

# BAYANIHAN CLINIC VISION SERVICES

## OUR VISION SERVICES

Bayanihan Clinic's vision services aims to provide free vision resources to our patients through **visual acuity exams, informational services, and free VSP vouchers**. Our eyesight is one of our most important sense and by properly caring for and maintaining our eyesight, we reduce the odds of vision loss or impairment.



## WHAT ARE VSP VOUCHERS?

VSP Vouchers are given to uninsured patients and they provide for a **free comprehensive eye exam** and a **free pair of glasses** from select locations. Keep in mind that these vouchers have an **expiration date** and **restrictions** to the type of lens and frame.

## HOW DO I OBTAIN A VSP VOUCHER?

Simply stop by Bayanihan Clinic and indicate interest. A clinic intern will provide one for you, as well as a list of possible doctors you can visit.



## REFERRALS

Bayanihan Clinic Vision Services have **Cataract Surgery** referrals for patients seeking cataract surgery. We can also refer patients to Paul Hom Asian Clinic for **ophthalmology services**.

## VISUAL ACUITY TESTS

Bayanihan Clinic provides free visual acuity tests which are mainly used to determine and measure the sharpness of your vision, but they only represent one aspect of a full eye exam. These tests may indicate whether or not you need to visit an optometrist.

**3030 EXPLORER DRIVE, SACRAMENTO, CA 95827**  
**BAYANIHANCLINIC.COM**

CONTACT US:  
BAYANIHANVISION@GMAIL.COM | (916)-833-1112

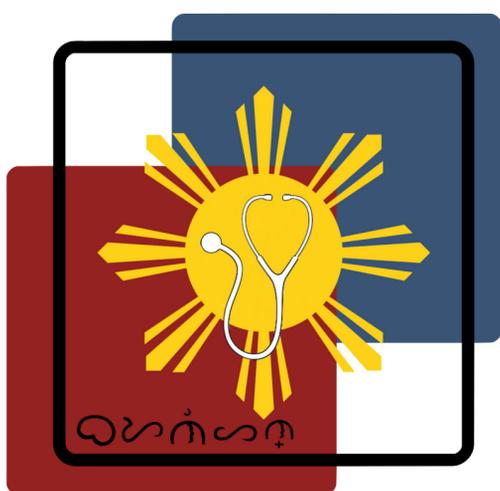
# PREVENTATIVE CARE

## SUNGLASSES

The sun emits ultraviolet (UV) rays which can damage your eyes through constant exposure. Sunglasses are able to help by filtering the bright light and protecting against the damaging UV rays.

## WHAT ARE GOOD SUNGLASSES?

Sunglasses that are **UV 400+** can block 99-100% of UV rays. The darker the lenses are doesn't mean it will block more UV rays. In addition, polarized sunglasses reduces the glare coming off of reflective surfaces; however, it doesn't provide more protection from the sun.



## HOW OFTEN SHOULD I HAVE AN EYE EXAM?

According to the American Optometric Association, adults between 18 to 64 years old are recommended to get an eye examination every year if you have diabetes or eye problems. If you are asymptomatic or low-risk, an exam at least every 2 years is recommended.

## DIET AND NUTRIENTS IMPORTANT FOR EYE HEALTH

### LUTEIN & ZEAXANTHIN

Commonly found in green leafy vegetables and eggs.

### ZINC

Commonly found in lentils and chicken.

### OMEGA 3

Commonly found in fish.

### VITAMIN A, E, AND C

Carrots are rich in vitamin A. Nuts and sweet potatoes are rich in vitamin E. Berries and oranges are rich in vitamin C.



## **NEARSIGHTEDNESS (MYOPIA)**

Myopia is blurred vision when attempting to focus on distant objects, but you're able to clearly see up close. This can be corrected with prescription glasses.

## **DIABETIC RETINOPATHY**

Diabetic retinopathy is caused by **diabetes**. The eyes are affected by damaged blood vessels in the retina. It may or may not present mild vision problems at first, but it can potentially worsen to blindness. It's important to maintain normal blood sugar levels.

## **CATARACT**

A cataract is the clouding of the lens of your eye, creating blurry or foggy vision. This clouding of vision can make it more difficult to perform daily tasks. Visit your optometrist if you are noticing worsening blurriness in your vision.

## **FARSIGHTEDNESS (HYPEROPIA)**

Hypermyopia is blurred vision when attempting to focus on objects up close, but have clear distant vision. This can be corrected with prescription glasses.

**MYTH:** Reading in dim light can damage your eyes.

**FACT:** Although it can cause eye strain, reading in dim light will not hurt your eyes permanently.

However, if your eyes feel strained, take a break!

**MYTH:** Eating carrots will improve your vision.

**FACT:** Although carrots contain vitamin A, which is essential for sight, only a small amount is necessary for good vision. Rather, a well-balanced diet, with or without carrots, provides all the nutrients the body needs.



**Bayanihan Clinic also offers free reading glasses if you know your prescription. Just ask a staff member!**



**INFORMATION FROM THIS BROCHURE CAN BE FOUND AT:  
WWW.MAYOCLINIC.ORG | WWW.AOA.ORG  
WWW.PREVENTBLINDNESS.ORG/FACT-SHEETS**