

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING YOUR VISION CHANGES



- Alterations in vision, including sudden blurriness, double vision (diplopia), or missing areas of vision (visual field deficits).
- These changes may occur gradually or suddenly and can affect one or both eyes.

WHAT IT MIGHT INDICATE

- Common conditions: refractive errors, presbyopia, cataracts, or dry eyes.
- Vision changes can also be a symptom of more serious conditions like glaucoma, macular degeneration, diabetic retinopathy, or optic neuritis.
- In rare cases, sudden vision changes can indicate neurological conditions such as a stroke or brain tumor.
- Please note: This document is not intended for self-diagnosis. Multiple conditions, both benign and serious, can cause vision changes, and a healthcare professional should evaluate persistent or severe symptoms.

IMMEDIATE ACTIONS

- Do not drive or engage in potentially dangerous activities if your vision is impaired.
- Rest your eyes and avoid straining them with activities like reading small print or staring at screens.
- If you experience sudden vision loss, severe eye pain, or a sudden onset of double vision, seek immediate medical attention.

WHEN TO CONTACT US



- If you're experiencing gradual changes in your vision quality, difficulty focusing, or visual disturbances, consider contacting us to arrange an online consultation with our specialists.
- If vision changes are accompanied by other symptoms like headaches, dizziness, or issues with balance and coordination, our service can provide guidance and specialist referrals.
- If your symptoms are affecting your quality of life or daily activities, don't hesitate to reach out for expert advice and assistance.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your symptoms, medical history, current medications, and any family history of eye conditions.
- You may be asked about the specific nature of your vision changes — when they started, any patterns you've noticed, and associated symptoms.
- Further diagnostic tests (like a comprehensive eye exam or imaging) may be recommended, and referrals to ophthalmologists or neurologists can be provided as needed.

PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the changes you've noticed in your vision and any impact on your daily life.
- Compile a list of all your medications and supplements, including dosages.
- Ensure you're in a well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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