

Eye Exam Helps Identify Multiple Sclerosis



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Janna, writer and Sacramento native, was officially diagnosed with multiple sclerosis in 2012. When we heard her journey began 18 months earlier with an eye exam, we wanted to know more and sat down with both Janna and her eye doctor to get the full story.

“I was stunned and speechless and I just started crying.” In 2012, Janna was diagnosed with multiple sclerosis...a disease that impacts the central nervous system. “Everybody is always surprised to hear that it was an eye doctor that discovered the MS.” In 2011, she began experiencing pain in her left eye along with color changes. “I was engaged, Jeremy, my fiancé at the time, said okay, I’ll call my eye doctor and I’ll get you in to see him first thing.”

“With all the symptoms she had, particularly again with pain on eye movement, it’s leading us to the direction of multiple sclerosis, MS.” *Dr. Todd Adair, Janna’s Eye Doctor*

“And I saw a neurologist and he said you are high risk for being diagnosed and I just stood there and cried. I said I don’t want to be giving myself injections for the rest of my life.” 18 months later, Janna got the official diagnosis. “It was kind of something that felt like okay, we’re connecting the dots a little bit, and now that I have a name or a cause, I can focus my energy on attacking the root cause.”

Eye exams can detect early signs of diseases...like diabetes, multiple sclerosis and brain tumors.

“I have my annual exam like clockwork. Everything I do is dependent on seeing. I work at the computer every day. I’m also a writer and I work on my own creative work. I wouldn’t be able to do any of that without my vision. I want my future to be vibrant.”

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