

Andrew Fletcher Eyecare

Dry Macular Degeneration

The evidence suggests it is beneficial to take various vitamin and mineral supplements to help protect against the effects of DRY MACULAR DEGENERATION. **The evidence is, at this stage, not conclusive**, but is sufficient enough to suggest that people who have any of the risk factors should consider taking these supplements.

The main risk factors are:-

Smoking	Avoidable
Exposure to lots of UV or blue light	Avoidable
Family history	Not avoidable
Drusen (which are deposits on the retina)	Not avoidable

Things you can do to help:-

Stop smoking / don't start!

Protect your eyes from UV and exposure to excess sunlight

Good healthy diet (PERHAPS WITH SUPPLEMENTS BELOW)

Exercisepromotes good cardiovascular system

The products which can help are:-

Icaps

PreserVision

Macushield

Ocuvite Complete

We sell some of the above products and there are others on the market which have the same effect, some may be cheaper others may not be.

The effectiveness of the above products is **NOT 100% proven** at this stage, but I do feel that the evidence is compelling enough to consider taking these.

More info can be found at

www.maculardisease.org

www.rnib.org

eye conditions

guide

www.macushield.com

www.icapsinfo.co.uk

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Blepharitis

Blepharitis is the inflammation of the eyelid margins, usually affecting both eyes. The condition is often mild, but can be **very** persistent and can lead to an uncomfortable eye. Blepharitis does **NOT** pose a threat to vision and is best regarded as a '**big nuisance**' rather than a disease.

Recommended Solutions

1. **Lid-Care Wipes** – Individually wrapped sterile wipes which are used to clean the lid area.
2. **Eye Bag** –Placed over closed eyes for five minutes, then gently massage the eyelids for 30 seconds.
3. Cleaning the eyelids with **Blephasol**, usually once or twice per day. Put the solution on a cotton wool pad and gently wipe along the lower inner eyelid, the upper eyelid and the lash area to remove debris from the area. Use clean pad for each eye.

Points to Remember

Use a fresh wipe or solution each time for cleaning the eyelids.

Do **NOT** share towels or face cloths.

Do **NOT** share eye make-up.

General Advice

Initially you may need to do the above every day, however after the condition has improved you should **continue** to clean the lashes once or twice a week to prevent reoccurrence which otherwise commonly occurs. This condition is aggravated by having a dry scalp or dandruff – this does not cause the condition but there is a link between them. If you have this it should be treated with medicated shampoo. Eye make-up should be removed each day.

More information can be found at www.rnib.org.uk (Royal National Institute for Blind)

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Posterior Vitreous Detachment

What is Posterior Vitreous Detachment?

Posterior Vitreous Detachment (PVD) is a common condition which occurs in about 75% of people over the age of 65. As people get older the vitreous, a jelly-like substance inside the eye changes. This can cause a PVD.

Why does the vitreous detach?

The firm jelly-like substance of the vitreous changes with age. The central part of the vitreous becomes more liquid and the outer part (cortex) peels away from the retina. As it comes away from the retina it can cause the symptoms of posterior vitreous detachment.

What are the symptoms of PVD?

Many people are not aware that they have developed PVD but some notice symptoms such as floaters or flashing lights. Floaters can take many forms from little dots, circles, lines, to clouds or cobwebs. Sometimes people experience one large floater, which can be distracting and make things difficult to read. The flashing lights that occur are also caused by the PVD. As the outer part of the vitreous detaches from the retina it can pull on this light sensitive membrane, especially where the vitreous is attached quite strongly to the retina. The pull of the vitreous in these areas stimulates the retina. This stimulation causes the sensation of flashing lights since the brain interprets all stimulation signals from the retina as light.

Can anything be done to help with the PVD?

Unfortunately no. The brain tends to adapt to the floaters and eventually is able to ignore them, so they then only become a problem in very bright light.

Will I lose any sight?

Posterior vitreous detachment does not in itself cause any permanent loss of vision. The only threat to vision is the small chance of the retinal tear leading to a retinal detachment. It is important to stress that retinal tears and detachments are much rarer conditions and that very few people with PVD go on to develop either of these problems.

Are retinal tears serious?

Sometimes the vitreous is so firmly attached to the surface of the retina that as the jelly collapses it pulls quite strongly on the retina. In a few people this may lead to the retina tearing which in turn could lead to a loss of vision because of the retinal detachment.

It is important to remember that PVD has been estimated to have occurred in over 75% of the population over 65, that PVD is essentially a harmless condition although with some disturbing symptoms and that it does not normally threaten sight.

HOWEVER , IF YOU EXPERIENCE ANY OF THE FOLLOWING you need to re-contact the Royal Bolton Hospital Eye Department, Tel: 01204 390390 or us **without delay.**

DISTORTION OF VISION
LARGE NUMBERS OF FLOATERS
CURTAIN EFFECT
DROP IN CENTRAL VISION

Is there anything I can do to cope with these annoying symptoms?

Floaters can be particularly annoying. They get in the way of seeing things and can make some things difficult, for example reading a book. There is a way of trying to cope with this that some people find useful. If you move your eyes around you can create currents in the jelly within your eyes this can sometimes move the floater out of your direct field of vision.

This works best if you have one large floater rather than lots of small ones.

Making things bigger can also help while you have floaters so that you are able to see things around the blank spots the floaters cause. However, most people find that with time the floaters become less and less of a problem.

More information can be found at www.rnib.org.uk (Royal National Institute for Blind)