



December 31, 2016 – Grand Rapids, MI

Schedule Your Eye Exam

Things were looking the tiniest bit fuzzy, so I decided it was time to get my eyeglass prescription checked. I seemed to have blurry spots in my right eye at about the level I would normally read, whether paper or computer. I made the appointment; the results weren't exactly what I was hoping for. Based on the pressure inside my eye, I had glaucoma. I was stunned. Didn't see that one coming—no pun intended.

I went through a different and very irritating vision test to see how much vision I'd lost. Turns out none with one exception. That area in my right eye at the reading level? I'd lost a tiny bit of vision there.

I've been using two different drops a.m. and p.m., and the pressure is close to normal. I was lucky that I went in when I did. Glaucoma never gets better on its own, and I could have lost even more vision.

Don't play games with your health in 2017. Schedule your physical, dental exam, and your eye exam as soon as possible. You have to know where you stand now if you intend to make progress getting healthier and fitter.

What are you prepared to do today?

Dr. Chet



WGVU FM 88.5/95.3 **NPR** ***Straight Talk on Health***

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