



MATHESON EYE NEWS

Multiple award - winning Matheson Optometrists is a family business that has been providing quality eyecare for 35 years in Hampshire. We have branches in Alresford, Four Marks, Petersfield, Grayshott, Purbrook and Portchester

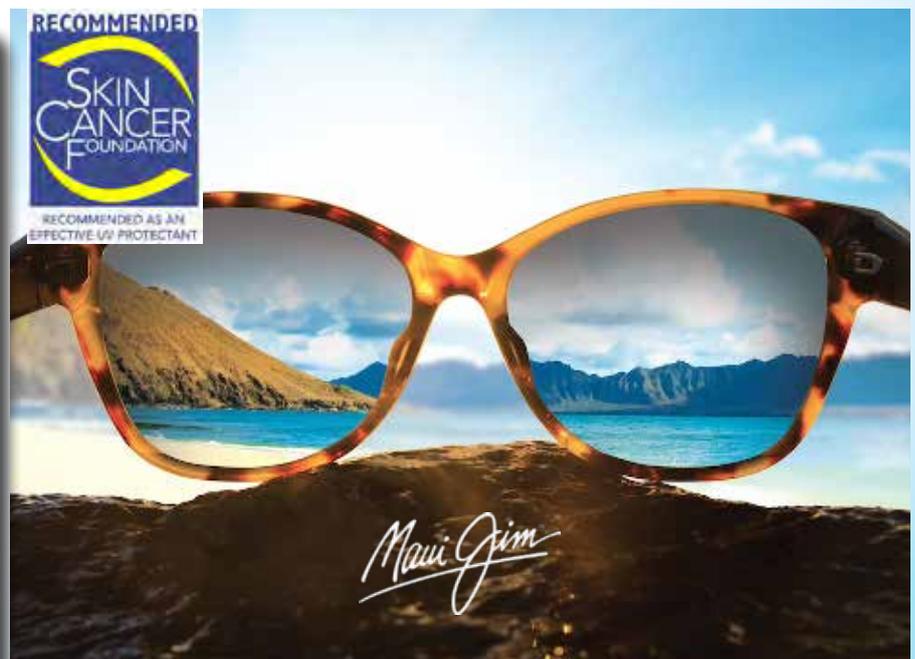


Situated on the old A3 (London Road), our Purbrook practice serves Waterlooville, Havant, Widley and Crookhorn areas and further afield. Here we manage patients on behalf of the QA Hospital and have the latest and best diagnostic equipment.

A settlement at Purbrook grew up in the 18th century. Until the 19th century a great forest stretched across all of Southeast Hampshire. On the southern fringe of the forest was a stream called Purbrook. Purbrook is not far from Portsdown Hill, which is a great place to enjoy the views and take in the fresh air.

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Maui Jim. Colour enhancing polarising sunglasses. Available with your prescription if required. Call in to a practice and try a pair on.

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ARE ALL SUNGLASSES EQUAL?

Most people know the sun's rays are bad for our skin. But did you know they're just as bad for our eyes?

Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's UV rays.

When purchasing sunglasses, look for ones that block out 100% of both UVA and UVB radiation, so you can keep your vision sharp and eyes healthy. A wide-brimmed hat offers great protection too!

All prescription and non prescription sunglasses supplied by Matheson Optometrists have 100% UV protection, making such things as Cataracts, Macular degeneration and Pterygium which can all result in reduced vision, far less likely to occur.

The sunglass tint blocks out the brightness and discomfort caused by the sun. The category of tint should be chosen based on the amount of light absorption required for a given task. Please see below table.

Sunglasses can either have a fixed tint which does not change with differing levels of UV exposure or can be photochromatic such as Transitions lenses.

Fixed tint lenses can either have a uniform colour across the whole lens or can be graduated, becoming less dark towards the bottom of the lens,



handy for those who like to read or pass from outdoors to indoors frequently.

Photochromatic lenses alter their depth of tint depending on the levels of UV exposure they are subjected to. These lenses protect against UV light even when clear.

There are two different types of Transitions lenses, original Transitions and Transitions Xtractive.

Original Transitions are completely clear indoors and darken moderately when outside in the sun.

Transitions Xtractive have a slight

tint even when indoors but go extra dark in the sun. They also change moderately behind a car windscreen, something the original Transitions do not do.

Come in and speak to one of our Dispensing Opticians about the best option for you.

WHY USE POLARISING SUNGLASSES?

We've all experienced glare in our daily lives... perhaps spending the day at the beach, driving in a car with the sun reflecting off the dashboard, roadway or bonnet or on a boat with the sun illuminating the surface of the water. Usually, this glare is annoying and uncomfortable on the eyes, but when the angle of reflection is just right, the glare can become blinding and often downright dangerous, as in the case of driving a vehicle.

On polarized sunglasses, the filter creates vertical openings for light. This means that only light rays that approach your eyes horizontally can fit through those openings. As a result, objects look crisper and clearer, and details are easier to see. People who use polarised sunglasses for long stretches of time often say they are less tired than usual after hours of battling sun glare.

Ordinary tinted sunglass lenses only cut down on ambient light that reaches the eye, or, light transmittance. By their very nature, they cannot block glare. Only polarised lenses can block out this dangerous, blinding glare. It can take 6-7 seconds to adjust to glare and becomes progressively worse as you age. If glare impaired your vision for just three seconds whilst driving at 30 mph, you would travel blind for 132 feet.

CATEGORY	LIGHT ABSORPTION	WEATHER CONDITIONS	USAGE
CATEGORY 0	0 to 19%		Comfort and aesthetics- Indoor or cloudy weather
CATEGORY 1	20 to 56%		Low brightness
CATEGORY 2	57 to 81%		Middle brightness
CATEGORY 3	82 to 91%		High brightness- Seaside or Mountain
CATEGORY 4	92 to 97%		Extreme brightness- Mountain/ Snow. Unsuitable for driving



Magnetic sunglass frames. These frames come with a magnetic polarised front. They can be placed with one hand and without removing the frames. They are very lightweight and negate the need for a separate pair of sunglasses. Perfect if your prescription lenses are very complex or expensive.

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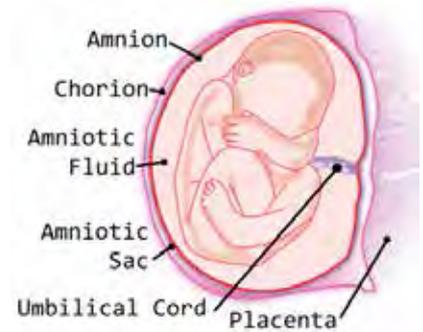
NEW TREATMENTS FOR DRY AND DAMAGED EYES

AMNIOTIC MEMBRANES - Andrew Matheson is a specialist therapeutic optometrist and performs specialist eye procedures both within our practices and in a local eye hospital. He trains both in America and the UK to provide safe cutting edge treatment for our patients.

One example of this is the fitting of amniotic membranes which promote growth and healing in patients with damaged or painful corneas. Such damage can occur for a variety of reasons such as, corneal scars, chemical burns, recurrent erosions and severe dry eye.

The amnion is the thin, avascular inner skin of the amniotic sac that surrounds the developing baby in its mother's womb. Amniotic membranes are sourced from selected consenting donor mothers after elective caesarean section.

The membranes contain important growth factors which help regulate the immune system, preventing inflammation, scarring and inappropriate blood vessel growth, whilst also encouraging wound healing.



Amniotic membranes have been used for some time but until recently they have had to be surgically sutured in place. Recent developments mean we are able to hold the membrane in place with a special bandage contact lens until all the important growth factors etc have been absorbed.

It is amazing to see how a patient's eye, which was previously very badly damaged, despite optimal conventional treatment, after being fitted with an amniotic membrane becomes healed in a space of about a week or two.

Those considering this procedure may like to visit a UK patient dry eye discussion forum, dryeyeforum.co.uk to hear experiences from previous amniotic membrane patients. Our own website also provides more detail on the subject.



We have videos that discuss the benefits of amniotic membrane treatment and other optometric subjects on our YouTube channel, which you may also enjoy.

PUNCTAL PLUGS - Another way of treating patients who have dry eye is to fit them with Punctal Plugs. These safe silicone medical grade implants are inserted into the larger, inferior opening of the tear drainage system, near the nose, thereby keeping about 65% of the tears that would have previously drained down the throat in contact with the eye. They can be easily removed if no longer required.



Having plugs fitted is a painless procedure performed under local anaesthetic and is shown on our website video.

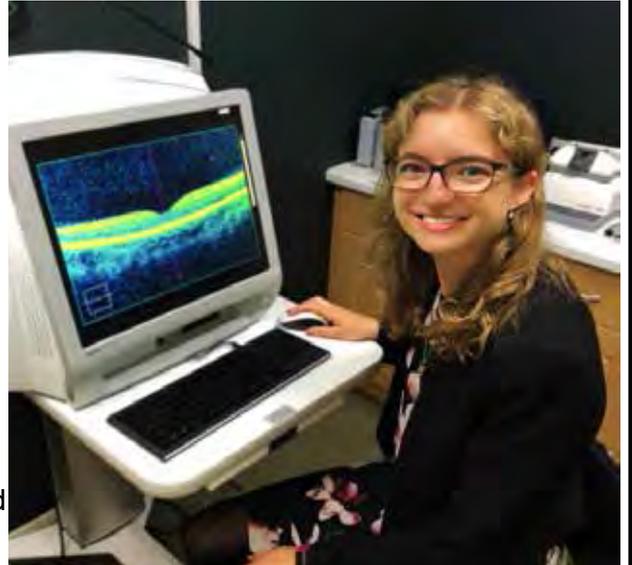
Punctal plugs often enable a patient who would otherwise have to give up wearing contact lenses, to keep doing so.

Patients interested in having Amniotic Membranes or Punctal Implants fitted will need to have a specialist therapeutic evaluation first to ensure that they are the most appropriate option and whether other treatments are also required. Please phone or email our practices for an appointment.



CLAIRE MATHESON JOINS THE MATHESON FAMILY GROUP OF PRACTICES

Claire Matheson, Andrew's daughter is now a fully qualified optometrist, in her own right, having successfully passed all her rigorous professional exams in January 2018. Claire actually began working in the practices at the age of 13 and became fascinated by all aspects of eye-care. Following in her father's footsteps, she is proud to be able to guarantee that the high standards that Matheson Optometrists reputation is built on, can continue for future generations. Claire enjoys all aspects of optometry and will continue to develop her professional skills further over coming years. Last November she attended the American Academy of Optometry conference with Andrew and other Matheson clinical optometrists, to learn more about Macular Degeneration, Glaucoma and Dry Eye. Claire recently went to Romania with the charity Returning Vision (returning-vision.co.uk) and helped provide much needed eye-care in remote villages.



Andrew's wife Rebecca is both the company secretary and accountant. In the early days she was known to turn her hand to shop-fitting, grinding spectacle lenses and reception duties. Jane, Andrew's sister is a manager in the group, ensuring that the group runs efficiently and ensuring the clinics are manned with appropriate staff and expertise.

THE AMSLER CHART - A SELF TEST FOR EARLY MACULAR DEGENERATION

For more comprehensive instructions please visit matheson-optometrists.com/amsler.html

Hold amsler grid at reading distance and cover one eye. Keep looking at the central logo. Do you notice any new distorted, wavy, blurred, or missing parts of the grid? If so it is a good idea to book an urgent eye examination and an OCT.

Four Marks
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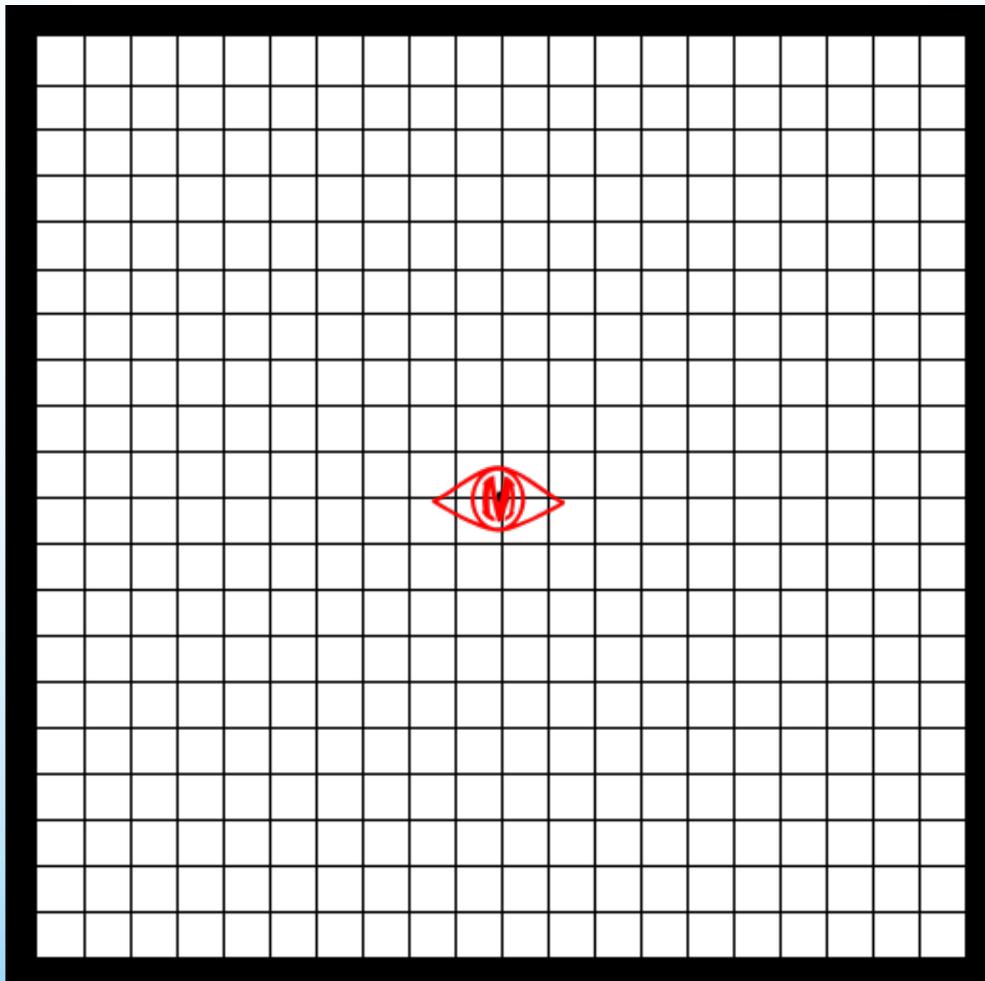
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