**Vision Screening Frequently Asked Questions**

**Q:** Do I have Glaucoma?

**A:** We can’t tell you if you do or don’t. This is only a medical screening. The only way you can be sure is to have a dilated eye examination performed by a doctor.

**Q:** Do I need eyeglasses?

**A:** (Adult with one or both eyes 20/50 or worse) YES. In Kentucky, to get an unrestricted driver’s license, your distant vision must be 20/40 or better in both eyes. (Child up to age 18 with one or both eyes 20/30 or worse) YES. School children’s eye should be corrected to 20/50 or better.

**Q:** How often should I have my eyes examined?

**A:**  **Infant-** At birth, age 6 months and before starting school. **School Aged Children**- Before starting school and every 3 years.

**Young Adults**- Every 3 years unless something unusual is noticed.

**Diabetics and Adults 65+-** Every year or more often is directed by your doctor

**Q:** Any question you don’t know the answer to.

**A**: That is beyond the scope of my eye screening training and you should ask an eye doctor.

**Q:** Could you recommend an eye doctor?

**A:** No. Lions have no commercial interest and we are not here to refer you to any certain doctor. You should consult with your medical insurance carrier or your primary care physician. We would, however, like to explain the medical services offered by the different types of eye doctors. (Explain differences between Ophthalmologist and Optometrist).

**Q:** Will Lions buy me eyeglasses?

**A:** Make no promises and tell them it depends on eligibility and availability of funds. If they live out in the state of Kentucky, look in multiple District 43 directory and give them the name and telephone number of the secretary of the nearest Lions Club to where they live. If they live in Louisville area, circle the phone number of KLEF office on the registration sheet and ask them to call **after** the screening.

**Q:** Do Lions want my old, unused eyeglasses?

**A:** Yes. We have collection boxes at many stores that sell new eyeglasses. We clean them, measure the optics and package them for distribution to millions of poor people in developing countries, whose only hope of improving their visual function is with these free glasses.

**Q:** How did I do on my eye exam?

**A:** We **did not** do an examination on your eyes. I and the other people working at this booth are volunteers trained to do vision screenings. Our job is to find as many people as we can that have certain risk factors and need to have a follow-up examination performed by an eye doctor. We do risk assessment and referrals; whereas, doctors do examination, diagnosis and treatment.

**Q:** I have diabetes, should I have my eyes examined?

**A:** Absolutely **YES**, at least once every year more often if recommended by a doctor. The leading cause of blindness in Kentucky is eye complications from diabetes, statistically, 50% of diabetics will develop, in their lifetime, some degree of an eye disease called “Diabetic Retinopathy”. People that have had diabetes for a long time and are insulin dependent are at the highest risk for this disease.

**Q:** My eyes get dry and burn, what can I do?

**A:** Blink your eyes more often and avoid bright sunlight. Use artificial tear drops such as “Systane”, sold over-the-counter, to lubricate eyes. Do not use “Visine” or other lubricants with antihistamines to reduce redness. Consult an eye doctor if condition persists.

**Q:** Will heavy use of computers, i-Pods, i-Pads, and Kindles damage my eyes?

**A:** To my knowledge, there have not been any studies that show permanent damage to vision from such devices. However, they do create eye stress and irritation. Invest in a pair of computer eyeglasses and/or practice using the 20/20/20 rule: every 20 minutes, look off 20 feet, at something for 20 seconds.

**Q:** My eyes itch constantly. What can I do?

**A:** When we bathe, we avoid getting soap near our eyes. Dust, make-up and pollen collect on our eye lashes and bacteria can lead to an infection at the margin where our lashes attach to our eye lids. For mild cases of itching, gently bathe your lashes with a clean cloth and a mixture of warm water and baby shampoo two or three times a week. If condition continues, consult an eye doctor because the infection may be serious enough to require an antibiotic to clear it.

**Q:** What it Glaucoma?

**A:** It’s an eye disease where the uncontrolled pressure build-up inside the eye can damage the delicate cells around the optic nerve head and result in loss of side vision on eventual blindness. So far, there is no medical technology to prevent or cure it or repair the damage done. We can arrest it and early detection is advised. It is referred to as “The Sneak-Thief of Sight” because there no early symptoms in the most common form of Glaucoma. People of color over age 40, anyone over age 60 and people that had a parent, grandparent or sibling with Glaucoma are at higher risk.

**Q:** Do you recommend refractive surgery to correct my visual acuity?

**A:** We do not have an official position on refractive surgery. You should consult your eye doctor to determine if you are a good candidate for it. Then we suggest you consider the pros and cons before making a decision, remembering that it is a surgical procedure with some degree of risks.