





In concluding this brief trip through the visual world of the rider I'd like to make some last points. There are eye conditions that affect vision that the sufferer is totally unaware of until they have reached an advanced stage. A condition known as glaucoma affect 2% of the population over 45 years old, has no symptoms of pain, no loss of clarity of vision and is undetectable by the sufferer in the early years. The progress is slow and inexorable if untreated and produces a slow loss of vision in the far peripheral edges of your visual field, gradually creeping further and further centrally until after many years untreated the person is left effectively blind with only tunnel vision remaining. Even at a relatively early stage the signs may go unnoticed but the types of things that can occur in the case of a rider with the condition is to be struck by unseen overhanging branches, to bump into side obstacles unnoticed or to knock things over to their side when moving. This condition and many others do not initially produce any loss of clear vision and thus go undetected for years. There is generally a poor understanding of the need to have regular eye tests. When there is nothing apparently amiss and we feel that our sight is perfect it is then natural to assume everything regarding our eyes is also perfect, but sadly sometimes nothing could be further from the truth.

Lastly the other area I would make brief mention of is the benefit of contact lenses for some riders who find their prescription spectacles limiting when riding. This is a whole new area for discussion, and I mention it simply to inform that the majority of people can be fitted with contact lenses and that it presents yet another option for best vision when riding.

I hope I have provided you with some useful information on some of the complexities involved with vision and riding and made you mindful of the steps you can take to improve your visual welfare and the increase the enjoyment you gain from riding.

All views expressed are the personnel view of the author and do not represent medical or ocular health recommendations for any specific individual in lieu of having a thorough examination by an Optometrist or Ophthalmologist. Should you have any concerns regarding your vision you should visit an eye health practitioner.