



## *Eye Priority, P.C.*

### **Newsletter Archives**

### *What I Wish Everyone Knew...*

*By Dr. Kelly de Simone*



It seems that, as one develops an area of expertise, important facts begin to come to light that everyone should know. While we certainly can't all know everything, here are my top three picks of facts that I wish were general knowledge:

- 1. Your eyes are connected to the rest of your body!** This seems obvious, but most people are surprised to learn that warning signs of certain systemic disease such as high blood pressure may appear in your eyes. Conversely, vision problems can cause general symptoms such as headaches, nausea and fatigue. Undiagnosed vision disorders can also result behavioral symptoms that can lead to a false diagnosis of ADHD or dyslexia. So please, take care of your whole body with regular eye exams!
- 2. Vision is complex.** The standard test using an eye chart measures how well you see at 20 feet, certainly important but not the whole story. Tasks such as reading and using the computer require clear and efficient vision at closer distance. Driving or hitting a ball engages a variety of visual skills including binocularity, the ability of both eyes to work together and accurately perceive motion in space. Be sure your eye exam is a complete one that assesses all of the visual skills you need.
- 3. Many eye diseases which can lead to blindness are painless.** Painless seems like a good thing, but the problem is that these diseases take root without warning. About 80% of blindness can be treated or prevented if it is discovered in time, but too often, vision is compromised before the discovery is made. Your best weapon to prevent blindness: an annual eye exam.

So now you know! Time to schedule that eye exam!

*Dr. Kelly de Simone is the owner of Eye Priority PC, which has provided a full range of general optometry services, eye exams, and vision therapy to the Ahwatukee community since 1990. Dr. de Simone is board certified in Vision Development and is a Fellow of the College of Optometrists in Vision Development.*