

Lions clubs throughout the state are dedicated to doing whatever is needed to help our citizens preserve their vision and hearing. For a service-oriented group such as the Lions, conducting health screenings is a very grassroots way that we can have a direct and positive impact on the citizens of our state. Lions Clubs may also utilize the Sightmobile for screenings by also sponsoring its use for health fair days and medical screening days in schools and nursing homes in the local communities each club serves.

The Sightmobile will provide the means to reach individuals who do not have insurance for periodic health exams as well as those who may lack the time or opportunity to seek it.

The Sightmobile will provide a vital service to the people of Massachusetts by facilitating the detection of eye disease, hearing problems and other health concerns by improving access to free screening examinations.

The Lions' "Sight First" program has as its goal "The elimination of preventable and curable blindness." The Sightmobile will allow the early detection of many forms of eye disease and thus prevent loss of sight for more people. Truly "We Serve"!



Any Lions club may reserve the Sightmobile. The Sightmobile is in great demand, so you need to make your reservations early. The club that uses the Sightmobile will be required to acquire a certified driver and provide adequate volunteers to properly administer the tests. The Sightmobile can be scheduled by contacting the District 33-A Sightmobile scheduler, Name and address is listed in the District Directory.

A current schedule plus other valuable screening information and a sample poster, brochure and public service announcement are available on the website, www.lions-33a.org.

If you are interested in becoming a driver or learning how to use the equipment in the Sightmobile, please contact the Sightmobile Scheduler. Name and address is listed in the District Directory.

The Sightmobile is owned by District 33-A Lions and operated by District 33-A Sightmobile, Inc. which is a non-profit corporation.



DISTRICT 33-A LIONS SIGHTMOBILE, INC.

FREE HEALTH SCREENING



This specially-equipped unit travels to communities throughout central Massachusetts. It provides free health screening for vision, glaucoma, hearing, diabetes and blood pressure. The Lions Sightmobile is staffed by local Lions Club members and community health professional volunteers.



Equipped with state of the art vision and hearing screening technology, the Sightmobile provides a new level of service to the citizens of Massachusetts.

Vision and hearing loss affect a significant portion of our population. Early detection and treatment can prevent permanent and debilitating loss of sight and hearing facilities.



WHAT IS A SCREENING?

Occasionally a screening can help someone to become aware of difficulties that they are not aware of.

Volunteers from your local Lions clubs conduct the vision and hearing screenings. Other community members may conduct blood pressure and glucose testing.

A screening does not take the place of a complete physical or eye and hearing examinations, but it can assist you in determining if you are in need of a professional examination, and whether that need is urgent, emergent, or needed moderately soon.

WHY SHOULD I BE SCREENED?

Each day that health problems go undetected and untreated, one's health may deteriorate to the point of irreversibility. The earlier these problems are detected, the more easily and successfully they can be treated.

HOW MUCH DOES THIS COST?

The screening is **free**, thanks to the support and volunteer efforts of Massachusetts Lions.

I HAVE ALREADY GONE TO THE DOCTOR'S. WHY SHOULD I HAVE ANOTHER SCREENING?

It is important to see a doctor regularly. If it's been a while, a screening may identify changes in your health.

WHAT HAPPENS IF A POSSIBLE PROBLEM IS DETECTED?

If a possible problem is detected you will be advised to seek professional care.



WHAT EQUIPMENT IS IN THE SIGHTMOBILE?

The Sightmobile is equipped with

- 2 Vision Acuity stations
- 1 Glaucoma Screening station
- 1 Non-Mydriatic Retinal Camera to detect diabetic retinopathy, macular degeneration and glaucoma
- 1 Hearing Booth and Audiometer
- 1 Blood Pressure and Glucose Testing station
- 1 Ophthalmoscope station for an eye doctor
- Wheelchair lift for those who are unable to use the steps.



Vision questions

When was your last eye exam?

Do you ever suffer from eyestrain or fatigue after using a computer?

Do you experience headaches?

Are your arms too short to read the newspaper comfortably?

Does everything seem O.K. with your vision, but you're not sure?

Hearing questions

Are you missing parts of a conversation?

Do you have to turn up the volume of the TV so you can hear?

Do you ask others to repeat themselves?

Diabetes symptoms

Frequent urination

Intense hunger

Unexplained Weight loss

Severe fatigue and/or nausea

Blurred vision

Frequent infections and slow healing of wounds and sores

Blood pressure consistently at or above 140/90

HDL cholesterol less than 35 mg/dL or triglycerides greater than 250 mg/dL