Who should have Tele Eye Screening?

Patients identified to be AT RISK for the following eye conditions:

- *Diabetic retinopathy*
- *Glaucoma*
- *Macular Degeneration*
- *Other conditions as applicable*

How do I know if I am 'at risk'?

- Your care team will tell you if you have 'at risk' health factors and are in need of an eye screening.

What should I expect at the visit?

- A specially trained technician will seat you comfortably in front of a camera and capture high resolution photos of your eyes that include the optic nerve, macula, and blood vessels within the retina. Your eye pressure will also be measured. The visit takes less than 30 minutes.
- The photos and information will be sent to a licensed eye care provider for review. The results will be sent to your Primary Care team and you will be notified of the results, typically within 2 weeks.
- If a referral to the eye clinic is necessary, you will be notified and provided the next steps for care.

TELE EYE SCREENING PROGRAM

Address:

City, State:

Zip Code:

Your Tele Eye Care Technician today was:

Contact Information:

Phone:

Eye Clinic Contact Information:

Phone:

Vision damage photos courtesy of Salt Lake City VA Health Care System Blind Rehabilitation program: https://www.saltlakecity.va.gov/main_eye_conditions.asp

VA Telehealth

TELE EYE SCREENING PROGRAM

What is the Tele Eye Program?

VHA widely launched its first telehealth eye screening program in 2006 to screen patients with diabetes for retinopathy. With VHA's commitment to prevention of vision impairment in Veterans, the program was expanded to screen those at risk for other conditions that can result in vision loss.

- There is NO copay for a Tele Eye visit.
- You will be advised by your care team if eyedrops for pupil dilation are needed.
- Eyeglasses are NOT prescribed during the visit.

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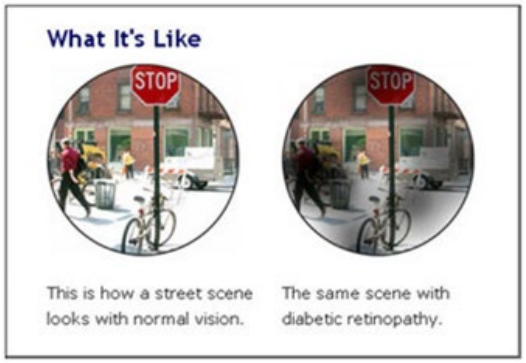
Office of Connected Care

Diabetes

Anyone with diabetes is at risk for retinopathy, which is damage to the extremely small and fragile blood vessels inside of the eye. This damage can lead to permanent vision loss or impairment. The risk of retinopathy increases the longer you have diabetes and if your blood sugar is elevated or difficult to control. Most often in early stages, you may not feel changes in your eyes or notice any changes in your vision, so frequent monitoring and early detection is important to help prevent worsening and the potential for vision loss.

In addition to managing your blood sugar with your healthcare team, eye care specialists can provide many types of treatments for Veterans with retinopathy in advanced stages. This includes laser treatment and medications directly administered into the eye or eyes. The goal is to prevent additional eye damage and reduce the potential or worsening of vision loss.

*Vision damage from Diabetic Retinopathy**



Glaucoma

There are different types of glaucoma that can result in vision loss or impairment due to damage to the optic nerve. The condition is usually linked to high pressure inside the eye, which is a different type of pressure than blood pressure. The condition is typically painless and changes slowly over time. At first, you may not notice any changes in vision, or only that side or peripheral vision is mildly affected. However, advanced stages can lead to severe side vision loss and permanent blindness. Both eyes are typically involved. Regular eye visits, especially for Veterans identified to be 'at risk', can help to detect glaucoma in its early stages before vision is lost or significantly impaired.

Eye doctors manage glaucoma with treatments including eyedrops, laser therapy, and in advanced cases, surgery to lower the pressure inside the eye.

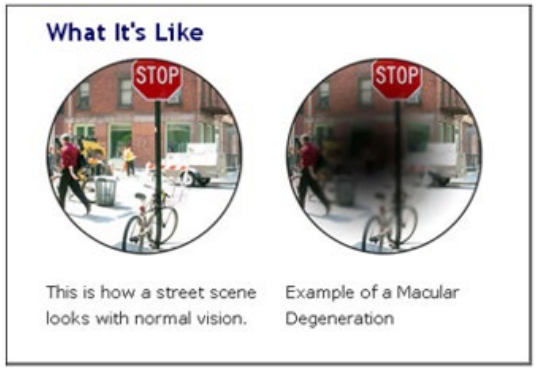
*Vision damage from Glaucoma**

Macular Degeneration

There are two different types of macular degeneration, the dry and wet form. The 'dry' form is the most common, and in early stages, you may not be aware of any changes in vision. As the disease progresses you may notice blur to straight-ahead or central vision. The 'wet' form tends to affect vision more quickly and severely, causing distortion or patches of vision loss in or near your central vision. Regular eye visits can help to detect macular degeneration in early stages before vision is significantly impaired. Risks can be reduced by maintaining a healthy diet and lifestyle, as well as not smoking, which is a significant risk factor for macular degeneration.

Eye doctors manage the condition with vitamin and mineral supplements, laser treatment, and with medications directly administered into the eye or eyes.

*Vision damage from Macular Degeneration**



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