

## What can I expect?

A comprehensive examination at our clinic includes a number of measurements and procedures with the goal of ensuring that your vision lasts a lifetime. Your doctor will conduct a thorough assessment of your vision and eye health to ensure that all of your concerns are addressed, and that no eye disease goes undetected. A typical exam lasts about 30 minutes, and begins with the collection of relevant information such as your family history, medications, allergies, work/lifestyle considerations, and any concerns you may have. You will encounter many high tech instruments during the course of your eye examination:

## Diagnostic Testing

The first part of your examination begins here, where a technician uses a number of different instruments to collect data.

**ARK** – this instrument collects data about the curvature of your eye and its optics. It is used for determination of your optical prescription, the proper fitting of contact lenses, and monitoring for corneal disease.



**NCT** – this instrument uses a puff of air to the eye to measure the internal eye pressure. It is used to monitor for your risk of glaucoma.



**FDT** – This instrument tests your ability to detect fine movement with your side vision. It is used for the early detection of glaucoma, neurological disease, and even brain tumours.



**Optomap** this machine uses low

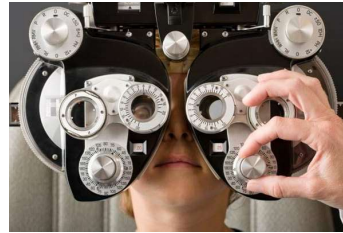
energy lasers to image the entire retina without the need to dilate the pupils. It can scan for diseases including macular degeneration, diabetes, hypertension, tumors, retinal holes and tears, and even systemic diseases that can affect the eyes.



## Functional Exam

After the preliminary testing, you will be seen by your eye doctor who will expand on any concerns you may have and also delve further into your history, work and lifestyle. Your eyes will then be assessed to determine how well they function. Testing may include:

**Visual acuity** – how well you currently see at distance, near and on the computer in different lighting and contrast situations



**Binocular function** – how well the eyes work together and if there is any strain on the visual system



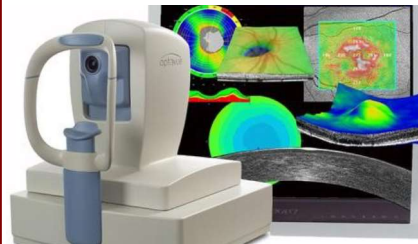
**Refraction** – measurement of your eyeglass prescription for distance, intermediate and near

The doctor will go over the results with you and discuss the best options for vision correction based on work and lifestyle considerations. Surgical options may also be discussed if applicable.

## Eye Health Exam

After the vision portion of the exam, the doctor will assess the health of your eyes using a number of instruments. You may also get further testing by a technician depending on risk factors and findings. The doctor will go over all scans and images with you during the exam.

**Biomicroscope** – this instrument is used to view the structures of the eye, inside and out, under high magnification. The doctor will assess the overall structure and function of the eye and look for any infection, inflammation, abnormality or disease. Dye may be instilled into your eye to assist diagnosis.



**Optical Coherence Tomography** – like an MRI, this instrument can take 3D and cross sectional images of the structures behind the eye to catch eye diseases such as glaucoma and macular degeneration much earlier than ever before. Early detection means earlier treatment and better outcomes. It is also used to map corneal thickness, a risk factor for glaucoma.



**Corneal Topography** – this instrument maps the surface of the front of the eye to diagnose and monitor corneal diseases such as keratoconus, and also to measure irregularities prior to the fitting of specialty contact lenses



**Visual Field** – this instrument measure subtle loss of peripheral vision and is used to follow diseases such as glaucoma, and the effect of certain systemic medications on the eye.

