

## Hints and Tips on Opticians and Optometrists

What's the difference between an optician and an optometrist?

### **Optician**

A dispensing optician fits glasses and contact lenses working from the prescriptions written by optometrists.

### **Optometrist**

Optometrists used to be known as ophthalmic opticians and can be located in your local high street. Optometrists are trained to examine your eyes and diagnose vision problems, eye diseases and other conditions. To prescribe glasses and contacts lenses as well as medications for common eye conditions. They also fit and dispense low vision aids such as magnifiers.

### **Important**

Regular visits to the optometrist can help keep your eyes healthy and can detect potential eye problems at an early stage.

Unless your optometrist has advised you otherwise it is a good idea to have an eye test once every two years, and one a year if you are 70 or over or once a year if you have diabetes or a family history of glaucoma.