Eye testing
Is held at Caloundra and Gympie at various times throughout the year – as required. All Aboriginal and Torres Strait Islander clients are welcome.

The glasses are supplied through MASS – Queensland Government’s Medical Aids Subsidy Scheme. To be eligible for MASS glasses, patients must have held a current Queensland Pension Card or Health Care Card issued by Centrelink for a minimum of 6 months, and not had glasses in the past 2 years through the scheme (unless there has been a significant change).

Children’s vision
There is a lot more to children’s vision than whether they can read a letter chart or not. Our Optometrists have a special interest in children’s vision, and will test for any problems of vision or eye coordination which could affect a child’s ability to read and learn.

Convergence is how well the eyes turn inwards, for example when reading or copying from the board.

Convergence Insufficiency is a common eye problem where the eyes do not properly coordinate together on a close object, like a book. It is simply treated with eye exercises. If it is not treated, it can make reading, concentration and comprehension very difficult, and affect a child’s ability to learn.

Amblyopia or ‘Lazy Eye’ is where the vision in one eye has not developed properly due to a turned eye or need for glasses. It is very important that amblyopia is diagnosed and treated when a child is very young (five years old or younger), as once the ‘lazy eye’ becomes ingrained, it can become very difficult to treat.

Even if a child is doing well at school, they can still have an eye problem which forces them to put in more effort to read and concentrate than they should have to.

Eye Health Clinic
Aboriginal and Torres Strait Islander Health Team

For further information please contact us
Aboriginal and Torres Strait Islander Hospital Liaison Officer
Caloundra Hospital 5436 8720
Gympie Hospital 5489 8452

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Notes:
Checking your eye health

All adults should have their eyes tested every two years, even if there are no problems with vision or need for glasses.

Did you know that Diabetes is often diagnosed through a regular eye examination. Signs of diabetes can be seen at the back of the eye (the retina) often long before a person suffers symptoms of the disease.

Diabetes can lead to vision impairment and blindness as the small blood vessels of the retina rupture and bleed, which damages the health of the retina. If you have diabetes, you should have an eye test every year to check for changes in the retina, called diabetic retinopathy.

Cataracts occur inside the eye, where the lens of the eye becomes hardened and cloudy. This can cause poor vision and sensitivity to light. Cataracts occur in almost all Australians over the age of 70 years. Factors which can accelerate the development of cataract include exposure to UV light, poor diet, smoking and diabetes.

Macula Degeneration is where the macula, the ‘fine detail’ vision centre of the retina, becomes damaged due to age or other factors like smoking and poor diet. Macular degeneration can lead to very poor vision and legal blindness in some cases.

Glaucoma is the name given to a group of diseases in which the optic nerve at the back of the eye is slowly damaged and destroyed. In most cases this is due to increased pressure inside the eye. Glaucoma has no symptoms until its very late stages, so it will only be detected in its early more treatable stages through regular eye examinations.

Pterygium is a growth on the front of the eye, from the white of the eye to the pupil, and is generally caused by sun exposure, dust and other irritants. It is not cancerous, but can affect vision and can be removed surgically in advanced cases.

Problems with vision

Short sightedness (myopia) is where distant objects are blurred because the eyeball is too long, and light is not focussed properly on the back of the eye (retina). Short sightedness can be genetic or caused by excessive near work, like reading or computer work. Short sighted people are predisposed to a number of other eye conditions which need to be monitored through regular eye examinations.

Long sightedness (hyperopia) is where close, and sometimes distant objects are blurred because the eyeball is too short, and light cannot be focussed properly on the retina. Longsighted people may be able to see fairly well without their glasses, but have to put much more effort into focussing to see clearly.

Astigmatism is due to the front of the eye (cornneas) being a football shape instead of a soccer ball shape. This can cause blurred vision both for distant and near objects. It is generally a condition that we are born with, and as we age we are less able to compensate for it. This results in the need for glasses to correct it.

Presbyopia (loss of reading ability) occurs as we age, and is usually first noticed between ages 40 to 45. It occurs because the lens in the eye becomes less flexible with the normal aging process, and cannot change focus enough to see close objects, like print in a book. Glasses are required to regain clear vision for reading.