

## A step-by-step approach

Having an eye scan is simple and painless, just follow the steps below to bring about peace of mind.

### Step 1

Book an appointment with your optometrist

### Step 2

The optometrist will scan your eyes using the state-of-the-art 3D OCT camera from Topcon

### Step 3

The high resolution 3D images are examined by the optometrist using specialist built-in analysis tools

### Step 4

The results are presented to you

### Step 5

Any future scans can be compared with previous ones for comparative diagnosis



## OCT screening will **safeguard** your eye health

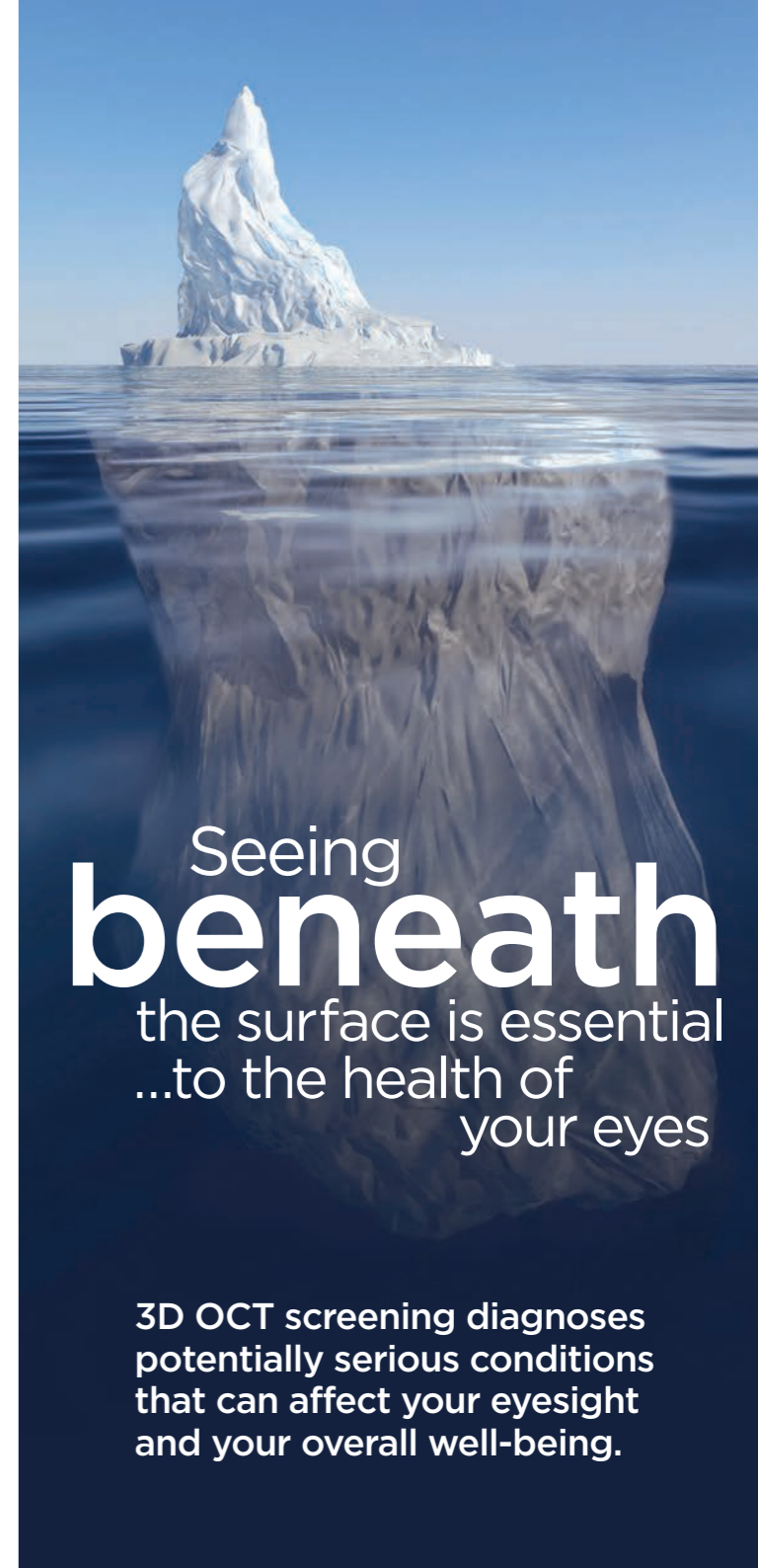
The health of your eyes matters to you and it matters to us too, which is why we are offering OCT to all our patients.

OCT is a new, completely painless and highly advanced screening system that checks for potentially serious conditions such as glaucoma, diabetes, age-related macular degeneration, vitreous detachments and more.

Ask today to  
**book your OCT**  
scan appointment



World leaders in R & D and manufacturing of optical and electronic equipment for medical and ophthalmic applications.



Seeing  
**beneath**  
the surface is essential  
...to the health of  
your eyes

3D OCT screening diagnoses potentially serious conditions that can affect your eyesight and your overall well-being.

# What is OCT?

OCT – Ocular Coherence Tomography – is an advanced eye scan for people of all ages. Similar to ultrasound, OCT uses light rather than sound waves to illustrate the different layers that make up the back of your eye. The OCT machine captures both a fundus photograph and a cross-sectional scan of the back of the eye at the same time.

## What does OCT cost?

There may be an additional charge for the OCT scan, but the benefits are obvious. So you can enjoy the peace of mind that comes from knowing that your eyes are in great condition.

Ask today to  
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scan appointment

## The scientific stuff!

Using a Topcon state-of-the-art 3D OCT camera, your optometrist will take both a digital photograph and a three dimensional cross sectional scan of the back of your eye in one sitting. This allows us to instantly diagnose a number of common conditions. The scan is non-invasive, painless, simple and quick. What's more, the software can automatically detect even the most subtle changes to the retina with every eye test you take. This gives you an invaluable ongoing record of the health and condition of your eyes.

## What can the scan check for?

Common conditions identified through regular OCT screening include:

### 1. Age-related macular degeneration

Macular degeneration causes the gradual breakdown of the macular (the central portion of the eye). OCT can identify this condition and its type (there are two types, wet and dry) and also monitor its progress, for example if you are undergoing treatment for such a condition. Unfortunately the risk of developing macular degeneration increases with age, and it is the most common cause of vision loss in individuals over the age of fifty.

### 2. Diabetes

Diabetic retinopathy is a major cause of visual impairment among adults. Here in the UK, more than two million people have been identified as having diabetes. OCT examination enables early detection, which greatly improves the success rate of treatment.

### 3. Glaucoma

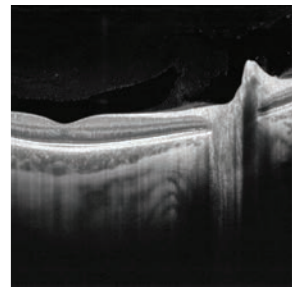
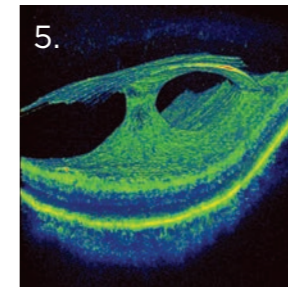
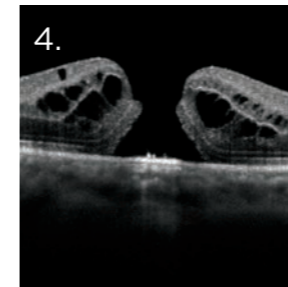
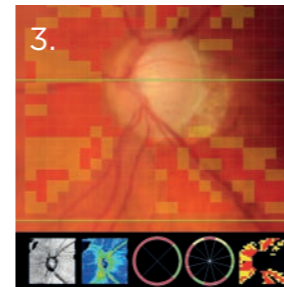
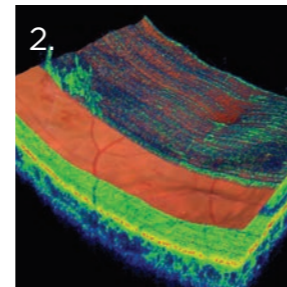
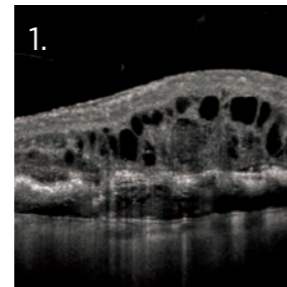
Glaucoma damages the optic nerve at the point where it leaves the eye. Recent statistics suggest that some form of glaucoma affects around two in every 100 people over the age of 40. The danger with chronic glaucoma is that there is no pain and your eyesight will seem to be unchanged, but your vision is being damaged. An OCT examination will confirm if you are at risk, or indeed what stage of glaucoma you may have.

### 4. Macular holes

A macular hole is a small hole in the macular – the part of the retina which is responsible for our sharp, detailed, central vision. This is the vision we use when we are looking directly at things, when reading, sewing or using a computer. There are many causes of macular holes. One is caused by vitreous detachment, when the vitreous pulls away from the back of the eye and sometimes it does not 'let go' and eventually tears the retina, leaving a hole. Extreme exposure to sunlight (for example staring at the sun during an eclipse) can also cause a macular hole to develop.

### 5. Vitreous detachments

Vitreomacular traction can clearly be diagnosed through OCT providing invaluable information about the current relationship between the vitreous and the retinal surface of the eye. As people get older the vitreous jelly that takes up the space in our eyeball can change. It becomes less firm and can move away from the back of the eye towards the centre, in some cases parts do not detach and cause 'pulling' of the retinal surface. The danger of a vitreous detachment is that there is no pain and your eyesight will seem unchanged but the back of your eye may be being damaged.



Healthy colour Fundus

Healthy B scan