What is Night Vision?

Night vision is your eye's ability to adapt from bright light to darkness, like when you enter a dim room after being outside on a sunny day.

If you've noticed that your night vision isn't what it used to be, or that it takes longer for your eyes to adjust in low-light environments, you're not alone, and it might be more than just "getting older."

Why It Matters

Changes in night vision are often the very first functional sign of trouble in the retina. Before anything shows up in a standard eye exam and even before you notice vision changes in your daily life, your ability to see in the dark may already be impaired.

This is especially true for:

- **Age-related macular degeneration (AMD)**
- **Diabetic retinopathy (DR)**
- **Retinal dystrophies (inherited retinal diseases)**
- **Drug-related retinal toxicities**

These are conditions where catching early signs can be the difference between preserving vision and losing it permanently.

The Earliest Warning Sign

As your eye care provider, I'm trained to detect early signs of eye diseases, but structural damage in your eyes can take years to appear. Functional vision testing, like dark adaptation, helps me detect the problem long before it's visible in eye images.

Think of it this way: waiting for structural changes to show up on an eye scan is like waiting for a house to catch fire before fixing faulty wiring.

Dark adaptation testing catches the sparks before the blaze.

What You Might Experience

- **Slower adjustment to dim environments**
- **Difficulty seeing at night or while driving**
- **Annoying camera flash recovery**
- **Increased glare sensitivity**
- **Trouble navigating dark rooms or movie theaters**

Even if these changes seem mild or just part of "getting older," they are often the first signs of retinal disease.

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Who Should Be Tested?

If you are:

- **Over the age of 50**
- **Living with diabetes**
- **Have a family history of AMD or retinal disease**
- **Experiencing new or worsening night vision issues**
- **Taking drugs known to cause retinal toxicity**

Then you're exactly the type of patient who can benefit from a quick, painless dark adaptation test.

What Happens If We Catch It Early?

If a dark adaptation test shows that your night vision is declining, we may get ahead of the disease by initiating early treatments and lifestyle changes proven to slow progression. Monitoring can show improvement, remain the same, or worsen. It allows us to adjust treatments in a timely manner.

And if the test is normal?
You gain peace of mind, and we have a new baseline to compare future changes.

Bottom Line

- You only get one set of eyes.
- Early testing helps us protect your sight.

Don't wait for visible damage. Let's prevent it before it starts.

What Will I Experience?

During the test, you'll sit comfortably while wearing a light-blocking eye mask or headset. A brief, bright flash of light is shown to one eye to temporarily "bleach" the photoreceptors; just like stepping outside on a sunny day.



After that flash, the device periodically presents faint lights and gentle tones while you respond with a simple button press: yes or no when you can see or hear them. This helps measure how quickly your retina recovers its night vision.

The full test takes no more than 6.5 minutes, is completely painless, and requires no dilation. You can return to normal activities immediately afterward.

Ask me about a dark adaptation test today.

It's fast, non-invasive, and could be the most important step you take to protect your vision.

www.goevoq.com

Why Should I Care About Night Vision?



A message from your eye doctor about night vision and retinal health

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