

Our Practice and Macular Degeneration

You have probably heard about Macular Degeneration. This is a disease of the light sensitive nerves at the back of the eye which process images. Without your Macula you cannot read, see faces, drive a car or see colours.

What We Do To Help

- A check of your Macula is a normal part of every full eye examination in our practice.
- We have been providing Digital Retinal Imaging for over ten years, unlike some newcomers to this important technology
- We are on the leading edge of technology with the Zeiss Cirrus OCT, which is the gold standard test for Macular Degeneration.
- We have plenty of information for you to read, and take home so you will know how to manage or avoid the problem
- Our staff attend regular training and conferences so we always know the latest research and treatments.
- Our strong relationships with local GP's and medical eye specialists means you will always get the very best care and attention we can provide.



Zeiss Cirrus OCT



What You Can Do

- Make sure you have your eyes checked by an optometrist every two years
- Eat a healthy, well balanced diet
- Eat plenty of green vegetables and fruit
- Have fish regularly
- Enjoy a handful of nuts occasionally
- Limit fats and oils, and keep the weight down

If you have any question or would like more information grab a brochure in the practice or ask us and we will be pleased to help!

Paul Carruthers & Staff

