



What is a Retinal Eye Exam?

Retinal exams are an important part of maintaining healthy vision. Saco River Medical Group now offers retinal eye exams for patients of record. This will help to minimize the barrier to our patients who have to travel distances, or are having trouble getting into to see their primary eye doctor in a timely manner. By having this screening, you are helping to maintain healthy and optimal vision.

What to expect while having a retinal eye exam at SRMG?

- A retinal exam involves dilating the pupils naturally, by sitting in a darkened room for a minimum of 5 minutes.
- Your examiner will be looking into your eyes with a bright light using a special camera to visualize the retina, optic nerve and blood vessels that are at the back of your eye.
- During your retinal exam each eye is closely inspected for signs of common vision problems and eye diseases, many of which have no early warning signs.

The following diseases or medical conditions may be diagnosed by or screened for during a retinal exam:

- Hypertension
- Diabetes (diabetic retinopathy)
- Detached retina
- Macular degeneration





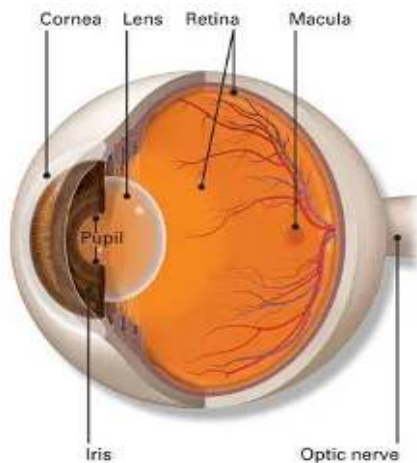
Terminology you may hear throughout your exam

Dilation:

- Dilation is an important part of a retinal exam.
- Your examiner will have you dilate your eyes naturally vs using drops often used at an Ophthalmologist office. This will help to avoid eye sensitivity after your exam.
- By dilating your eye the camera will be able to see into the back of your eye as it opens up the pupil to allow light to enter the eye.
- Once dilated, each eye is examined using a special magnifying lens that provides a clear view of important tissues at the back of the eye, including the retina, the macula and the optic nerve.

Retina:

- The Retina is a layer of tissue in the back of your eye that senses light and sends images to your brain.

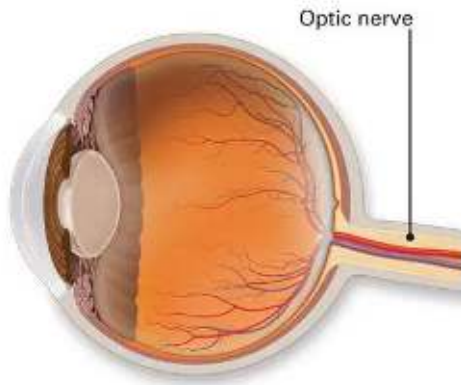


Macula:

- The macula is part of the retina at the back of the eye. It is only about 5mm across but is responsible for our central vision, most of our color vision and the fine detail of what we see. The macula has a very high concentration of photoreceptor cells – the cells that detect light.

Optic Nerve:

- The optic nerve is a bundle of more than 1 million nerve fibers that carry visual messages. You have one connecting the back of each eye (your retina) to your brain. Damage to an optic nerve can cause vision loss. The type of vision loss and how severe it is depends on where the damage occurs.



We have provided a QR code to scan or you can copy and paste the link to watch a short video on "How the eye works" from American Academy of Ophthalmology (aao.org)

https://youtu.be/8e_8elzOFug?t=21

