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EYE TECH

How Artificial Intelligence Is Changing Eye Exams

Artificial intelligence (AI) is starting to play a more meaningful role in how eye care is delivered, offering new tools that may help detect vision problems earlier and improve access to care. While AI will not replace optometrists, it is increasingly being used to support their efforts by analyzing eye images, identifying patterns, and assisting with clinical decision-making.

AI systems learn by reviewing large amounts of data, using items like retinal photographs and optical scans. Over time, these systems become better at recognizing subtle changes in the eye that may signal disease, sometimes before symptoms appear.

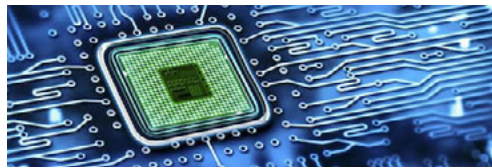
Where AI Is Already Being Used

Today, the most established use of AI in eyecare is screening for diabetic retinopathy, a leading cause of vision loss among people with diabetes. Several AI tools approved by the FDA can analyze retinal images to detect signs of damage caused by diabetes. These tools can quickly determine whether a patient needs follow-up care with an eye specialist, helping streamline the diagnosis and reduce delays.

Beyond diabetic eye disease, researchers are exploring AI applications for conditions like glaucoma, age-related macular degeneration, and myopia progression. AI may also help monitor how eye diseases change over time and predict which patients are at higher risk for vision loss.

What AI Means for Eye Exams

For patients, AI-powered eye exams may feel similar to traditional visits, but there are added layers of analysis happening behind the scenes. High-resolution imaging devices capture detailed pictures



of the eye, and AI software reviews those images for early signs of disease. This can enhance an optometrist's ability to detect eye problems sooner and recommend appropriate care.

AI may also improve efficiency in busy clinics and expand access to eyecare in underserved areas by allowing trained staff to capture images that AI systems can evaluate remotely. This approach could help more people receive timely screenings, especially those who may not regularly see an eyecare specialist.

Important Limitations & Safety Considerations

Despite its promise, AI has limitations. These tools rely on the quality and diversity of the data used to train them, and they are not designed to make treatment decisions on their own. Optometrists remain essential for interpreting results, confirming diagnoses, and managing care.

Experts also caution that patients should be wary of unverified claims about AI replacing comprehensive eye exams. Regular visits with an eyecare professional continue to be critical for maintaining eye health.

Looking Ahead

As research continues, AI is expected to become a more routine part of eyecare, helping optometrists deliver more precise, proactive, and personalized care. When AI is used responsibly, it has the potential to support earlier detection, protect vision, and improve long-term eye health for many patients.

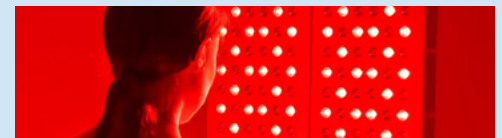
EYENATOMY

Red Light Therapy for the Eyes: Exploring Benefits & Risks

Red light therapy is becoming increasingly popular thanks to its potential benefits beyond skin care, including possible applications in eye health. Also known as photobiomodulation or low-level light therapy, this treatment approach uses specific wavelengths of red light to stimulate cellular activity. Researchers are investigating whether these wavelengths can support eye tissues by improving energy production in cells and reducing inflammation.

Some studies suggest red light therapy may help with conditions like dry eye disease, especially when symptoms are related to meibomian gland dysfunction. In clinical trials, patients who have received carefully controlled red light treatments around their eyes have experienced improvements in comfort, tear production, and certain signs of eye surface health. The potential of red light therapy to slow age-related changes in retinal cells—including those involved in early macular degeneration—is also being explored in clinical research.

Experts emphasize that using red light therapy for eye conditions is still an emerging area of research. While some light-based treatments are authorized for use under medical supervision, at-home devices marketed online may not meet safety standards. Optometrists recommend avoiding unsupervised use of such devices and consulting an expert before trying red light therapy for vision-related concerns.



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EYE-DROPS

Did you know your eye muscles are the fastest-reacting muscles in your body? They can contract in under 1/100th of a second! That's literally where the phrase "in the blink of an eye" comes from. Keep those quick, hard-working peepers healthy with a routine checkup!



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INSIGHTS

GLP1 Medications & Your Eyes: What Patients Should Know



GLP1 receptor agonists have gained attention for helping manage type 2 diabetes and support weight loss. Most people can take GLP1 medications without eye-related problems, but some reports suggest a few vision related effects can occur, especially early in treatment, such as:

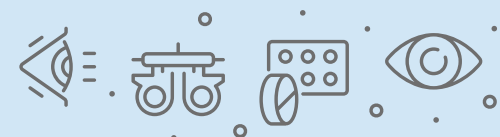
- Temporary blurry vision
- Dry or irritated eyes
- Diabetic eye disease changes

These effects are usually not permanent and often improve as blood sugar levels stabilize.

You may want to monitor your eye health more closely if you have longstanding diabetes or were diagnosed with diabetic retinopathy or macular edema. Also be vigilant if you notice new or sudden vision changes after starting a GLP1 medication.

A proactive approach can go a long way. Schedule regular comprehensive eye exams and tell your optometrist about all medications you are taking. Report vision changes promptly and do not wait for your next visit. Stay hydrated and manage dry eye symptoms if they arise.

GLP1 medications offer important health benefits, and for most patients, eye related side effects are mild and manageable. With open communication between patients, prescribers and eyecare providers, your vision can remain clear while you focus on improving your overall health.



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