



CONTACT NEMS

1-888-500-1886

WWW.NEMS.ORG

Exam. Just the word can bubble up fear and past test-taking failures. But, take it from us - eye exams aren't about making patients feel like failures. The different tests are all there for a reason - and your only failure would be in avoiding the exam to begin with.

Nice to meet you. If you're a new patient, you'll probably fill out an eye and medical history form, including any symptoms you're having. The doctor will review it and talk with you more about any risks for vision problems, eye disease or concerns with other medical conditions. Here's a rundown of what to expect.



1. An oldie but a goodie - the Snellen

Chart. Named for the eye doctor who invented it, the Snellen Chart is the classic icon of eyecare. With its letter-filled rows ranging in size from chunky to seemingly

microscopic, this chart has graced many a medical office's hallway. It's a simple test to assess your visual sharpness. The doctor will watch to see the smallest row you can make out.



2. One or two?

This is the test known as refraction. Your doctor uses a tool called a retinoscope or a computerized vision-testing instrument. He or she will shine

light into your eyes and get a read on your vision and estimate your prescription strength. After that comes the classic fine-tuning process, where your doctor uses a series of slightly different lenses in front of your eyes to check which subtle differences make you see better.



3. First the left, then the right.

Your eyes are a team. To see how well they work together, the doctor needs to see how each one performs on its own. You'll most likely use a little paddle known as an

occluder (it's like the eye doctor's stethoscope) to block vision in one eye first, and then the other.



4. Color time.

Color vision is a basic building block of seeing well. But, millions of Americans - mostly men - have a color vision deficiency. It's mostly around not being able to see green or red. In this test,

you'll look at special cards with colored dots that make up numbers. If you see the numbers, your color vision is fine. If there's a problem, you may have a hard time seeing the number, or it might be completely invisible.



5. The puff test.

This is the most common test for glaucoma and measures the fluid pressure inside your eyes. It just takes a split-second puff of air in each eye.



6. A closer look.

Your doctor may dilate your eyes with drops that make your pupils bigger. This allows your doctor to take a closer look in your eyes and look for eye and health conditions.



7. Zoom in.

A slit lamp, or biomicroscope, lets the doctor get a magnified view of the front and inside of your eyes. It helps your doctor check off a number of conditions, like cataracts, macular degeneration and diabetic retinopathy.

Source: VSP vision care

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.

由於不了解，許多人對各種檢查會產生不必要的恐懼或不安，其實對眼睛檢查不需要有顧慮，不同的眼科檢查都有它的原因，不應迴避。這裡向您簡單介紹一下眼睛檢查的一般程序。

如果您是一位新病人，您可能需要填寫一份醫療及眼睛病歷表格，包括您有的任何相關症狀。醫生復閱後，會按您的視力問題、眼部疾病或其他醫療狀況與您討論相關的健康風險。



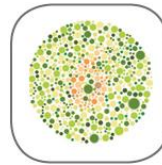
1. Snellen 視力表 - 以期發明的眼科醫生的名字命名，是眼睛保健的經典圖標。此圖憑藉其大小不等（從矮矮胖胖到看似微細）的字體，為醫療辦公室的走廊增色不少。Snellen 視力表是對視力清晰度的一種簡單的測試。醫生會測試您能看見哪一行最小字體。



2. 驗光測試 - 檢查中醫生使用的工具稱為檢影鏡或電腦視力檢測儀器。醫生通過檢測儀器將光線照射到您的眼睛裡，然後對您的視力及眼鏡（或隱形眼鏡）的度數作出專業評估。接下來是傳統詳盡的微調過程，醫生會在您的眼前放置一系列略有不同的透鏡，以確定哪種細微的差別能讓您看得更清楚。



3. 先左後右 - 你的雙眼如同一個團隊。要看他們能否相互配合工作，醫生需要檢查每一隻眼睛如何獨自工作。醫生很可能會用到一種叫做遮眼板的小工具（就像眼科醫生的聽診器一樣），阻擋其中一隻眼睛視力，然後再遮住另一隻眼睛進行檢查。



4. 色覺測試 - 色覺是擁有良好視力的一個基本組成部份。但是，數以百萬計的美國人（其中大多數是男性）患有色覺缺陷。他們主要是無法分辨綠色或紅色。在這個測試中，您需要觀看一些由彩色圓點組合成數字等特殊卡片。如果您能看到這些數字，表示您的色覺正常。如果您的色覺有問題，您可能難以辨認這些數字，或者根本看不到它們。



5. 噴氣測試 - 這是青光眼和測量眼睛內液體壓力最為常見的方法。它是一個將空氣瞬間噴灑在每隻眼睛表面的測試檢。



6. 仔細檢查 - 醫生可能用眼藥水滴入你的眼睛，讓瞳孔放大。這樣醫生就可以仔細觀察您的眼睛的健康問題。



7. 放大觀察 - 醫生使用裂隙燈（或稱生物顯微鏡）可以讓醫生看到您的眼睛的前部和內部的放大圖像。它可以幫助醫生檢查多種眼部疾病，例如白內障、黃斑病變和糖尿病視網膜病變。

Source: VSP vision care

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.