



## WHY GET AN EYE EXAM?

Does “20/20” mean I have perfect vision?

The definition of “20/20” means that you can see an 8.75mm letter size target at 20feet. That doesn’t tell you how your eyes ocular health are nor does it evaluate how both of your eyes work together. When playing a sport or doing your everyday activities it is very important that you have both eyes working equally and being used as a team. If one eye wasn’t working properly then you will lose some of your depth perception. Try and catch a ball using only one eye? Just imagine trying to drive or play sports without depth perception? You will have a lot of trouble gauging the distance of everything. Professional athletes such as, those in the picture above, need their vision corrected. NBA players like Jeremy Lin and Kevin Durant wear contact lenses, which are a great and convenient for vision correction. Amare Stoudemire had a retinal detachment from a sports related injury and needed surgery to repair the damage in his eye, and suffered losing a part of his vision. He wears safety goggles to protect his eyes from further damage.

Seeing 20/20 doesn’t mean you have perfect vision at all. That’s why it is very important to get an annual comprehensive eye exam so optometrist can evaluate how the health inside your eyes are. A comprehensive eye exam can also tell you how your hypertension, diabetes, autoimmune, and systemic disease are monitored. We also look for color vision deficiencies, eye turns, cataracts, vision prescriptions, dry eyes, headaches, reading problems, learning problems, double vision, tracking movements, focusing problems, and many more.

It would be my pleasure to provide you and your families eye care at the locations below:

Eric J. Kawata, O.D., Inc.

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### Dr. James K. Miyasaka Optometrist

Dr. Miyasaka was born and raised in Hawaii. He was part of the winning basketball team at Kaimuki High School. He went on to continue his basketball career playing basketball at NCAA Division 2 Cal Poly Pomona, where he was part of the 2009 NCAA Division 2 West Regional Championship and National Finalist Team. He went on to complete his doctor of optometry degree at Western University Health Sciences, where he was president of the inaugural class.

“My life has always revolved around sports. I started from the bottom of the barrel and worked my way to the top of the team through hard work, perseverance, and discipline. I had a vision related problems growing up. Consequently, I struggled in school and sports. It wasn’t until I got my vision corrected and had vision therapy that I developed better coordination as well as visual-muscle memory. I was a shooting guard in college and it was so important to visualize your shots and make a decision in an instant. Your eyes are an extension of your brain and vision plays a great part in your success on and off the court. I educate my patients on how it is possible to enhance their vision for their everyday needs. It would be an honor and my pleasure to be your family’s optometrist.”

Aloha and Mahalo,  
Dr. Jimmy  
James K. Miyasaka, O.D.