

## Eye Examination Report To Prevent Blindness

### Patient Information

Name	: MR MANISH KUMAR SINHA	Phone	: 8910205855
Age	: 35	Email	: NA
Gender	: Male	Exam Center	: HCL Healthcare, Noida sector 24
UID	: 457035	Date	: 24-Dec-2022

### Medical History

Diabetes Mellitus	: No
Hypertension	: No
Glaucoma	: No
Cataract	: No Cataract

### Ocular History

Wearing Glasses/contact lenses	: Yes
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## Refraction Prescription

UID : 457035

Name : MR MANISH KUMAR SINHA

### Right Eye

SPH	CYL	AXIS	NV
-1.50			

### Left Eye

SPH	CYL	AXIS	NV
-2.00			

PD :

Visual Acuity	Un-Corrected		Corrected	
	Right Eye	Left Eye	Right Eye	Left Eye
Distance	6/18	6/36	6/6	6/6
Near Vision	N-6	N-6	N-6	N-6
Pin-Hole	Right Eye: 6/6 Left Eye: 6/6			

**Remarks:**Advised to continue using same glasses and check up after 6 months to 1 year

**Additional Comments:**

*Deepali Sharma*

Deepali Sharma  
Optometrist Name & Signature

## Color Vision Assessment

UID : 457035 Name : MR MANISH KUMAR SINHA

Number Of plates	Normal Person	Person with Red - Green Deficiencies	Person With Total color Blindness and Weakness	RE	LE
1	12	12	12	12	12
2	8	3	x	8	8
3	6	5	x	6	6
4	29	70	x	29	29
5	57	35	x	57	57
6	5	2	x	5	5
7	3	5	x	3	3
8	15	17	x	15	15
9	74	21	x	74	74
10	2	x	x	2	2
11	6	x	x	6	6
12	97	x	x	97	97
13	45	x	x	45	45
14	5	x	x	5	5
15	7	x	x	7	7
16	16	x	x	16	16
17	73	x	x	73	73
18	x	5	x	x	x
19	x	2	x	x	x
20	x	45	x	x	x
21	x	73	x	x	x
22	26	6 or (2) 6	2 or 2 (6)	26	26
23	42	2 or (4) 2	4 or 4 (2)	42	42
24	35	5 or (3) 5	3 or 3 (5)	35	35
25	96	6 or (9) 6	9 or 9 (6)	96	96

Color Vision Result : Normal

Remarks :

## Diabetic Retinopathy Assessment by AI

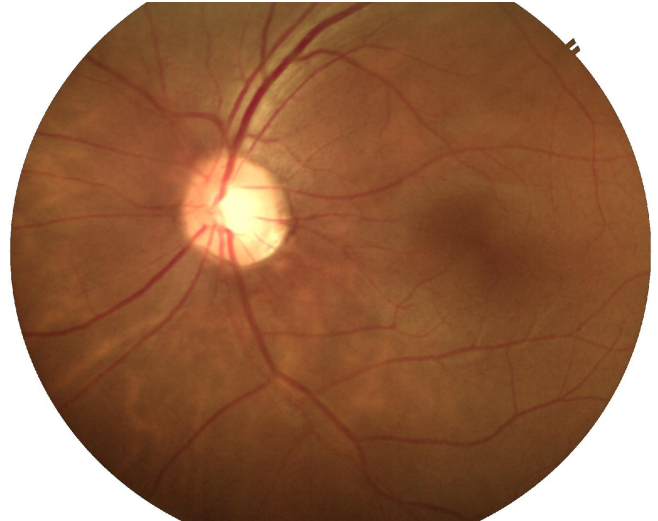
UID : 457035

Name : MR MANISH KUMAR SINHA

**Right Retina**



**Left Retina**



### Disease Profile

#### Diabetic Retinopathy

	Right Eye	Left Eye
Outcome	DR not observed	DR not observed

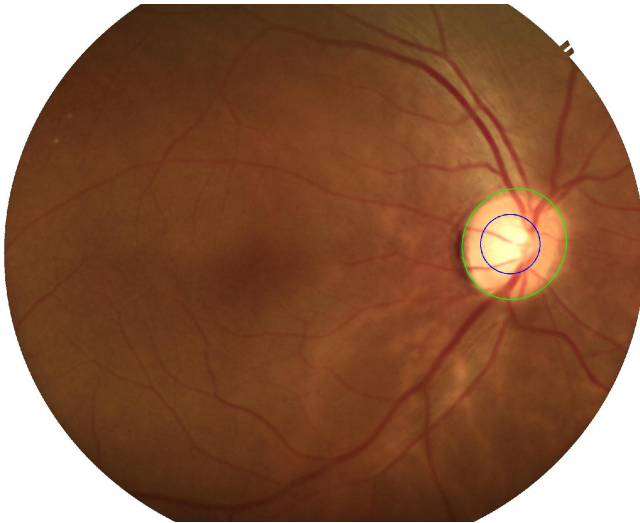
## Glaucoma Assessment by AI

UID : 457035

Name : MR MANISH KUMAR SINHA

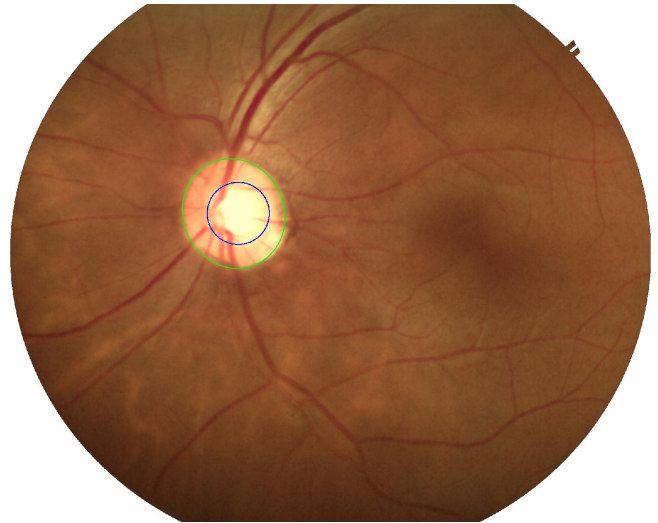
### Glaucoma Analysis

**Right Eye**



VCDR	: 0.53
Minimum rim width	: 0.35 mm
Superior	: 0.47 mm
Inferior	: 0.47 mm
Nasal	: 0.38 mm
Temporal	: 0.50 mm

**Left Eye**



VCDR	: 0.56
Minimum rim width	: 0.28 mm
Superior	: 0.43 mm
Inferior	: 0.44 mm
Nasal	: 0.33 mm
Temporal	: 0.48 mm

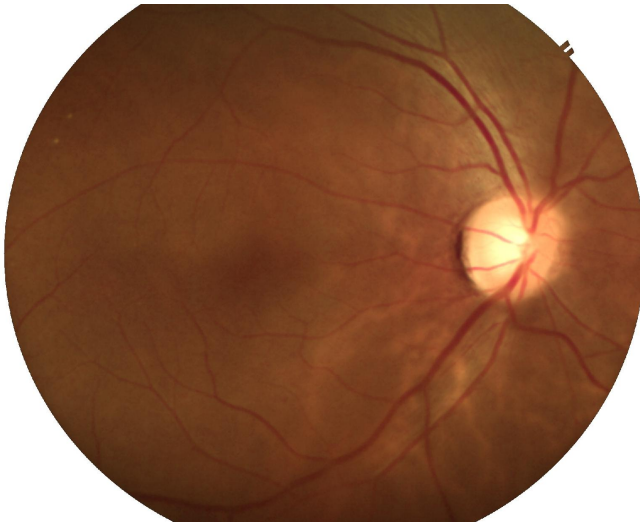
Note: Tele Ophthalmology prescreen vision images are obtained for screening purposes only. The reports are provided by qualified Ophthalmologists. The information obtained from this screening is considered a preliminary result only and does not constitute confirmation of on absence of vision problems or disease conditions. This is not a substitute for Periodic Comprehensive Examination by an Ophthalmologist which is recommended.

## Ophthalmologist Assessment

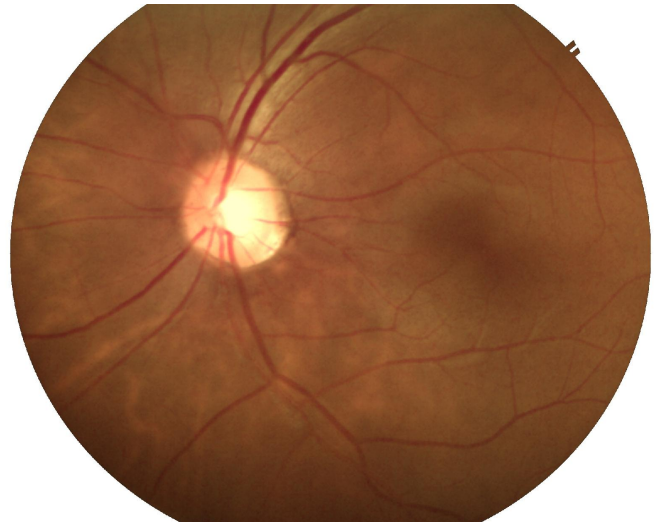
UID : 457035

Name : MR MANISH KUMAR SINHA

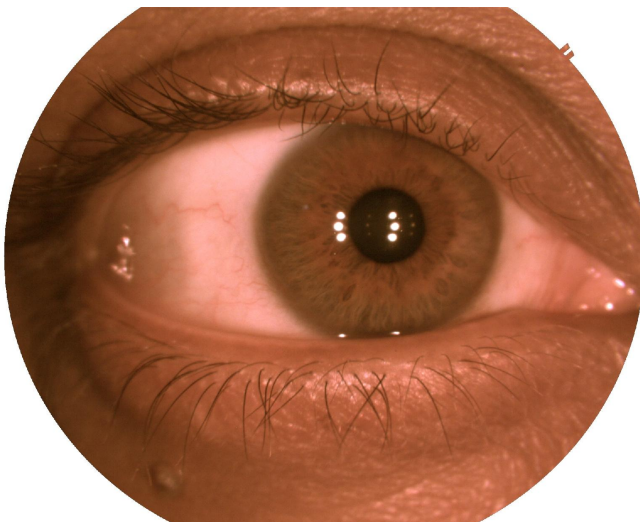
**Right Retina**



**Left Retina**



**Right Cornea**



**Left Cornea**



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## Ophthalmologist Assessment (Cont.)

### Diagnosis Right Eye

Normal Fundus

### Diagnosis Left Eye

Normal Fundus

### Findings Right Eye

### Findings Left Eye

### Progression:

### Recommendations:

Review yearly



Dr Amita Nair , MBBS DNB Fellowship  
Medical Retina. Registration number:  
2011092984  
Name & Signature  
Ophthalmologist



## Eye Care Tips

These are things you can do to help keep your eyes healthy and make sure you are seeing your best:

1. Eat a healthy and balanced diet. Your diet should include plenty of fruits and vegetables, especially deep yellow and green leafy vegetables. Eating fish high in omega-3 fatty acids can also help your eyes.
2. Maintain a healthy weight. Being overweight or having obesity increases your risk of developing diabetes which might put you at higher risk of getting diabetic retinopathy or glaucoma.
3. Exercising regularly, can help one lower their risk of getting eye or vision problems, help to prevent or control diabetes, high blood pressure or even high cholesterol.
4. Sun exposure can damage your eyes and raise your risk of cataracts and age-related macular degeneration. Protect your eyes by using sunglasses that block out 99 to 100 percent of both UV-A and UV-B radiation.
5. To prevent eye injuries during your work routine, you need eye protection when playing certain sports, working in jobs such as factory work and construction, and doing repairs or projects in your home.
6. Smoking increases the risk of developing age-related eye diseases such as macular degeneration and cataracts. Avoid smoking
7. Some eye diseases are inherited, so it is important to be in the know if anyone in your family has or had them. As you get older, you might be at higher risk of developing age-related eye diseases and conditions. Knowing these risk factors and also the hereditary eye diseases will help in determining if you are at higher risk of developing an eye disease and also lower your risk by doing certain lifestyle changes.
8. In case you are wearing contacts, ensure steps such as washing your hands well before you put in or take out your contacts while following instructions to clean them properly and replace when needed to prevent eye infections.
9. If you spend a lot of time using digital devices such as computer or mobile, your eyes can get strained if you forget to blink your eyes. To reduce eyestrain, try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds