



RM1920578

Get your macula checked

CONSIDERING the high statistics for macular degeneration in Australia – one in seven people over 50 years of age – it is important for everyone to get their macula checked by an optometrist, whether they are experiencing difficulties with their vision or not.

One million people have macular degeneration already in Australia and that figure is expected to rise to 1.7 million by 2030.

An eye examination including a macula check will reassure those without the disease, and if you are found to have early or late stage macular degeneration suitable lifestyle changes and treatment pathways can be developed.

There is plenty of support available, and you must remember that blindness does not occur in every patient with macular degeneration.

There can be little or no vision impairment in the early stages, and often it can take many years to progress to a severe defect, if at all.

Simple measures such as self monitoring with an Amsler grid (obtainable from the optometrist or the Macular Disease Foundation), dietary changes, ceasing smoking and taking recommended high dose multivitamins can also aid in slowing the progression of the disease.

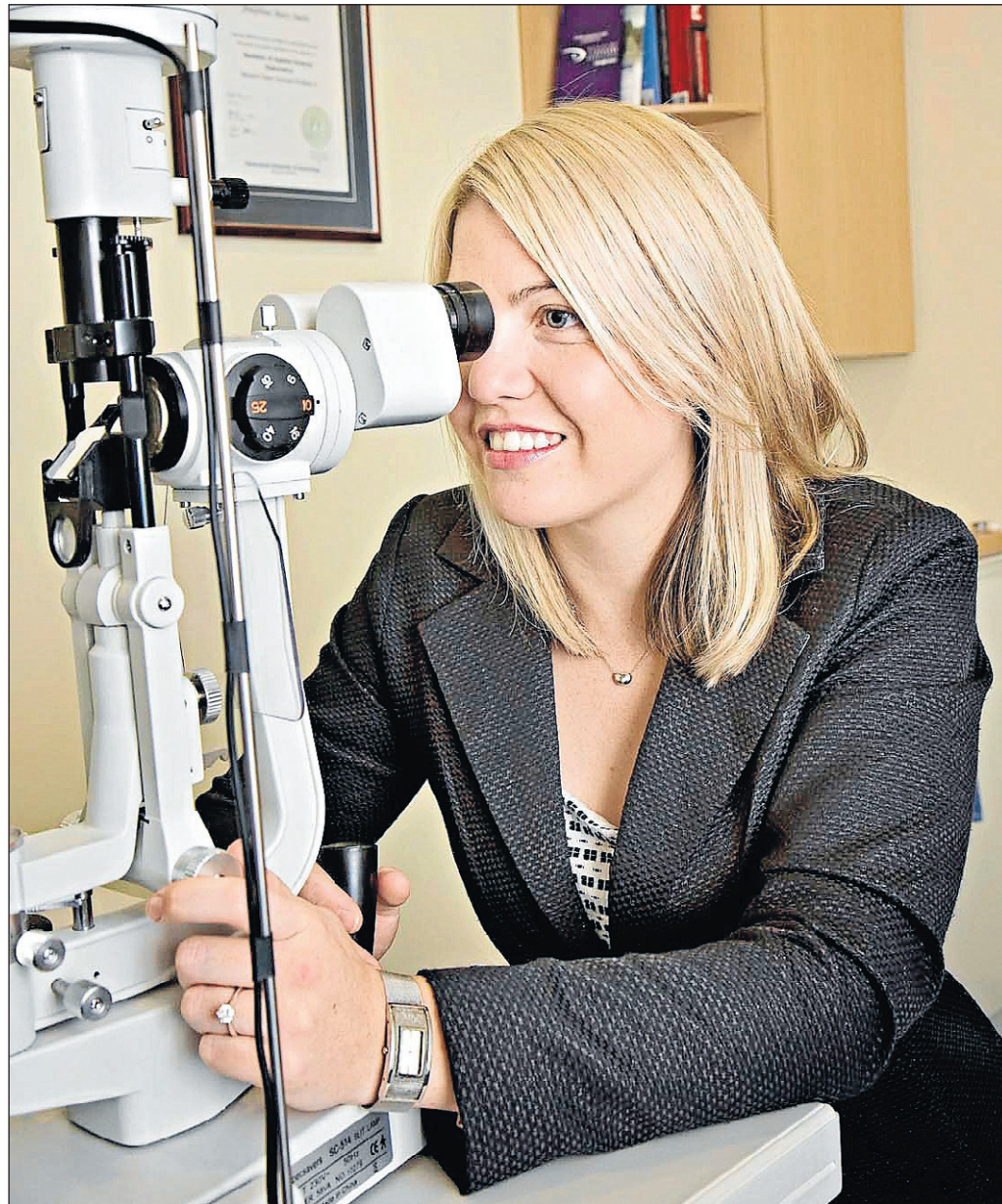
Optometrists and ophthalmologists work together to assist the patient with macular degeneration as do the Macular Disease Foundation, Vision Assist and Guide Dogs.

Get your macula checked first and foremost and, if you notice any changes in your vision, contact your optometrist immediately. Hansen EyeQ Optometrists offer appointments daily with Sonia Bostjancic and Mark, Sean or Nick Hansen.

We can assess your macula and help you manage any disease found accordingly. We also offer low vision services, glaucoma and diabetic monitoring as well as children's behavioural optometry and workplace assessments.

Contact us in our recently renovated premises on 02 63342000. Wheelchair-friendly testing available.

Early detection the key



LOCAL Specsavers optometrist Jo Smith is reminding Bathurst residents to have regular eye tests in the lead up to Macular Degeneration Awareness Week, which begins today.

Macular degeneration is the leading cause of blindness and vision loss in Australia. One in seven Australians over the age of 50, almost one million people, will show some evidence of macular degeneration and, without prevention and treatment, this will rise 70 per cent by 2030.

Early detection is the key and Specsavers Bathurst offers free Digital Retinal Photography with every standard eye exam to help combat and monitor macular degeneration and other harmful conditions.

Digital Retinal Photography uses sophisticated equipment to produce a high-resolution photograph of the eye, allowing abnormalities to be detected, monitored and treated. Images are then stored by your optometrist to track your eye health over time.

To book your next eye test and have a consultation with a professional optometrist, visit Specsavers Bathurst at the Bathurst City Centre or call 6332 6414.

EyeQ
OPTOMETRISTS

175 Howick Street, Bathurst
Phone 6334 2000

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Two types of macular degeneration

AGE-RELATED Macular Degeneration (AMD) affects a significant number of people over the age of 55 and can ruin quality of life if it remains untreated.

Symptoms include blurring of eyesight, such as in reading or recognising faces, and distortion of vision, where straight lines develop kinks or bends.

It can occur suddenly or slowly, in one or both eyes. AMD can run in families and smoking is a risk factor.

There are two common types of AMD: Dry and Wet.

Dry AMD is caused by slow decay of

the cells that receive light in the retina. To date there is no proven effective treatment for this type of AMD.

Therapies being researched include stem cells.

Wet AMD is caused by bleeding of fragile capillaries underneath the retina. This causes fluid to leak under and into the retina. Left untreated it leads to severe scarring and loss of vision.

Fortunately, we have an excellent treatment in the form of Lucentis, Eylea or Avastin. These drugs are injected into the eye and stop the bleeding and leakage of wet AMD.

While the thought of such an injection is perhaps a little scary, the process is actually quite painless and easy.

With early intervention, eyesight is often preserved well into the future.

Many patients retain good vision as a result of this treatment.

Specialist Eye Centre has state-of-the-art diagnostic facilities for AMD, as well as dedicated treatment areas.

Dr Adrian Hunt and Dr John Ambler are Retinal Specialists at the Centre, are highly trained and very current in their knowledge and look forward to being of service if you have any visual concern.



FREE
DIGITAL
RETINAL
PHOTOGRAPHY
WITH EVERY STANDARD EYE TEST*

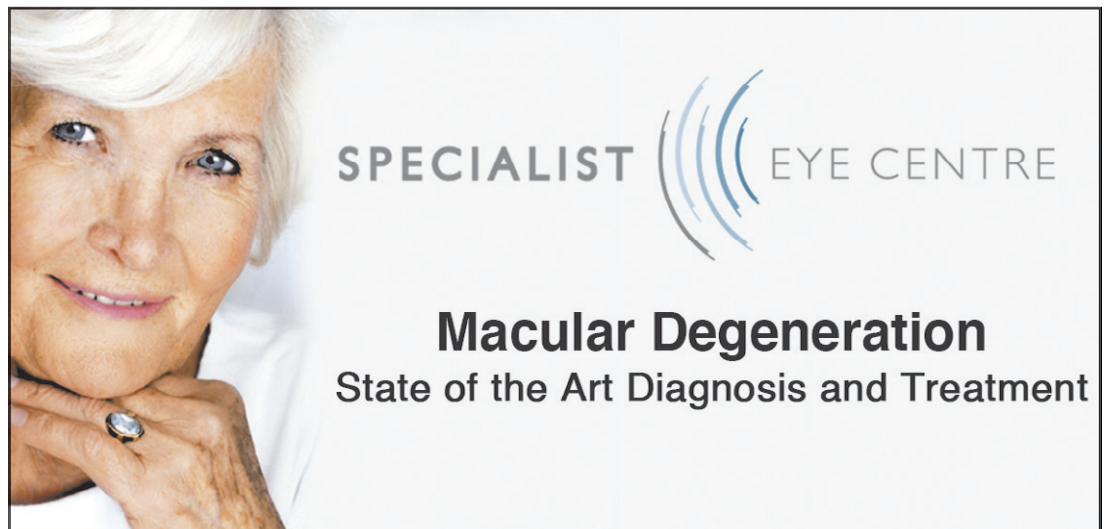
BOOK AN EYE TEST TODAY

Specsavers Bathurst
Bathurst City Centre, 6332 6414



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Dr John Ambler & Dr Adrian Hunt 271 Russell Street Bathurst
(Macular Degeneration Specialists)

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