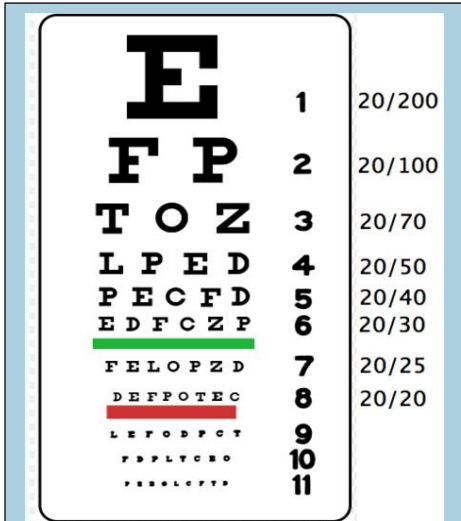


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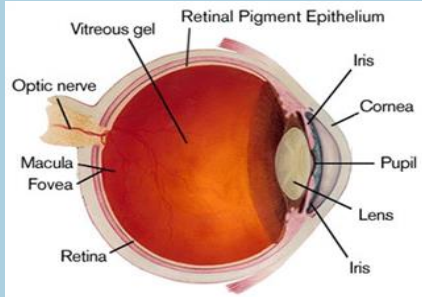
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Laguna Heights Optometry

ASSOCIATE: JAMES K. MIYASAKA, O.D.



http://en.wikipedia.org/wiki/Snellen_chart



http://en.wikipedia.org/wiki/File:Schematic_diagram_of_the_human

Is 20/20 really perfect vision?

20/20 means you can see an 8.75mm tall letter at a distance of 20 feet, but do those numbers tell you the whole story about your eyes? A person of any age may have a vision screening test and see 20/20 in each eye; however, when using both eyes they may report problems such as seeing double, having headaches, eye turns, difficulty focusing, words swimming on the page, poor contrast, color vision problems, or having ocular fatigue at the end of the day. A comprehensive eye exam can determine how well both eyes work together, your focusing ability, and tracking ability, which is important in every day tasks like computer use, sports, and driving, etc. From that examination, we can work together to determine the best course of action to abate the symptoms whether it be computer glasses, driving glasses, contacts, or vision therapy (eye exercises).

Why should you get an annual eye exam?

An annual comprehensive eye exam will evaluate your ocular health for systemic conditions that affect the eyes like diabetes, hypertension, thyroid disease, arthritis, cancer, lupus, tuberculosis, and inflammatory bowel disease. Examinations also detect and screen for ocular diseases like glaucoma, macular degeneration, cancer, dry eyes, bacterial/viral/fungal infections, retinal detachments/tears, and visual field defects. Not all conditions have symptoms noticeable by the patient until the disease is advanced. Early detection can prevent further complications like blindness and visual field loss.

Who should be seen?

The American Optometric Association recommends a person's first eye exam should occur at 6 months of age to screen for childhood ocular conditions like eye turns, cancer, high refractive correction, and to ensure proper ocular

development. It's never too late to come in to have an examination. Contact us to schedule your comprehensive examination for glasses, contacts, vision therapy, red eyes, dry eyes. We have glasses, sunglasses, and sports wear for men, women, and children. We offer a wide variety of contacts to suit you.

Who is Dr. James K. Miyasaka?

Dr. Miyasaka was born and raised in Hawaii. He moved to California to earn his undergraduate pre-med Biology degree and play NCAA division 2 men's basketball at Cal Poly Pomona. He completed his doctor of optometry degree at Western University of Health Sciences. In his spare time, he can be found playing basketball or with his four rescue dogs. "Mahalo for considering either location for your vision care. I look forward to meeting you and your family."

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Aloha and Mahalo,

Dr. James K. Miyasaka

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