

# Your Eye Examination - Summary

## A checklist for your visit to the optometrist

Glaucoma NZ recommends that people without any symptoms of eye problems have an examination for glaucoma by the age of 45. If the examination is normal we recommend it be repeated every 5 years. The examination is not only to detect glaucoma early, but also to assess your risk of developing glaucoma.

Your vision will be tested, but how well you see detail is no indication of glaucoma unless very severe damage is present.

In a routine examination for glaucoma you should also expect:

- Questions about any family history of glaucoma
- Questions about any eye injuries in the past
- Questions about whether you use any drops, ointments, nasal spray or tablets containing steroids.
- Discussion of your extra risk if you are very short sighted
- Discussion of the risk for angle closure glaucoma if you are long sighted
- Measurement of your eye pressure, by Goldmann tonometer if possible (See Eyelights Feb 08)
- Examination of the angle
- A check for the presence of other conditions that could lead to glaucoma
- An assessment of the health of the optic disc (See Eyelights June 08)

On the basis of the clinical findings a decision would be made as to whether you require:

- A visual field test. If the optic disc is suspicious of glaucoma a visual field test should always be done. (See p4)

**If the optic disc is very healthy and there are no risk factors present, then a 5 yearly examination is appropriate.**

### Further investigations

Other tests are also used, often when you have been referred to an eye specialist for investigation and possible treatment. Some optometrists also offer these assessments. Ask your eye health professional about:

- Gonioscopy to examine the angle
- Measurement of central corneal thickness
- Stereo photography
- Scanning of the optic disc with modern technologies eg. HRT, GDx or OCT