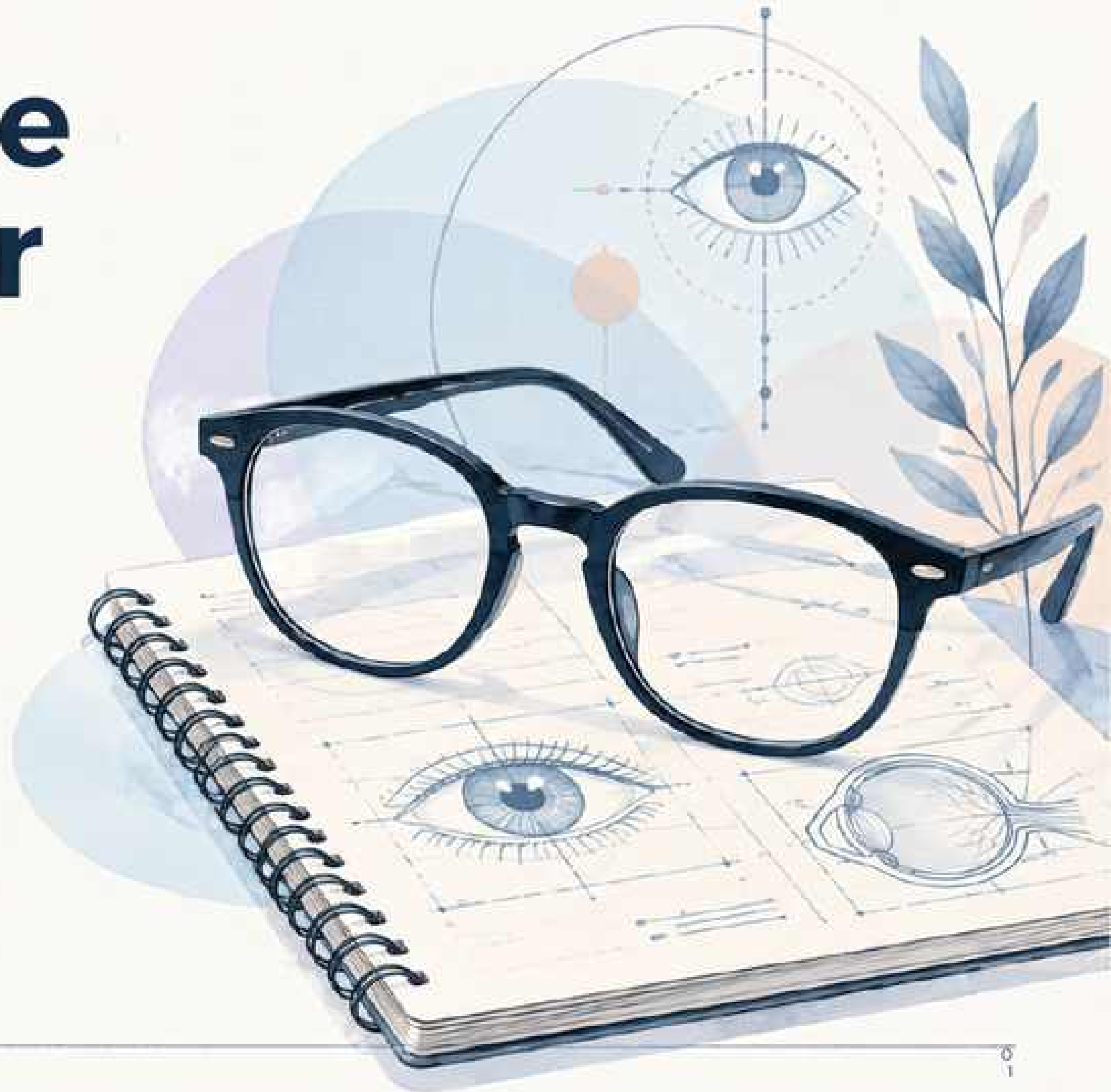


Why I Became an Eye Doctor

Dr. Amrit Bilkhu

Optometrist & Practice Co-owner

- Glasses since second grade
- Loved science and the human body
- Interested in healthcare, but unsure which career
- One conversation sparked my interest in optometry



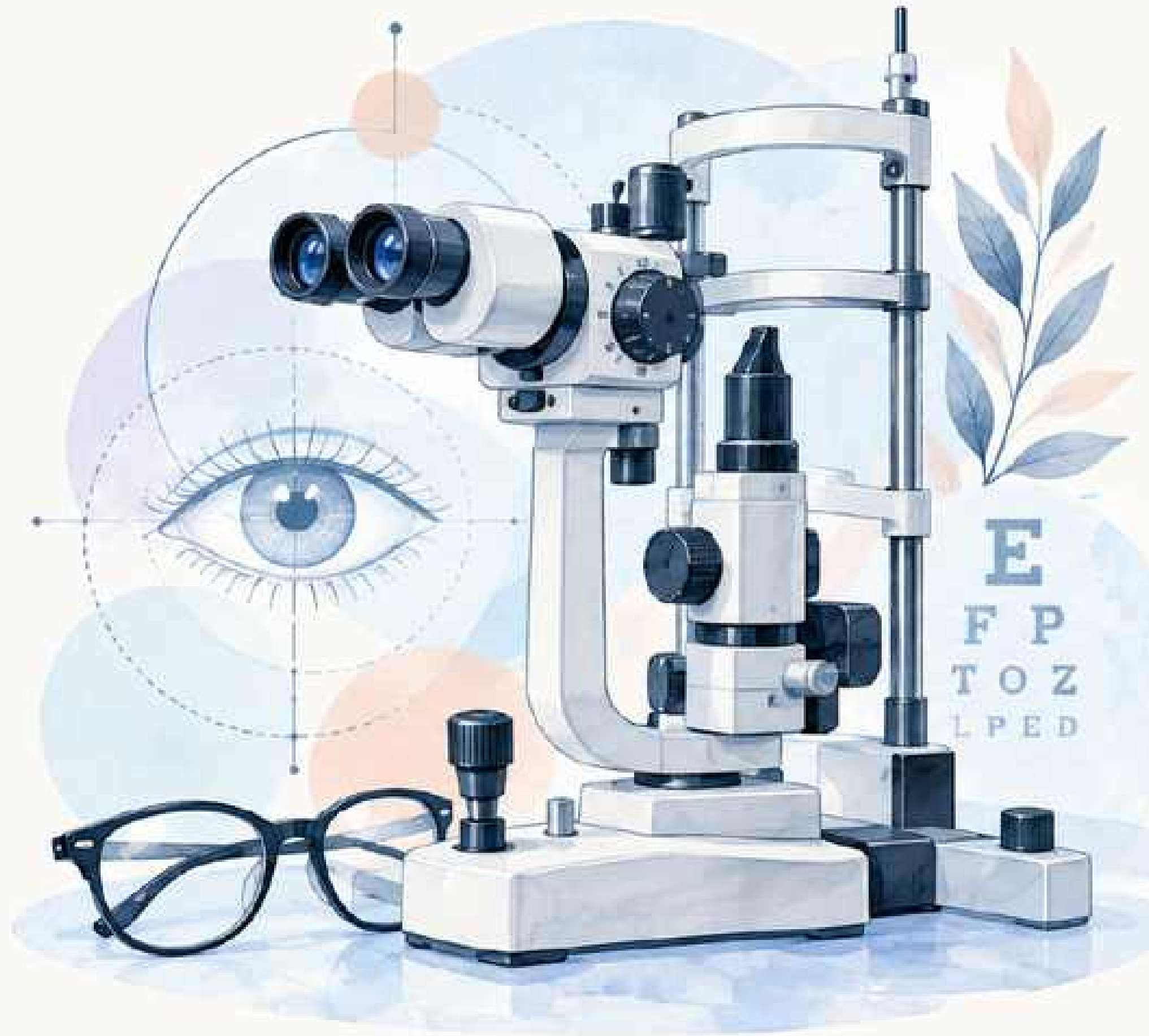
Understanding My Own Vision Changed Everything

- High myopia: a strong prescription for nearsightedness
- Headaches, double vision, and closing one eye to write
- I assumed these experiences were normal
- Optometry school helped me connect the dots



What Does an Optometrist Actually Do?

- Primary eye care: the "family doctor for your eyes"
- Check vision and prescribe glasses or contact lenses
- Assess eye health and manage eye conditions
- Explore interests such as dry eye or binocular vision



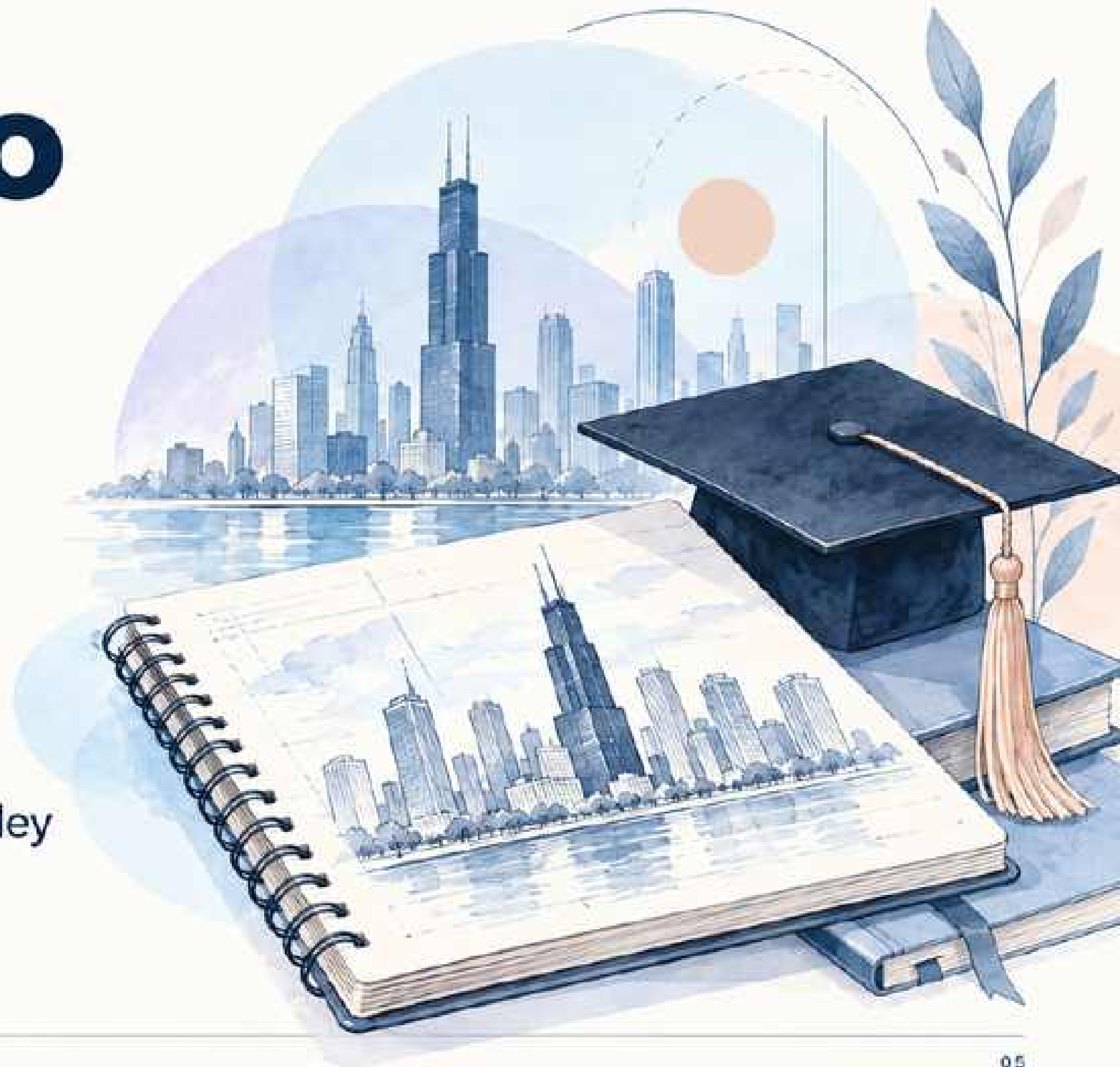
Optometrist, Ophthalmologist, or Optician?

- Optometrist: primary eye care, vision, and eye health
- Ophthalmologist: medical and surgical eye care
- Optician: fitting and dispensing glasses and contact lenses
- Different roles working together for the patient



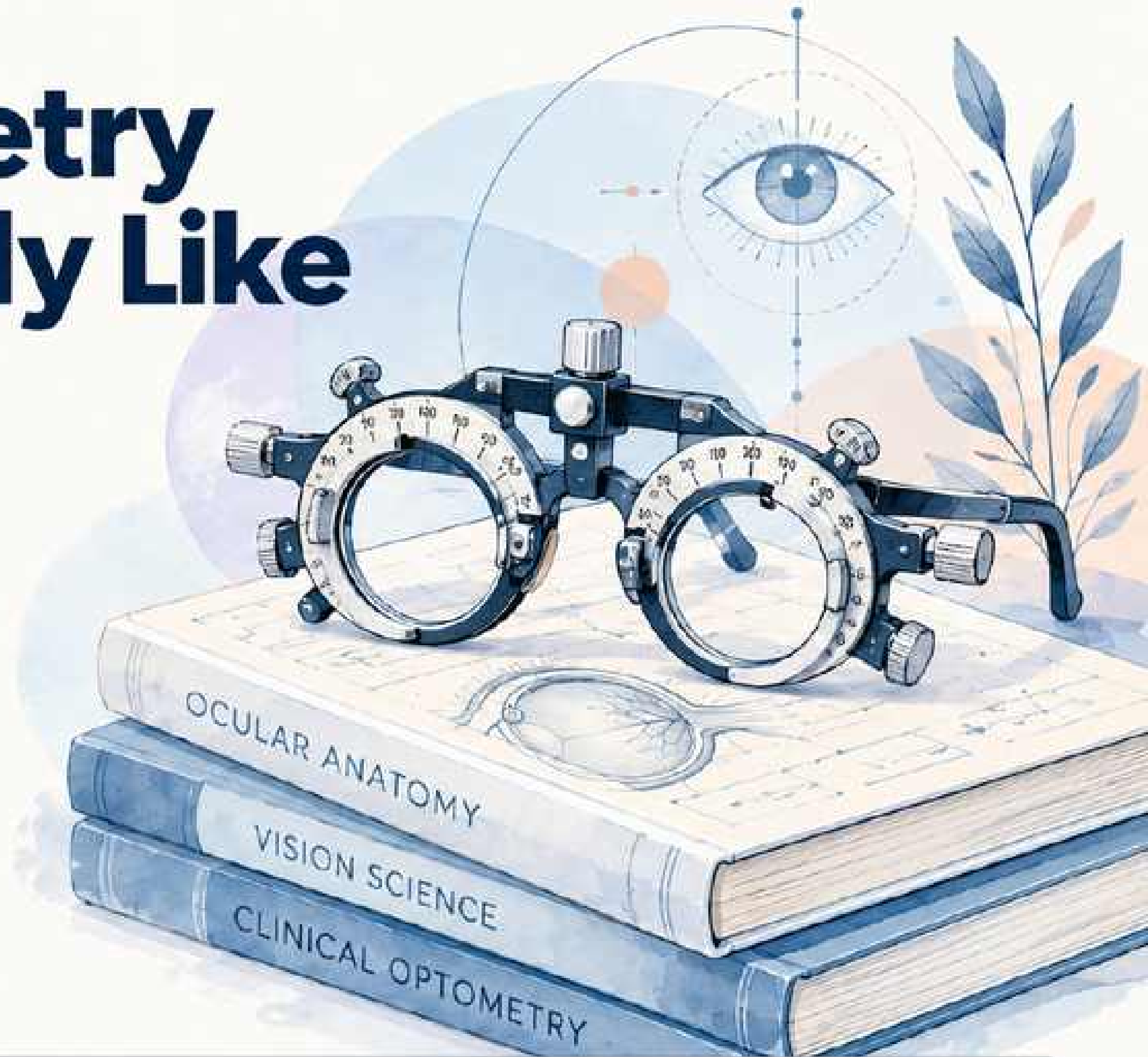
My Path Into Optometry

- 3 years: Health Sciences at Wilfrid Laurier University
- 4 years: Illinois College of Optometry in Chicago
- 1 year: Binocular vision and vision therapy residency at UC Berkeley
- Returned to Ontario to practise



What Optometry School Is Really Like

- Lectures: anatomy, physiology, medications, and vision
- Labs: learn equipment and practise on classmates
- Clinic: examine patients with supervision
- Choose a school where you feel comfortable and supported



A Day in My Life

- Patients from six months old to 100 years old
- Listen, examine, investigate, and explain
- Children's vision and vision therapy
- Patient care alongside practice ownership and teamwork



A Teenager With Persistent Headaches

- Headaches and eye strain, especially after school
- Assessment identified prescription and glasses-fit concerns
- Updated prescription and properly fitted glasses
- At follow-up, she reported that her headaches had resolved



My Career Goes Beyond the Exam Room

- Teaching students and other optometrists
- Speaking at conferences and sharing cases
- Podcasting and creating educational content
- Building opportunities around my interests



You Don't Need Your Whole Future Figured Out

- Notice your strengths and what interests you
- Explore careers through conversations and shadowing
- Check individual program requirements as you plan
- Give yourself room to discover what you enjoy

Questions?



Let's Stay in Touch

Dr. Amrit Bilkhu

Optometrist & Practice Co-owner

EMAIL

dramritbilkhu@gmail.com

PRACTICE

Northern Sight Optometry

Vaughan, Ontario

Questions about optometry? Feel free to reach out!

