

# EYE HEALTH CONCERNS GUIDE



Live Well With Vision Loss

Practical tools for living well with vision loss

A quick guide for anyone experiencing changes in their vision.

## 1. KNOW THE SIGNS

It's important to pay attention to changes in your eyes or vision.

Contact your eye care professional if you notice any of the following:



### BLURRY VISION

Vision that is blurry, hazy or out of focus.



### DISTORTED VISION

Straight lines look wavy, bent or uneven.



### DARK SPOTS / BLIND SPOTS

Dark, empty or missing areas in your vision.



### FLASHES OF LIGHT

Seeing brief flashes or flickers of light.



### FLOATERS

New floaters or a sudden increase in floaters.



### EYE PAIN OR DISCOMFORT

Pain, redness, irritation or unusual discomfort.



### LIGHT SENSITIVITY

Discomfort in bright light or trouble adjusting.



### DOUBLE VISION

Seeing two of everything in one or both eyes.



### SUDDEN VISION LOSS

Partial or complete loss of vision.



### COLOUR CHANGES

Colours look faded or different than usual.

## 2. WHEN TO GET HELP

Use this guide to decide when to act.



### GET HELP IMMEDIATELY

Go to your nearest emergency department or call your eye care professional right away if you experience:

- Sudden vision loss
- Flashes of light with new floaters
- A dark curtain or shadow over part of your vision
- Severe eye pain
- Sudden double vision
- Chemical injury or trauma to the eye

These could be signs of a serious eye condition that needs urgent care.



### BOOK AN APPOINTMENT SOON

Make an appointment with your optometrist if you experience:

- Blurry or distorted vision
- New or increased floaters
- Trouble seeing at night
- Headaches related to eye strain
- Dry, irritated or watery eyes
- Changes in colour vision
- General changes in your vision that last more than a few days



### KEEP UP WITH REGULAR CHECK-UPS

Even if you have no symptoms, regular eye exams help protect your long-term eye health.

## 3. YOUR EYE CARE TEAM

Keep your eye care professional contact details here for easy access.

### OPTOMETRIST

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Phone: \_\_\_\_\_

Notes: \_\_\_\_\_

### OPHTHALMOLOGIST

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Phone: \_\_\_\_\_

Notes: \_\_\_\_\_



### IMPORTANT REMINDER

This guide is not a substitute for professional medical advice. If you are ever unsure, contact your eye care professional.

### HELPFUL TIPS

- ✓ Know your family eye health history.
- ✓ Wear sunglasses to protect your eyes.
- ✓ Eat a balanced diet and stay active.
- ✓ Take regular breaks from screens.
- ✓ Attend regular comprehensive eye exams.



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