



EVERYTHING YOU EVER WANTED TO KNOW ABOUT VISION BUT DID NOT KNOW WHOM TO ASK SERIES

BY DR. CHELISE FIRMIN, OPTOMETRIST



DR. CHELISE FIRMIN, OD
LENSRXLAB Venturer and Chief Medical Officer

ANTHONY B. MILES
LENSRXLAB Managing Venturer and Service-Disabled Veteran
US Navy Trident Nuclear Submarine Force

Info Session 7: "Silent Threats: Understanding Eye Diseases with Hidden Dangers"

In this info session we delve into the silent threats posed by eye diseases and the imperative of regular eye exams, especially for individuals with diabetes. Join me as we unravel the mysteries of these hidden dangers and explore strategies for early detection and prevention.



Q1: Why is it crucial for individuals to be aware of eye diseases even when they show no signs or symptoms?

Dr. Firmin: Many eye diseases, such as diabetic retinopathy and glaucoma, can progress silently without obvious symptoms. Awareness is key because early detection and intervention significantly impact the prognosis and can prevent vision loss.

Q2: Can you elaborate on the risks associated with diabetic retinopathy and glaucoma?

Dr. Firmin: Diabetic retinopathy is a complication of diabetes that damages blood vessels in the retina, leading to vision impairment. Glaucoma is a group of eye conditions that damage the optic nerve, often resulting in gradual vision loss. Both can be asymptomatic in the early stages, making regular eye exams critical.

Q3: How often should individuals, especially those with diabetes, undergo eye exams to detect these silent threats?

Dr. Firmin: Individuals with diabetes should have comprehensive eye exams at least once a year. For the general population, regular eye exams every one to two years are recommended to catch potential issues early and ensure timely intervention.

Q4: What role do preventive measures play in reducing the risks of these silent threats?

Dr. Firmin: Prevention is key. Managing diabetes effectively, maintaining a healthy lifestyle, and undergoing regular eye exams are proactive measures. Lifestyle choices, such as a balanced diet and regular exercise, can contribute to overall eye health.

Q5: How can employers encourage employees to prioritize regular eye exams, considering the hidden dangers of these diseases?

Dr. Firmin: Employers can play a crucial role by promoting eye health awareness, providing educational materials, and even organizing on-site eye exams. Encouraging a culture of proactive health management benefits both employees and the organization.

This Info Session is brought to you by [LENSRXLAB SUPPLEMENTAL VISION AND HEALTH BENEFITS PLATFORM](#)

*LENSRXLAB Supplemental Vision and Health Benefits Platform is dedicated to providing comprehensive and affordable eye health solutions, encompassing diabetes, safety benefits management, and safety compliance for government and corporate worksites across all 50 States, Washington DC, and US Territories. Our overarching goal is to annually serve 250,000 or more patients, service members, veterans, beneficiaries, and employees with high-quality safety, diabetic, and dress eyewear. Additionally, we aim to reach and benefit 500,000 individuals at risk or diagnosed with diabetes through our innovative DiaVista lens technology.

LENSRXLAB is a distinguished Black American and SBA Service-Disabled Veteran-Owned Ophthalmic Goods Manufacturer and Wholesaler Small Business Enterprise. Our leadership, headed by Anthony B. Miles, a US Navy Trident Submarine Force Veteran, and Dr. Chelise Firmin, Optometrist, is rooted in Philadelphia, Pennsylvania, with operations extending to Jacksonville, Florida.