



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

BY DR. CHELISE FIRMIN, OPTOMETRIST



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Info Session 9: "Vision Care for Prediabetics: A Proactive Approach"

In this info session we delve into the crucial connection between prediabetes and vision issues, emphasizing the importance of a proactive approach to vision care for individuals in this prediabetic stage. Understanding the signs and taking preventive measures contribute to long-term eye health.



Q1: Is there a connection between prediabetes and vision issues similar to those experienced by diabetics?

Dr. Firmin: Absolutely. Prediabetes shares some risk factors with diabetes, and individuals may experience similar vision problems. It's crucial for prediabetics to prioritize eye health and adopt a proactive approach to prevent potential complications.

Q2: What symptoms or vision problems might prediabetics encounter?

Dr. Firmin: Prediabetics may notice issues like blurred vision, difficulty focusing, or fluctuations in eyesight. These symptoms can be subtle, making regular eye exams vital for early detection and intervention.

Q3: Why is it important for prediabetics to follow a diabetic eye exam protocol?

Dr. Firmin: The eye is a window to overall health. Prediabetics can benefit from the same eye exam protocols as diabetics, ensuring early identification of any diabetes-related changes in the eyes and timely intervention to preserve vision.

Q4: How can employers support prediabetic employees in maintaining their vision health?

Dr. Firmin: Employers can promote awareness about the link between prediabetes and vision issues. Encouraging regular eye exams, providing vision benefits, and fostering a culture of health contribute to a supportive workplace environment.

Q5: What advice do you have for prediabetics to proactively manage their vision health?

Dr. Firmin: Prioritize regular eye check-ups, adopt a healthy lifestyle, and communicate any changes in vision promptly. Early detection and lifestyle modifications can make a significant difference in preserving vision.

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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.