

We are Canada's largest Specialist Care Provider in Diabetes & Endocrinology. We are dedicated to transforming diabetes care for the better, by making it more accessible, comprehensive and patient-centred than ever before.

LMC Optometry & Eye Care

At LMC, we know that vision loss can be a serious risk for people living with diabetes. That's why we offer comprehensive eye health exams at many of our clinics and encourage patients to make eye care an essential part of their diabetes management.

**DIABETES & EYE CARE
WHY IT'S IMPORTANT**

When your blood sugar levels soar, the tiny blood vessels in your eyes can suffer serious damage. Over time, diabetes that is not well-controlled can lead to permanent vision loss from **diabetic retinopathy** and **diabetic macular edema**. Individuals with diabetes also have a higher risk of developing **glaucoma**, **cataracts**, **macular degeneration** and **dry eye syndrome**.

You can lower your risk of eye complications by practicing good diabetes management and by seeing an eye doctor at least once a year for a comprehensive eye health exam.

Partner With Your Eye Doctor on Diabetes Care

Having an eye doctor as a part of your diabetes care team will ensure any eye health problems are detected early and treated before they become serious or result in vision loss.

Basic Diabetes Eye Exam:

- Glaucoma Testing (Tonometry)
- Visual Acuity and Refraction
- Dilated Eye Exam/Retinal Eye Exam

Comprehensive Diabetes Eye Exam:

Includes the Basic Eye Health Exam, plus the following services:

- Retinal Image
- Optical Coherence Tomography (OCT) Scan

Additional Testing/Services Offered:

- Visual Field Test
- Contact lens fitting
- Laser Co-management
- Dry Eye Management

What is Retinal Imaging?

Retinal imaging is a digital image taken of the retina, blood vessels and optic nerve located at the back of your eyes to assist in the early detection and management of certain eye diseases, such as diabetic retinopathy, glaucoma, macular degeneration, hypertension and various ocular tumors. Retinal imaging also provides photographic documentation so that your eye doctor can closely track and monitor the health of your eyes.

What is an OCT scan?

Optical coherence tomography (OCT) is a non-invasive imaging test. With OCT, your optometrist can see each of the retina's distinctive layers and measure their thickness to help assess eye health. They also provide treatment guidance for glaucoma and diseases of the retina.



Here's 6 key steps to keep your eyes healthy and prevent vision loss if you are living with diabetes:

- 1** Keep blood sugars in check
- 2** Manage blood pressure and cholesterol levels
- 3** Boost eye health with your diet
- 4** Exercise regularly
- 5** Don't smoke
- 6** See your eye care professional at least once a year

What is Dry Eye Syndrome?

Dry eye syndrome is common amongst individuals living with diabetes. Its symptoms include a dry, scratchy, or filmy feeling in the eyes; burning, itching, and redness; blurred vision; and sensitivity to light. Neuropathy can damage the many nerves that are found in the cornea hindering a person's ability to make tears and slow down blinking, causing tears to evaporate.

FAQS

Am I covered by OHIP?

If you have diabetes, OHIP will cover a basic eye health exam once every 12 months. Prescription lenses, eye glasses and certain advanced tests such as Retinal Imaging and OCT are not covered by OHIP, however, most extended health benefit plans cover optometry services and products.

Do I require a referral?

No, we do not require a referral for an eye exam or treatment. However, if you have extended health benefits, you should consult your insurance provider for details regarding your plan.

What are the benefits of seeing an Optometrist?

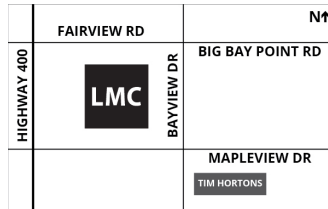
Many eye health diseases are asymptomatic and can only be detected through an examination by an optometrist. Routine eye exams play an important role in detecting health problems that can be treated before they become serious or result in permanent vision loss.

**BOOK AN APPOINTMENT
ONLINE**

Imcoptometry.ca

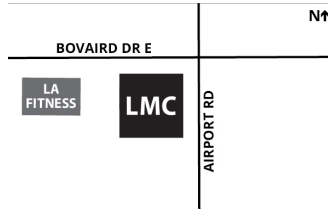
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LMC LOCATIONS OFFERING OPTOMETRY



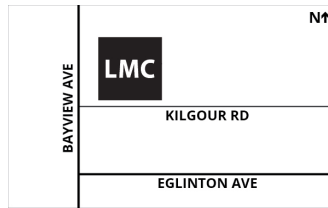
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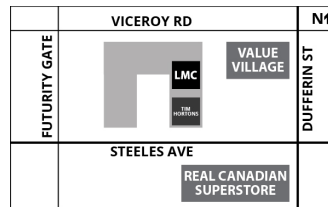
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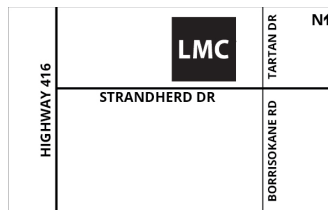
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