



## VALLARTA UNIFIED HEALTH SOLUTIONS

Medical Services Coordinator

What is ophthalmology?

Ophthalmology is the branch of medicine that deals with the diagnosis, treatment, and prevention of diseases and conditions related to the eyes and visual system.

What is an ophthalmologist?

Ophthalmologists are medical doctors that specialize in this field. They are trained to perform eye exams, prescribe glasses or contact lenses, diagnose and treat eye conditions, and perform eye surgeries, including corrective surgeries like LASIK.

What conditions do our doctors treat?

### 1. Retinal Detachment:

Retinal detachment is a serious eye condition where the retina, the thin layer of tissue at the back of the eye responsible for sensing light and sending visual signals to the brain, separates from its normal position. This separation deprives the retinal cells of oxygen and nutrients, which can lead to permanent vision loss if not treated promptly.

### 2. Cataracts:

Cataracts are a common eye condition where the lens of the eye becomes cloudy or opaque, leading to a decrease in vision. The lens, located behind the iris and pupil, is normally clear and helps focus light onto the retina at the back of the eye. When a cataract forms, it interferes with this process, causing blurred or distorted vision.

### 3. Macular Degeneration:

Macular degeneration, specifically known as **age-related macular degeneration (AMD)**, is a common eye condition that primarily affects older adults. It leads to the deterioration of the macula, which is the central portion of the retina responsible for sharp, detailed vision. This condition can result in significant vision loss in the central visual field, affecting tasks such as reading, driving, and recognizing faces.

### 4. Diabetic Retinopathy:

Diabetic retinopathy is a diabetes-related eye condition that affects the retina, the light-sensitive tissue at the back of the eye. It occurs when high blood sugar levels damage the blood vessels in the retina, leading to vision problems and potentially resulting in blindness if left untreated. Diabetic retinopathy is one of the leading causes of vision loss in adults.

### 5. Macular Hole:

A macular hole is a small break or opening in the macula, the central part of the retina responsible for sharp, detailed vision. The macula allows you to see fine details clearly, which is essential for tasks like reading, driving, and recognizing faces. When a macular hole forms, it can lead to blurred and distorted central vision, and if left untreated, it can cause significant vision loss.

### 6. Nearsightedness (Myopia):

Myopia, commonly known as nearsightedness, is a common vision condition where distant objects appear blurry while close objects can be seen clearly. This occurs because light entering the eye focuses in front of the retina rather than directly on it.

### 7. Farsightedness (Hyperopia):

Farsightedness is a common vision condition where distant objects are seen more clearly than close objects, which may appear blurry. This occurs because light entering the eye focuses behind the retina instead of directly on it.

### 8. Astigmatism:

Astigmatism is a common refractive error in which the eye does not focus light evenly onto the retina due to an irregular shape of the cornea or lens. Instead of being perfectly spherical, the cornea or lens is shaped more like a football or an egg, causing light to be focused at multiple points in the eye. This results in blurred or distorted vision at all distances.

### 9. Keratoconus:

Keratoconus is a progressive eye condition where the cornea, the clear front part of the eye, becomes thin and begins to bulge outward into a cone-like shape. This irregular shape distorts light entering the eye, leading to significant visual impairment and discomfort.

#### 10. Conjunctivitis:

Conjunctivitis, commonly known as pink eye, is an inflammation or infection of the conjunctiva, the thin, transparent membrane that lines the inner surface of the eyelids and covers the white part of the eyeball. This condition can affect one or both eyes and is characterized by redness, irritation, and discharge.

#### 11. Dry Eyes:

Dry eyes, also known as dry eye syndrome or keratoconjunctivitis sicca, occur when the eyes do not produce enough tears or when the tears evaporate too quickly, leading to inadequate lubrication and moisture on the surface of the eye. This can cause discomfort and affect vision.

#### 12. Lens Adaptation:

Lens adaptation refers to the eye's ability to adjust its focus in response to changes in visual stimuli or optical conditions. This process involves several mechanisms that allow the eye to maintain clear and comfortable vision across different distances and lighting conditions.