

VISION

5
TIPS

LOOK GOOD, FEEL GREAT

Not just a fashion fix: Gok Wan on choosing the right frames for you.

Eye spy...
Why regular
eye checks are
child's play



ASSOCIATION OF OPTOMETRISTS

A closer look
How you can
get better eye
health today



VITOR COSTA

PHOTO: SPECSAVERS



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CHALLENGES

Everyday life can put a strain on your eyes - but regular sight testing, making the right lifestyle choices and some exciting innovations means it's never been easier to enjoy good vision.

Vision for life

Time after time, studies show that sight is the sense we dread losing the most. Yet an astonishing 40 per cent of us don't have our eyes checked every two years, as recommended.

Be pro-active

1 Regular eye examinations are vital for everyone, including children, as they can detect potential sight-threatening problems before you even suspect something's wrong.

Children are never too young to have an eye test and if detected early enough many common childhood sight conditions such as a squint, amblyopia (lazy eye) and even, myopia (short-sightedness), can be easily and permanently corrected.

Break bad habits

2 Lifestyle factors can also play a significant role in determin-



Iain Anderson
Chairman of the Eyecare Trust

ing the long-term health of our eyes. Wearing sunglasses when the UV Index rises above three is just one simple way you can safeguard your sight and minimise your risk of developing cataracts or macular degeneration later in life. And for style-conscious individuals, sunglasses can also be used to make a strong fashion statement.

Utilise what's available

3 Optometry is an ever-evolving and innovative industry. Some

of the latest techniques currently available to help improve your vision and treat common eye conditions include: customised contact lenses that prevent the onset and progression of myopia in children; nutritional supplements that inhibit, and may even reverse, the development of age-related macular degeneration, which is the UK's leading cause of blindness; and nerve growth protein drops that can improve the vision of people suffering from glaucoma, preventing cellular nerve damage caused by the build-up of eye pressure associated with glaucoma.

Read on further in this supplement to see for yourself how a visit to your local optician and making a few simple changes to your lifestyle can dramatically improve your vision and enhance your quality of life.



WE RECOMMEND



PAGE 4

The Gok factor
Fashion guru Gok Wan discusses the importance of good eyewear.

"Trust me - there is a frame out there to suit every face, every outfit and every occasion."

MEDIA PLANET

We make our readers succeed!

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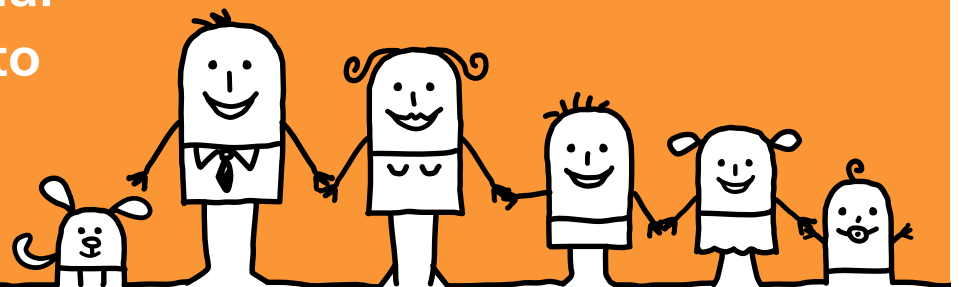
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INSPIRATION

Question: How can I make glasses work in the best way possible for me?
Answer: Consider trends and try on different shapes and sizes - with such a huge variety of styles, there's something great for everyone.

Get the perfect look

CHANGE

“For me, glasses are the ideal accessory - without them, I really feel naked,” says Gok Wan, television presenter, stylist and obsessive spectacles wearer. “A pair of specs will literally change your look in a flash. Just remember, when you choose your specs they can match your personality just as much as they complement your outfit.”

There's something for everyone this season in a wide variety of colours and styles, Gok says. As well as a dizzying range of styles, frames come in several different sizes - which can considerably change how they look on your face, Gok points out: “Generally it's best to choose glasses that are the opposite of your face shape, so if you have a round face, go for square frames. They'll give your face balance and will look fabulous.”

And as well as having different glasses

for different purposes, should we adjust our glasses to our age?

“The right pair of specs can dramatically change a face - and as you get older the complexion changes,” says Gok, style ambassador for high street opticians, Specsavers. “This means that you'll find that the glasses you once had may not suit you anymore, so make sure you go to an optician that offers frame styling. Specsavers have magic mirrors where you can try on four frames, have your picture taken with each and then look at all images at once to see which ones best suit you.”

“I've recently worked to select a range of frames that I think look great, with plenty of designs and in many colours, so there's something to suit everyone. The trend for geek-chic persists - so think funky, fashionable specs with wide arms and thick frames.”

“Despite the increasing fashionable edge that glasses are seen to bestow, I



“A pair of specs will literally change your look in a flash.”

Gok Wan
Fashion guru and glasses expert

think there is still some stigma attached to wearing glasses. It's much better than it used to be in part because people are seeing how fashionable they are - and more and more people are trying glasses as a fashion accessory.

“There's no reason for anyone not to look fabulous in glasses this season, especially with the amazing choice available on the high street today. Trust me - there is a frame out there to suit every face, every outfit and every occasion.”

Gok advises trying on as many pairs as possible - and to always choose those in which you feel comfortable. “Above all, your specs will be an extension of your personality - so have fun with them!”

EMILY DAVIES

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I'VE BEEN FRAMED!
The right choice of glasses can make all the difference to your face, so choosing the right pair for you is key.
PHOTO: SPECSAVERS

5

GOK'S BEST TIPS

Make a statement

1 This season's frames are bold, with strong colours and decorative details. There are cool geeky frames and my own line features pretty designs and monochrome graphics.

The secret formula

2 Frames should be no higher than the line of your eyebrows. The lower edge should not sit on your cheeks, even when you smile.

Bigger is better

3 If frames are too narrow they will make your eyes close together - and they should be no wider than the width of your face at the temples.

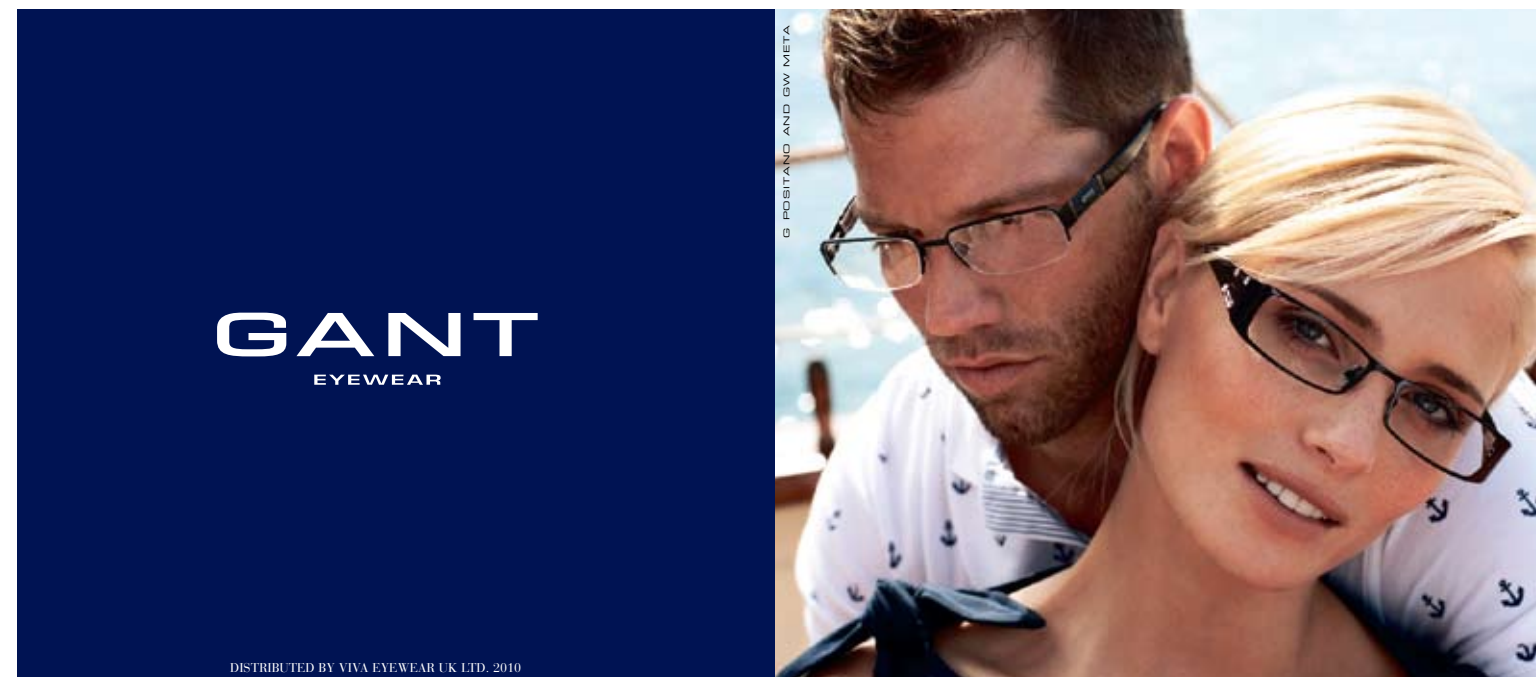
Follow your nose

4 If you have a long nose, a low set bridge appears to shorten it. A style with a high set bridge, in line with the top of the frames, is best for a short nose.

The space between

5 A thin or clear bridge can add width between close-set eyes and a coloured bridge will make wide-set eyes appear closer together.

SOURCE: GOK WAN/SPECSAVERS



INSPIRATION

TIP

2

PROMOTE
UNDERSTANDING

LOOKING AHEAD
Regular eye checks for kids can allow for better condition management should a diagnosis be made. PHOTO: ASSOCIATION OF OPTOMETRISTS

Get started early

■ **Question:** Why is it so important to get children's eyes tested at a very young age?

■ **Answer:** The sooner problems are detected, the easier they are to deal with – for both parents and child.

HOW I MADE IT

Ptolemy Gordon, known as Tolly, had his first eye test before he was two. "My eldest son, Tor, had a squint detected just before the age of 3 so I wanted to make sure that Tolly was okay," explains Oriël, his mother.

Tolly's eyes, it turned out, are fine. But in the case of Tor, now 8, others had noticed his squint before Oriël did. "When we mentioned it subsequently, both my grandparents and our nanny told us they had already noticed it – perhaps sometimes as a mother you're so close to your child that you just don't notice these things.

"I wasn't at all aware of the importance of testing at such a young age – I don't think there is nearly enough awareness of testing children's eyes at such a young age,



Oriël Gordon
A mother of two, Oriël discovered her son, Tolly had a squint after a routine eye test

and so many children get to school without ever having their eyes tested", Oriël explains.

Oriël's experience with Tor led her to seek eye tests for her daughter Honor, now 5, and Tolly, as early as possible – at 18 months old. Neither were diagnosed with any conditions.

The need for early testing of children's eyes is now something about which Oriël, from Bishop's Stortford, Herts, feels passionately. "It's so much easier to deal with children's visual problems under the age of three," she points out. "Once they reach school age, everything changes – they become much more image conscious. On top of which, the younger they are, the easier it is for them to get into a routine."

Tolly's siblings were fortunate that they had vision screening at school, something which does not currently happen systematically around the country. "The children

are tested at school by the nurse but it's not as thorough as going to an optometrist," says Oriël.

"It's so important to test children's eyes early and using child-friendly techniques rather than subjective tests that children are too young for – undetected visual problems can have a huge impact on their schooling and future adult life."

Tor was treated with a patch and, as now longsighted (+6 in both eyes), wears glasses, which have the effect of completely correcting his squint for as long as he wears them.

His squint hasn't affected his progress at school because he is happy wearing his glasses – as Oriël points out, early detection has meant wearing glasses quickly became second nature to Tor.

"If you can have the problem detected and treated as early as possible, it makes the outcome much better for everyone. Glasses have just always been part of Tor's life and he's accepted that – we just never had to have a battle about it."

EMILY DAVIES

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QUESTION & ANSWER



Karen Sparrow
Optometrist and education adviser,
Association of Optometrists

! "In a child's world, learning new things all the time, vision is a vital sense. In fact 80 per cent of the information we take in is through our eyes.

Problems such as lazy eye and squint can affect children's vision but the earlier they are detected the better. If treatment is delayed the brain adapts, by focusing with the good eye and ignoring poor vision from the other eye, so wearing a corrective patch or doing eye exercise later on is far less effective yet treating a baby can show results in a few weeks. The eyes develop gradually but ideally treatment will take place before the age of 7 or 8.

Getting tested is key – it's free on the NHS for children up to 16, and the tests are simplified and easy for children to engage with.

■ What else do I need to know?

! "Colour vision problems can also go undetected. More common in boys than girls, if detected early the child can be helped at school where colour-coding is frequently used around the classroom. It can also make or break a child's dreams – for a boy who has always dreamt of becoming a fighter pilot to find out he can't as a teenager due to his colour vision problems is a devastating blow.

■ How often should my child be tested?

! "At least once before starting school – and thereafter every two years or as recommended by the optometrist (optician)."



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Question: What are the latest developments in laser eye surgery – and why is it producing vastly improved outcomes?

Answer: Laser eye surgery grants freedom – new techniques make it quicker and more comfortable, with the best results yet.

MAKE THE CHANGE

■ Laser eye surgery is one of modern medicine's greatest developments – a life-changing procedure for which more people are eligible than ever before.

“Treatment is a breeze for patients – painless and very quick,” says Mr Daya. In about 10 minutes both eyes can be treated and recovery is super-quick with patients reading to the standard required for driving in about 10 to 15 minutes.

Making the most of new technology

“In the area of laser vision correction, the most revolutionary development has been the introduction of the Femtosecond laser for the creation of flaps,” he explains. “We introduced this technology to the UK in 2004 and performed Intralase

LASIK – to our amazement the procedure was not only safer but much more predictable with better outcomes and less dry eye.” Laser vision correction procedures that exist but not often performed at Centre for Sight include Photorefractive Keratectomy (PRK), LASEK (laser subepithelial keratectomy) and epi-LASIK.

The LASIK laser now runs at 10 times the speed (150 KHz) enabling creation of a flap, the first stage of the LASIK laser procedure (previously done with a mechanical blade)



Sheraz Daya
One of the world's leading ophthalmologist surgeons

in 10 seconds. Mr Daya calls this the gold standard for laser eye surgery: “Anything less is a compromise.”

Positive results

‘Aspheric’ treatments have resulted in even better outcomes with patients often seeing better after surgery without glasses and contact lenses than they did with them before. Another interesting recent development is the correction of presbyopia, the difficulty reading that typically develops in our 40s – the lasers currently used for vision correction are now being used cautiously to provide this type of correction and studies are under way – watch this space, says Mr Daya.

Precision and accuracy

“The lasers used now for vision cor-

rection are highly sophisticated and precise – we can adapt treatments to each individual eye and being able to use technology such as “IRIS” registration and tracking ensures very accurate delivery. In the right hands, this leads to consistently good outcomes and phenomenal patient satisfaction. Sophisticated lasers even have an aircraft-style “black box” that can trace every laser shot delivery for evaluation, in the rare event there is an outcome that is not perfect. To quote patients who have had laser eye surgery – it's life-changing and life-enhancing.

EMILY DAVIES

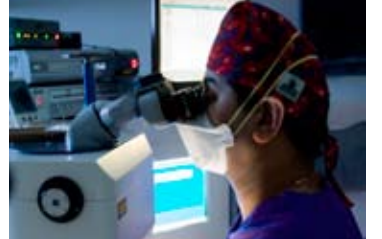
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A DELICATE PROCESS
New developments in laser eye surgery offers a new lease of life for thousands of people.
PHOTO: CENTRE FOR SIGHT



MR DAYA'S BEST TIPS



■ Ensure you are treated by a corneal surgeon or someone who is fellowship (specialty trained) in cornea and refractive surgery.

■ This also means they are not biased to just laser eye surgery – they are thus more likely to recommend the best procedure for you specifically which may include implants or refractive lens exchange.

■ The Royal College of Ophthalmologists recommend that patients be consulted at least 24 hours in advance by an ophthalmic surgeon well-versed with the procedure.

■ Follow the Royal College of Ophthalmologists' guidelines: find a surgeon you can trust and ensure they have up-to-date technology including Intralase or other Femtosecond lasers.

■ Consultations and allocation of procedure choices should not be performed by opticians and optometrists but by the operating surgeon.

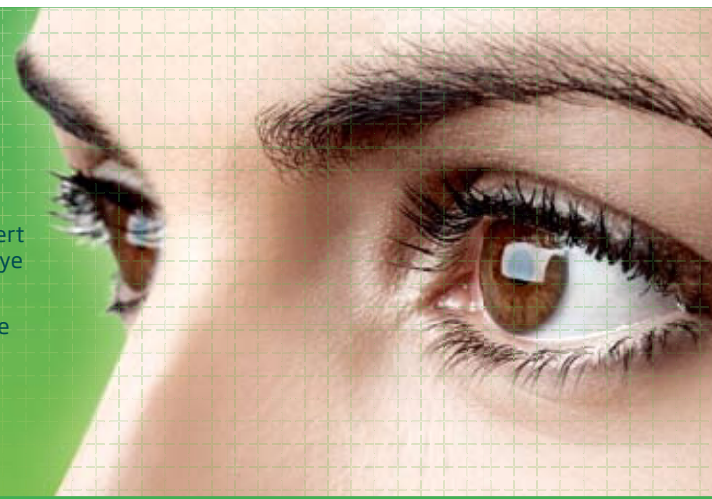
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NEWS

See the future



Question: Why should everyone in need of vision correction consider contact lenses?
Answer: Contact lenses are easier, more comfortable and safer than ever before - with an incredible variety available, there is something for everyone.

Today almost all eyesight requirements can be corrected with contact lenses - says Shelly Bansal, incoming president of the British Contact Lens Association (BCLA). It's a result of a dynamic market that, he says, moves at the same lightning pace as the mobile phone industry.

Although contact lenses have been around for more than a century, the past two decades have seen particularly significant developments in lens materials and design, bringing even greater benefits - for instance, the new bifocal and multifocal lenses. New manufacturing technology has also made contact lenses more affordable.

In total there were 3.5 million contact lens wearers in the UK in 2008 - 7.2 per cent of the adult population, according to the Association of Contact Lens Manufacturers (ACLM).

Children are also a growing market. According to the BCLA, one in



MADE TO MEASURE. Contact lenses allow wearers to perform day to day activities hassle-free, and now, with advancements in design and technology, there's never been a better time to try them. PHOTO: CANDYBOXPHOTO

five children aged five to 15 years, and almost one in three 16 to 19 year olds, need vision correction - yet only about one in 12 of those who could wear contact lenses currently do so.

Many are missing out on the benefits. "Lenses today are easier than ever to wear - and these days there are not many people who aren't suitable," says Shelly Bansal: "Tech-

nology and our understanding has progressed so much".

For Mr Bansal's patients, the biggest attraction of contact lenses is the freedom they grant. The advent of new materials, such as silicone hydrogels, ensure greater benefits for eye health as well as greater freedom: "People now want to wear their lenses for 16 or 18 hours a day, and the new types of lenses permit this - while still keeping the eye healthy," says Shelly.

Orthokeratology, a non-surgical method of correcting sight where lenses are worn only at night to improve vision through reshaping the cornea now offers a viable alternative to surgery, points out Shelly. This procedure can also slow down the development of shortsightedness.

"Within the next five years we'll see even greater progress - and the new generation of contact lenses will bring even more benefits", he says. "Potential developments include lenses with antibacterial properties to those that deliver drug products such as essential medication for diabetes, the future looks very bright - and immensely exciting".

EMILY DAVIES

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FACTS



Shelley Bansal
 Incoming President, The British Contact Lens Association

There is something for everyone - from daily disposables to longer-wear lenses.

You don't have to have only one type of lens; for instance, daily disposables may be useful for travelling or sport, with another type used for the office.

Look for an optician, optometrist or medical practitioner who is a member of the British Contact Lens Association - this means they have a special interest in fitting and supplying contact lenses.

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NEWS

The right treatment option for you

Question: What's the best way to look after my eyes when common issues arise?

Answer: You just need the right advice, says Iain Anderson of the Eyecare Trust.

As well as healthy lifestyle changes, there are many eye drops, ointments, sprays and supplements that can assist good eye health.

For treating dry eyes

→ Dry eye syndrome occurs when the eyes do not make enough tears or the tears evaporate too quickly. Diabetics, contact lens wearers, the over 60s and menopausal women are all at increased risk. Sufferers may also experience a slight blurring of their vision and discomfort in bright light.

Artificial tears in spray form or drops and eye ointments can help to soothe and lubricate the eye.

For treating hay fever

→ Exposure to pollen grain can irritate the conjunctiva and cause watery, red and itchy eyes. Hay fever can also leave eyelids swollen or puffy. Anti-inflammatory



TAKE CARE OF YOURSELF
Good understanding is key to treating common problems. PHOTO: BRANISLAV OSTOJIC

reaction and early application can even prevent hay fever symptoms before they appear.

For treating minor eye infections

→ Conjunctivitis, styes and blepharitis (inflamed eyelids) can all be treated easily using over-the-counter antibacterial drops or ointments.

For general eye health

→ Nutritional supplements containing eye-friendly nutri-

acids can help maintain good eye health and prevent the progression of eye diseases such as macular degeneration.

For contact lens wearers

→ Wearing contact lenses all day can leave your eyes feeling uncomfortable. Look for a special formulation for contact lenses, to help restore moisture levels.

IAIN ANDERSON
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NEWS IN BRIEF



EXCITING INNOVATIONS

A natural sightsaver

Clinical trials at the Waterford Institute of Technology in Ireland have shown that taking a daily MacuShield® supplement, containing marigold plant extract, can prevent, slow, and, in some cases, even reverse symptoms of age-related macular degeneration (AMD).

Those that may benefit most from this patented blend of carotenoids (lutein, zeaxanthin and meso-zeaxanthin) include people over 60, smokers and atrophic AMD patients. The supplement is available from opticians.

INSPIRING RESEARCH

New treatment for glaucoma patients

Italian researchers have developed a new eyedrop - nerve growth factor protein drops, which can protect the vision of glaucoma sufferers. In some instances it has even been found to reverse some sight loss.

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Protect yourself

National Eye Health Week (14 - 20 June) aims to encourage everyone to take better care of their eyes. Here are six strong steps you could take during the Week to help boost your vision:

■ **Eat right for good sight**

Eye-friendly nutrients found in many fruit and vegetables and fatty acids in fish oil can help protect your sight.

Kiwis, spinach and oranges are all good sources of Vitamin C - vital for eliminating free radicals that cause eye damage.

Vitamins B and E can help protect against cataracts whilst omega-3 fish oils help maintain healthy blood vessels inside the eye - research has shown that eating just one portion of fish a week can reduce your risk of developing age-related macular degeneration (AMD) by up to 40 per cent.

■ **Quit smoking**

Smokers have a significantly greater risk of sight loss than non-smokers. Toxic chemicals in tobacco smoke can damage both the delicate surface and internal structure of the eye leading to sight-threatening conditions such as age-related macular degeneration (AMD), cataracts and thyroid eye disease.

■ **Watch your weight**

Maintaining a healthy weight helps preserve macula pigment density which, in turn, helps protect the retina against the breakdown of cells and the onset of AMD.

Damage to blood vessels in the eye caused by excess body weight has also been linked to glaucoma.

■ **Get fit**

Aerobic exercise can help increase oxygen supplies to the optic nerve and lower any pressure that builds



VITOR COSTA

■ **VISION REALLY MATTERS**

Sight is the sense people fear losing the most, yet many of us don't know the best way to look after our eyes - National Eye Health Week aims to change that...

up in the eye.

Reducing intraocular 'eye' pressure can help control conditions such as glaucoma and ocular hypertension.

■ **Cover up**

Exposure to UV light increases your risk of developing cataracts and macular degeneration.

According to the World Health Or-

ganisation UV damage is the biggest modifiable risk factor of cataract development.

Always wear sunglasses when the UV index rises above three and check your sunglasses filter at least 99 per cent of UVA and UVB light and look out for the CE or BS EN 1836:2005 marks when choosing your sunglasses.

■ **Be screen smart**

On average we spend a staggering 35 hours a week staring at a computer screen so it's no surprise that 90 per cent of us say we experience screen fatigue - tired or irritated eyes, blurred vision, headaches and poor colour perception. Take regular breaks and head to www.ScreenSmart.co.uk for advice on combating screen fatigue.

Finally, don't forget to book a sight test if you haven't had one in the last two years.

NEW OVERNIGHT CONTACT LENSES CURE TWINS' SHORT-SIGHTEDNESS

Short-sightedness affects around 40% of the UK population and runs in families. Poor sight can affect a child's academic and sporting performance but a recent US research study has revealed that a new type of contact lens worn only overnight while sleeping may halt the progression of short-sightedness.

Nicky Osborne is very short-sighted and her twin sons have inherited the condition. Alex needed glasses by the age of 9 and 18 months later so did twin brother Dan. Both twins are sports-mad and found their glasses caused major problems. Nicky says "when I heard about the new overnight contact lenses I thought they would be worth trying."

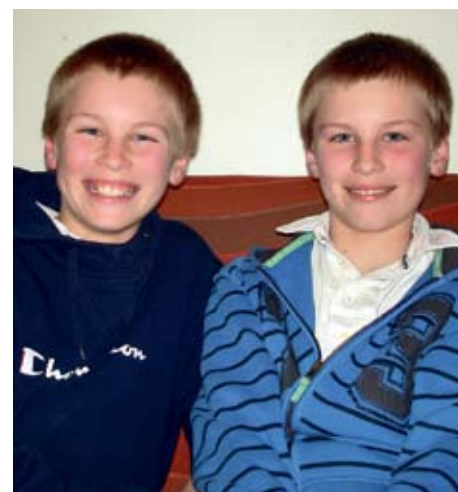
The specially shaped lenses are worn at night and hold the eye in the correct shape as it develops. After lenses are removed in the morning full vision correction is maintained for over 24 hours. The US research¹ found that after two years children wearing the overnight lenses experienced no clinically significant increase in their short-sight whilst those

wearing ordinary soft contact lenses saw a deterioration equivalent to 3-4 lines on a standard eye test chart.

The twins' treatment has been very successful. Dan says "it has changed the way I see things since I used to peer and squint. I would not want to change back to my glasses - I hated them."

Shelly Bansal, specialist contact lens practitioner says "Many products have claimed to halt myopia progression in children and now for the first time this Study provides real evidence in favour of overnight vision correction."

¹ SMART Study - A 5 year study involving over 300 short-sighted children currently underway in the greater Chicago area.



The Osborne twins - Alex on left, Dan on right

"I liked the idea of having contact lenses that I did not have to worry about during the day"

Alex

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PERSONAL INSIGHT

Peter Austin, 54, an engineer from Surrey, was diagnosed with glaucoma at an unusually young age. Thanks to a good awareness of his own eye health and a perfected routine of eye drops, he has sustained his full sight - and leads not just a fully active life but enjoys piloting planes in his spare time.

How I fought back

In 1988, at the age of 32, I was diagnosed with glaucoma. It came as a complete shock: not just because of my young age but because there is no history of glaucoma in my family - I found it hard to comprehend how I could have it.

I had previously been prescribed glasses to correct my myopia, but I sensed something was not quite right so asked to be referred. The NHS tests for diabetes came back negative but they found high eye pressure - indicating glaucoma. I took the decision to go for private treatment and my glaucoma was, thankfully, confirmed and treated quickly.

It took me a week or two to come to terms with the fact that I would have to use eyedrops daily for the rest of my life to protect my sight - but as I soon realised, I just got on with things - there's no point kicking against it.

From my journey I've learnt that it's vital to take a positive approach. I found out as much as I could about

glaucoma from my consultant and from the International Glaucoma Association (IGA), which helped me considerably in understanding how to manage the condition as best as I could.

I now use eyedrops three times a day: at 9.30am, at 9.30pm, and again just before bed. It's that formula and discipline have kept me fully sighted for the last 20 years.

I even got my private pilot's licence after my diagnosis - luckily, there was little damage to my eyes from the glaucoma, as it was detected and treated so early. The medical department of the Civil Aviation Authority have been incredibly helpful; I simply have to pass them a prognosis and analysis of my sight every 18 months, and in the meantime I can continue to enjoy flying.

I now enjoy doing anything I want to - as well as flying regularly, I drive my sports car, play cricket once a week on the village green and every summer I'm a steward at Wimbledon.

THINK POSITIVELY



Peter Austin
Glaucoma patient and campaigner for good eye health

Glaucoma is horribly symptomless - hence the fact that 30 per cent of people with glaucoma don't know they have it. It quietly and efficiently steals your sight and there's no going back from it.

I now give talks to people about the importance of good eye health and awareness of sight problems. If only one person who attends goes on to make an optometrist's appointment for a check-up, or is made more aware of the dangers, my efforts are fully worthwhile. I also work with the local paper, making audio tapes for blind people.

Recently I fulfilled a lifelong ambition and flew a Piper Warrior over the Great Barrier Reef. I'm testament to the fact that glaucoma does not have to affect or even change your life - but it's vital to remain positive, to keep a routine with the eye drops and to maintain good awareness of your eye health. People think it won't happen to them but it can happen to anyone. It's vitally important to get tested regularly.

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New Screening Technologies Better for Patients

By Dr Simon Barnard



Dr Simon Barnard

Optometrists in the UK are responsible for not only detecting eye disease but also ocular signs of systemic disease such as diabetes. The eye is a window through which arteries, veins and nervous tissue on the retina can be observed directly. A commonly used instrument for viewing the retina, the direct ophthalmoscope, has major limitations in that it enables only about 10%

of the retina to be examined, with manifest disease being potentially missed. Another technique, increasingly used by optometrists, is indirect ophthalmoscopy, which gives a much wider field of view but often needs the pupil to be dilated with eye drops (mydriasis). Mydriasis can sometimes cause discomfort for the patient and its side-effects mean that patients should avoid driving after its use.

The ultra-widefield laser scanning ophthalmoscope from

British company Optos photographs up to 85% of the retina without mydriasis. It captures a digital image in under a second and is safe and painless for the patient. Following the **optomap**[®] exam, the retinal image is displayed on a monitor for interactive review by the optometrist and patient. These digital images are then archived for reference and comparison to images taken from the patient's future exams.

Dr Simon Barnard, of Barnard Levit Optometrists in north London, was one of the first in the UK to install an Optos device and uses it routinely on all patients from babies as young as six months to the elderly. Dr Barnard, an Associate Professor who lectures in eye disease in the UK and internationally, believes that the 200 degree field of view provided by an **optomap**[®] image is revolutionary. For the first time, routine screening of the majority of the retina is available without the need for mydriasis. Compared to the **optomap**[®] image, commonly used conventional retinal cameras photograph only a 45 degree field of view and will usually fail to detect disease such as retinal tears, which nearly always occur in the periphery and can lead to retinal detachment. Conventional cameras can also fail to detect early diabetic changes which can occur first in the periphery and may not be apparent centrally in the early stages.

Having used this technology routinely for patients for several years, Dr Barnard believes that an **optomap**[®] ultra-widefield retinal scan significantly enhances the standard of routine screening and eye care that the optometric profession can offer its patients.

"Technological developments such as the **optomap**[®] ultra-widefield retinal scan are making it easier for the optometrist to identify and monitor both diseases that affect the eye itself, and other conditions that may have serious implications for a patient's overall health" said Dr Barnard. "Recent research has also shown that these retinal scans have a greater capability to detect retinal disease compared to traditional ophthalmoscopy by around 30%".

Dr Simon Barnard PhD, BSc, FCOptom, FAAO, DCLP, DipClinOptom is Director of Ocular Medicine at the Institute of Optometry, London, and practises in north London. Further details may be obtained at www.eye-spy.co.uk.

Optos plc is a leading retinal imaging company, headquartered in Dunfermline, Scotland. Optos' technology provides an unequalled combination of wide-field retinal imaging, speed and convenience for the practitioner and patient resulting in more targeted treatment regimes and improved patient outcomes. 75% of all blindness can be treated or prevented if diagnosed early enough and the Optos technology supports this objective. For more information please visit www.optos.com



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