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**Cardiovascular
Disease**



Diabetes



**Kidney
Disease**



**Musculoskeletal
Conditions**



**Respiratory
Disease**

Upcoming appointments

Who

Date / / Time : am/pm

Bring

Who

Date / / Time : am/pm

Bring

Who

Date / / Time : am/pm

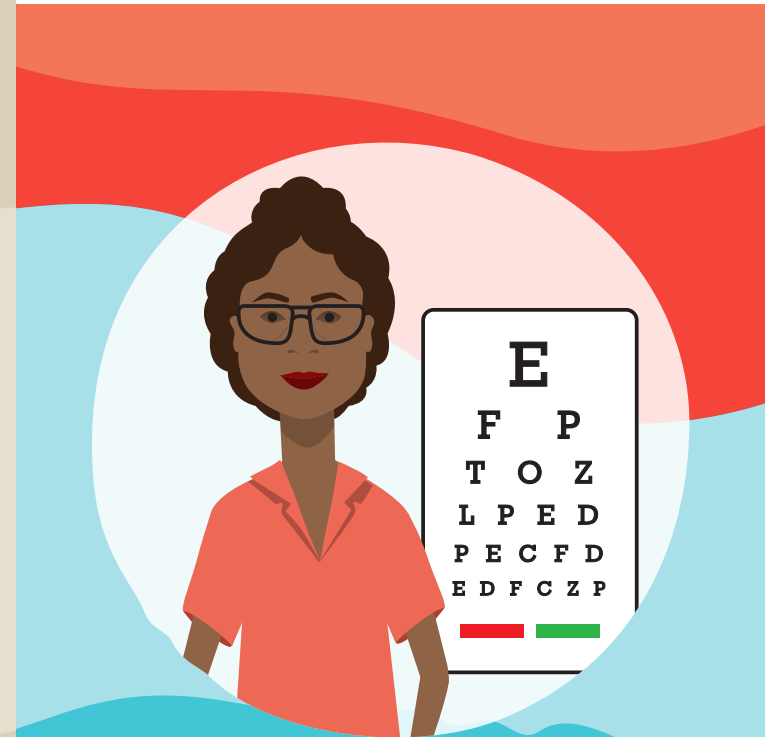
Bring

Disclaimer

The information in this pamphlet is of a general nature only and not intended as medical advice.



**Aboriginal
Health & Medical
Research Council
of NSW**



Optometrist

Resource three of the

Living Longer Stronger Resource Kit

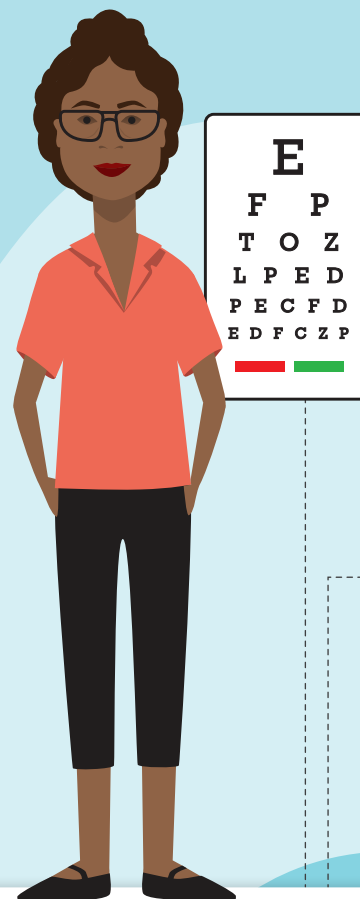
2nd edition

Who are they?

An Optometrist is a health professional who specialises in eye care and regularly examine people's eyes and prescribe glasses or lenses to correct some visual problems.

Optometrists also provide the following services:

- + Provide advice and eye health education
- + Post-surgical eye care



How much does it cost?

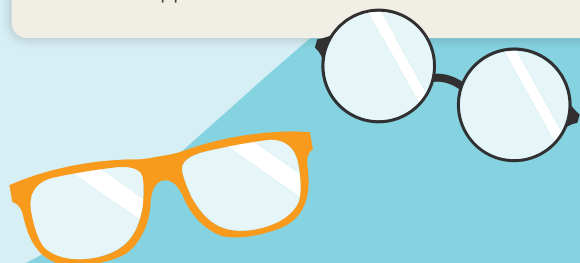
- + Costs to see an Optometrist may be partially or fully covered by Medicare, however don't hesitate to contact the service provider for more information.
- + If you are prescribed glasses or lenses, these are likely to be an additional cost.

How can I access one?

You may find a local Optometrist in towns and often in shopping centres. You may be required to make an appointment, and will not usually need a referral.

What should I do before the appointment?

- + A helpful tip is to write down any questions you have for them regarding your condition or any concerns.
- + You should bring any glasses or lenses with you to the appointment.



Optometrist

Provides eye care and testing, and management of visual conditions.

What to expect during the appointment?

- + Your Optometrist will ask questions to find out more about your symptoms and eye history.
- + Your eyes will be examined using specialised equipment and often requires you to be seated in a chair. Medicated eye drops may be used to examine your eyes. Your Optometrist will provide further information about this if needed.
- + You will be advised on the best management for your condition, or you may be referred to an Ophthalmologist for specialist advice and treatment.

