



Why is it important to have regular eye test?

There is a common misconception that going for an eye examination is all about your vision and how healthy your sight is.

Of course, checking your vision is an important element of an eye examination, but there are many other reasons why people should have regular eye tests. Regular examinations are an effective way of looking at your overall health and signs of many potentially serious conditions can be spotted in the eye, including:

• Diabetes	• Macular Degeneration	• High blood pressure	• Eye Cancer
• Glaucoma	• High cholesterol	• Brain Tumor	

Important for adults and children

It's not just adults who can be seen at the branch of your local optician's, children generally enjoy the excitement of having an eye test and doing the same as mum or dad. Children are also likely to be unaware if they are struggling to see clearly and so it is a great idea to have family check-ups.

OcuMel UK

OcuMel UK are a charity that have supported many of our members whose cancer has been spotted during a routine eye examination. In some of these cases the early diagnoses arising from the eye examination has helped to save their vision and could help to prolong their lives.

Eye Cancer

One such cancer is ocular melanoma, which is a type of cancer found inside the eye. Although this is a rare cancer, there are still around 450-600 people diagnosed with this each year.

Symptoms can include an increase of blurry vision or floaters, pain or flashes of light. These symptoms can also be caused by other more common conditions and so it is important to have any changes in your vision or the appearance of your eye checked by your optometrist or GP.

There are other types of cancer which can involve conjunctiva (the mucous membrane that covers the front of the eye and lines the inside of the eyelids). These include intraocular lymphoma and retinoblastoma, a rare form of cancer which almost exclusively affects young children.

Frequency of eye examinations

It is recommended that you have an eye examination at least every two years, however If you experience any symptoms which you are concerned about, you can ask for an earlier eye examination.

Dilated eye examinations

This more in-depth examination allows the optometrist to have a better view of the back of your eye. Most optometrists are happy to arrange this on booking your appointment or they may wish to speak with you during your examination to discuss your motivation for requesting this.

It is no exaggeration to say having regular eye examinations could save your life.