

## The Importance of a Comprehensive Eye Exam Quiz

A score of 75% or higher, along with your identifying information for reporting must be submitted by Thursday, August 9, 2018 to receive credit for this event. Incentives will be available in Rally by August 31, 2018.

Quiz link here: <https://www.surveymonkey.com/r/ICUBAEyeExam>

1. How many comprehensive eye examinations are performed annually compared to a health physical?
  - a. 3.6 to 1
  - b. 2.4 to 1
  - c. 1.5 to 1
  - d. 1 to 1
  
2. What percentage of learning in children in the first 12-years of life is through the vision system?
  - a. 90%
  - b. 80%
  - c. 65%
  - d. 50%
  
3. High exposure to ultra-violet (UV) light can cause early onset of:
  - a. Macular degeneration
  - b. Glaucoma
  - c. Cataracts
  - d. Dry eye
  
4. Blue light exposure can be harmful to the eyes and vision system. Where does the greatest amount of exposure come from?
  - a. LED light bulbs
  - b. Computer screen
  - c. Cell phone screens
  - d. Sun
  
5. A test that can determine a primary risk factor for glaucoma is:
  - a. Tonometry
  - b. Visual acuity
  - c. Extraocular muscle movement
  - d. Pupil reaction

6. Diabetic retinopathy is a serious eye complication of both Type 1 and Type 2 diabetes and results in vision loss and blindness in \_\_\_% of those with the disease?
- 10%
  - 20%
  - 30%
  - 40%
7. Moderate to advanced macular degeneration causes what type of vision loss or impairment?
- Complete blindness
  - Peripheral loss of vision
  - Central loss of vision
  - Random blind areas throughout the visual field
8. Which disease cannot be observed by viewing the retina (back of the eye)?
- Hypertension
  - Stye
  - Diabetes
  - High cholesterol
9. To be in good focus for the computer, the distance planned for needed eyeglasses should be:
- 12-16 inches
  - 14-18 inches
  - 20-24 inches
  - 26-30 inches
10. To have good hydration and limit risk for dry eye, females should consume how many cups of water per day?
- 5
  - 7
  - 9
  - 11