye doctor may ask me to look at a picture that has two colours. She may give me some balls and ask me to choose red balls from green balls. This test helps me find out if I can see different colours.



I may have to look at a small card like the one below. This card has lines on it. It has a small dot in the middle.

I will look at this dot and tell the doctor what I see, such as:

- lines that bend
- if some boxes look bigger than others
- if any lines look wavy
- if I cannot see some lines.



This is an Amoler Grid



I may not read well. If not, I can look at pictures, not words.



The eye doctor puts eye drops in my eyes to make the pupils bigger.

# How to take care of my eyes:

I can keep my eyes safe at work or home

- I can wear goggles to protect my eyes.
  - I do this when I work with big machines (ma-**sheens**), such as a wood saw or a lawnmower.
  - I do this to protect my eyes from strong cleaning fluids, such as Bleach or Windex.
  - I do this if I play a sport where I throw or hit things.
- I can wear sunglasses when I go outside. I do this to protect my eyes from the sun.



## Eat good food

Some food is very good for my eyes.

- I can help how I see if I eat good food.
- Good food has lots of **vitamins**.

These foods are good for my eyes.



Spinach



Squash



Broccoli



Peas



Grapes



Kiwis



Pumpkins



Peaches



Oranges

My doctor can tell me what foods are good for my eyes.

## Some vitamins are very good for my eyes

- Only my doctor can tell me how or when to take **vitamins**.
- I should ask my doctor if I can take **vitamins** A, C, and E.
- I can ask my doctor about other good things in food that help my eyes.

## Stop smoking!

Smoking makes the blood vessels in my eyes get small. When this happens, the blood cannot get to the different parts of my eyes. I can go blind from smoking.



## Contacts test

If I want contacts, my eye doctor will do a **dry-eye test**.

- This finds out how many tears my eyes make.
- The doctor will have to touch my eyes.
  - This test will not hurt.
  - He will put paper strips inside my eyelid. These find out how many tears my eyes make.

## What the hard words mean

**Blind:** When I cannot see.

**Cataracts:** When the lens of my eye gets cloudy or milky and I cannot see clearly.

**Colour test:** In this test I look at cards with colours on them, such as green and red. I will tell the eye doctor if I can see numbers or shapes.

**Contacts:** Round plastic lenses that fit on my eyes. Contacts can make the things I see look clearer. They are like glasses, but they fit on my eyeballs.

**Dry eye test:** A test the eye doctor does to see how many tears my eyes produce.

**Goggles:** Hard, plastic glasses that stop things, such as woodchips from hitting my eye.

**Glaucoma** (glaw-ko-ma): When I can no longer see in the middle of my eyes.

**Lens:** A lens can be two different things. I have one on both of my eyes. It can also be a piece of glass or plastic. A glass or plastic lens is found in a phoropter and glasses.

**Macular degeneration** (mah-Q-lar dee-**gen**-er-a-shun): When I can no longer see to the side.

**Microscope** (my-crow-scope): A tool that makes very small things, such as a bit of dust, look very large.

**Minerals:** Things that come from the earth. We need some minerals to live and be healthy. Just like vitamins.

**Optometrist**

(opp-**tom**-o-trist): A doctor for my eyes. An optometrist tests my eyes to find out if I have problems seeing. This eye doctor can give me eyeglasses and contacts.

**Optometric assistant**

(**op**-to-**met**-ric a-sis-tant): A person who is trained to help me and my optometrist.

**Ophthalmologist**

(**op**-tha-**mall**-oh-jist): An eye doctor who can operate on my eyes to fix problems. This eye doctor can help fix my eyes if I have an injury or disease. This eye doctor can give me medicine to help fix my eyes.

**Phoropter** (fo-rop-ter): A big tool with circles and lenses on it. The doctor uses this to find out how well I see. He uses this to find out what kind of glasses I need.

**Pupil** (pew-pull): The black circle in my eye. I can see this circle. This is where light enters my eyes.

**Retina** (ret-in-ah): The back inside wall of my eyes.

**Retinoscope** (ret-in-o-scope): A tool the eye doctor uses to look at my retina.

**Vision** (viz-shun): This is what or how I see.

**Vitamins** (vy-ta-mins):

Vitamins are good things found in plants and meats. My body needs vitamins to stay healthy.

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