

Better Access to Quality Eye Care

Nebraska's Doctors of Optometry

Nebraska Optometrists Go High Tech to Detect and Prevent Eye Diseases and Disorders

The Nebraska Optometric Association highlights new technologies, recommends yearly eye exams during Save Your Vision campaign

LINCOLN, Neb. – (March 29, 2012) – Most patients associate a visit to the optometrist with an eye chart on a distant wall. While this traditional procedure continues to be part of a comprehensive exam, new advances in eye care technology are becoming more prevalent in the offices of doctors of optometry, according to the Nebraska Optometric Association (NOA).

“With the advanced technologies available to optometrists today, patients can expect a less invasive and highly accurate diagnostic experience during their eye exam,” said Dr. Corey Langford, president of the NOA. “As a result, eye care is more innovative and effective than ever before.”

As part of the national Save Your Vision campaign, Nebraska’s doctors of optometry are emphasizing the importance of annual exams and different high-tech tests and procedures that can benefit the patient.

Corneal topography, retinal imaging, and tear film analyses are just a few examples of the new high-tech tools optometrists are incorporating into their practices.

To detect corneal irregularities due to disease, trauma, or other factors that can result in distortion of vision, a new device called corneal topography is used to evaluate the shape and regularity of the front surface of the eye. Not only are these devices faster and more compact than ever before, but they are also more affordable, making them available for routine patients and not just those with corneal issues.

To give an optometrist a view of the retina, several types of retinal imaging systems are used. These progressive technologies provide wide-angle views of the retina to help detect macular degeneration, glaucoma, and retinal holes or detachments, as well as systemic diseases such as diabetes, stroke, and high blood pressure.

Dry eye is one of the most common eye conditions, characterized by insufficient tears to lubricate and nourish the eye. New advances in tear film analysis technologies, including computerized analysis of the tear lipid layer, allow optometrists to detect the cause of dry eye and identify the best course of treatment.

Many of the conditions detected by these new high-tech tools have no obvious signs or symptoms, said Langford. “That’s why scheduling yearly exams is critical to protecting your eye health.”

The NOA urges parents to bring infants six to 12 months of age to their local optometrist for an assessment and then again for an exam at ages three and five before entering kindergarten. Children and adults should receive yearly comprehensive eye exams, unless otherwise advised by their doctor of optometry.

To find a doctor of optometry in your area and learn more about eye health, visit www.BetterEyeCareNebraska.com.