



MATHESON EYE NEWS

Welcome to this first edition of our newsletter, keeping you up to date and well informed about what is new in eye care.

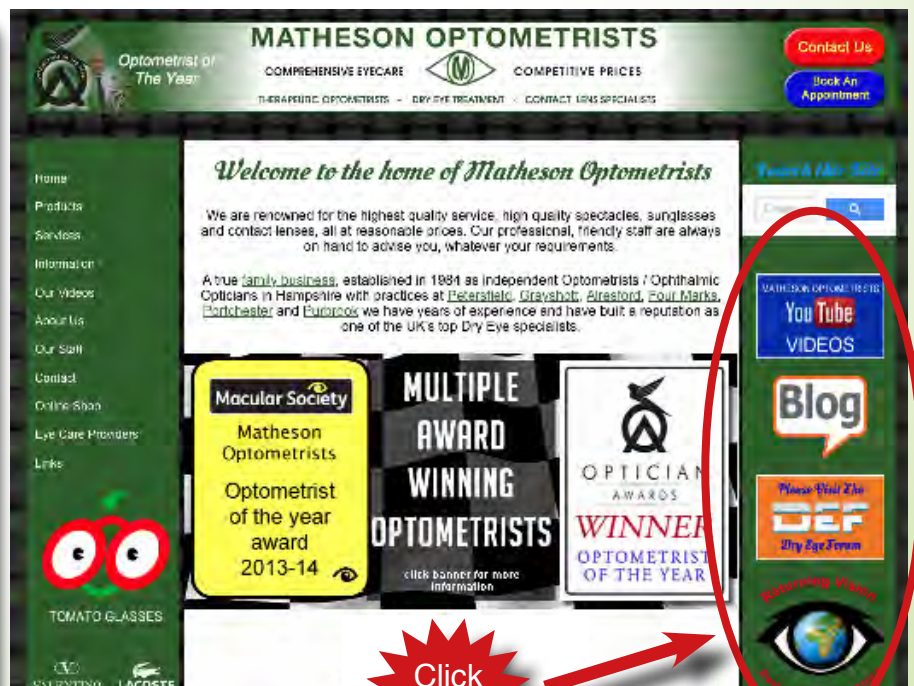
Introducing our new local optometry practice in Portchester



We may be new to your area, however we are by no means new to optometry. We have been providing first class eye care in Hampshire for the past 35 years.

IN THIS EDITION

- About us
- Educational Videos
- Extended Services
- New Chewable Eye Supplement
- Myopia Control Contact Lenses
- Macular Degeneration
- OCT Scanning Offer



Visit our website for more information

WWW.MATHESON-OPTOMETRISTS.COM

ABOUT US

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, Denmead, Purbrook and our new practice which has just opened in Portchester.

We are renowned for the highest quality eyecare services and eyewear products at reasonable and affordable prices. We use highly trained professional staff and the highest standard of ophthalmic equipment. This enables us to cater for all possible ocular needs promptly and efficiently. Whether it is the in-house spectacle workshops enabling rapid spectacle production (often within 1 hour), our expertise in the fields of contact lenses and dry eye treatment, our comprehensive range of spectacle frames and lenses, we strive to exceed your expectations on every visit.

We are confident we have something for everyone, from high end luxury frames such as Lindberg, Mykita, Caroline Abram and reasonably priced designer ranges such as Bellinger, Entourage, Calvin Klein, CK, Nike, Lacoste, Ozzie and Jaeger, small niche brands such as Rock Optika and of course our own brand, high quality Ocean Collection range. We can dispense spectacle lenses from all the leading manufacturers including Zeiss and Kodak.

We carry sunglasses from Maui Jim, Zeal and Ozzie among others and our own brand styles. Most of our sunglasses can be manufactured with your prescription. In recent years we have equipped

the practices with Retinal Cameras and OCT Scanning Tomographers. With these and other technology we employ, we can often detect eye conditions and diseases much earlier than previously possible. This can mean that preventative treatment for Wet Macular Degeneration and impending Macular Holes can be implemented earlier, preventing loss of sight.

As a family run independent optometry group, we can source the best frames, spectacle lenses, contact lenses etc, from the best suppliers for our patients at affordable prices.

Our optometrists provide many additional **Extended Services** often not found in a typical high street practice. We are a Specialist Therapeutic Practice treating as well as diagnosing eye disease. This often means a patient does not need to be referred to an eye hospital but can be treated in-practice instead. This is often much more convenient and de-stresses hospital waiting lists.

We have NHS funded schemes to look after both established glaucoma patients and those referred as glaucoma suspects, a scheme to provide high quality magnifying aids to those whose vision is still inadequate for their needs with conventional spectacles. We also have a NHS funded emergency eyecare scheme where patients can present with red, dry, watery or irritated eye, flashes and floaters, embedded foreign bodies etc so they can be diagnosed promptly and usually treated on site. All these schemes are not yet available in all practice areas, but will hopefully be so soon. Andrew Matheson also provides injection treatment for Wet Macular Degeneration at one of our local hospitals.

Healthy Eyes is a brand new product to market. It is a chewable supplement containing Lutien and Zeaxanthin which is perfect for those suffering or wishing to lessen their chances of developing age related Macular degeneration. The taste is pleasant and fruity and is ideal for those who have difficulty swallowing capsules or tablets. These chews are formed from natural fruit pectin (a gelling agent extracted from citrus fruits) They contain no artificial colourings or flavouring and are gelatin and gluten free. They also contain no milk, wheat, eggs or nuts and have no artificial sweeteners.



We have produced some educational videos which people find extremely helpful such as how to insert and remove contact lenses, how to treat dry eye and videos of our charitable endeavours. We also post very interesting videos highlighting some of the things we do which wouldn't be common place in your average opticians. Alongside topics covered in our videos, we also provide many other extended services. We co-manage Glaucoma patients with the hospital and offer autofluorescence photography. We also fit punctal plugs.



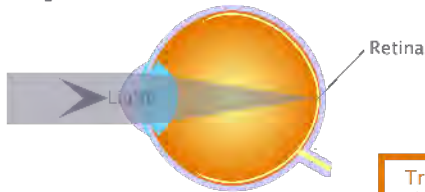
WWW.DRYEYEFORUM.CO.UK

A UK based forum used by the public and professionals to discuss dry eye related topics, seek advice and share ideas.

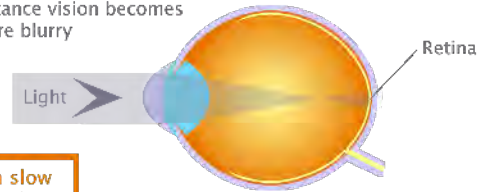
Shortsightedness explained.

Blurry distance vision due to myopia is caused by the eye growing too long which means light is focussed in front of and not on the retina

Normal Eye
Light focuses on the retina for a clear image



Myopic Eye
As the eye continues to grow, the myopia progresses and the distance vision becomes more blurry



Treating myopia early can slow its progression, reducing the potential of developing future eye health issues

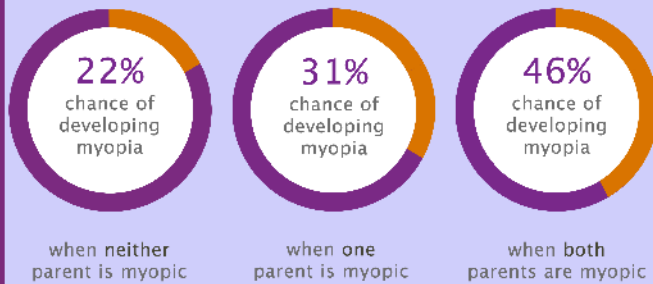
If myopia has started to develop, then it is often possible to slow the progression by about 50% using special design daily soft contact lens called **MiSight**. As well as correcting the blurred distance vision they also alter the image in the retinal periphery. Spending more time outdoors may also help slow down the progression of short-sightedness in children.

What causes shortsightedness?

There are two main factors which can mean your child is more at risk of developing myopia – genetics and behavioural influences.

Genetics

The risk of myopia in children increases when parents are myopic



Behavioural Influences

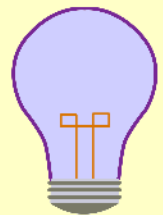
Contributors to the development of myopia:



Low levels of outdoor activity



Prolonged near tasks such as reading and gaming on portable devices



Poor lighting levels

Returning Vision



Restoring Sight To Africa



All of our optometrists have been involved in providing charitable eyecare to those in undeveloped countries such as Romania, Moldova and Malawi. We have collection points at all our practices for unwanted spectacles - why not visit returning-vision.co.uk. We have produced a series of educational videos which can be seen on our youtube channel, accessed from Matheson optometrists homepage.

www.returning-vision.co.uk

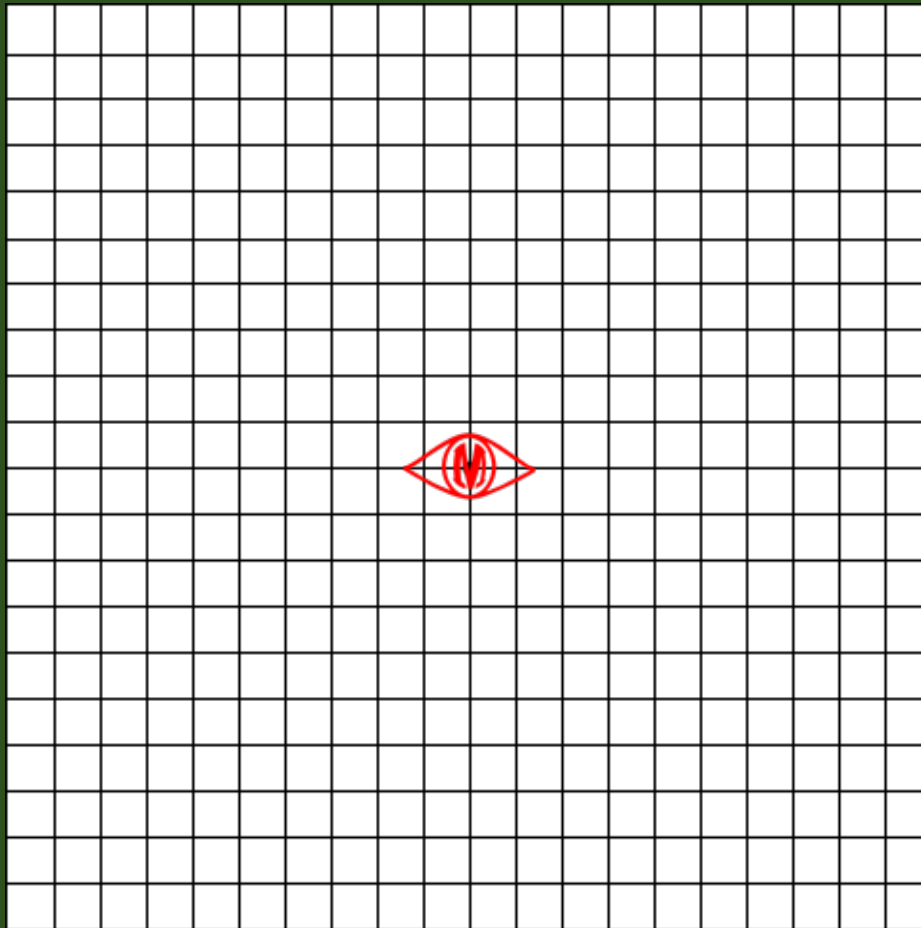
CHILDREN'S
EYESIGHT IS
IMPORTANT

At Matheson Optometrists, we realise the importance of addressing any visual requirements from an early age. Give your child the best start in life. With free examinations and many eyewear styles at no cost, what's stopping you? Call in and speak to us today!



NHS

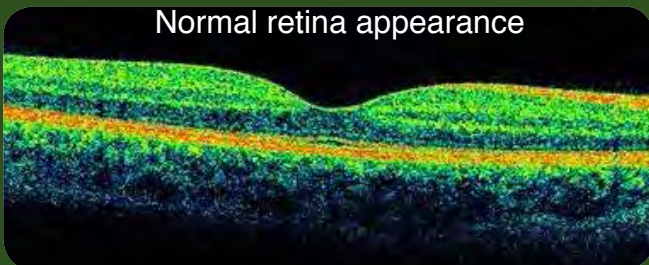
For more comprehensive instructions please visit
matheson-optometrists.com/amsler.html



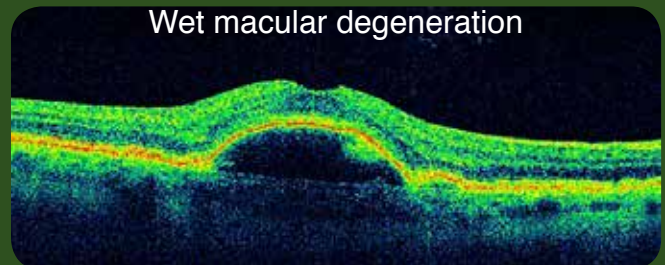
For more comprehensive instructions please visit
matheson-optometrists.com/amsler.html

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.

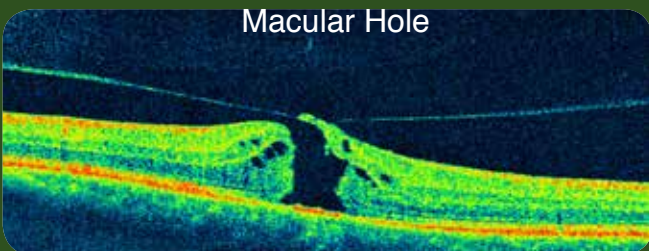
Normal retina appearance



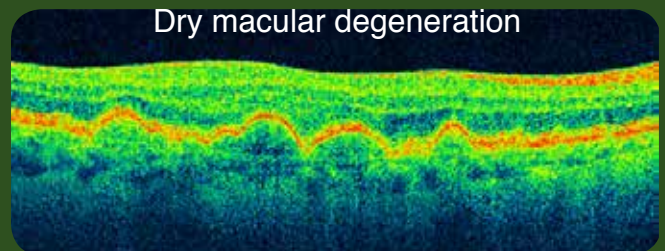
Wet macular degeneration



Macular Hole



Dry macular degeneration



Matheson Optometrists has invested in new technology, the Zeiss Cirrus OCT, which is non-invasive way of imaging the deeper layers of the retina, not visible by conventional examination techniques such as retinal photography. It is in these deeper layers that the early stages of wet and dry macular degeneration start. Additionally, other conditions affect the transparent parts of the eye, such as Epi-Retinal Membranes and Vitreo-Macular Traction (VMT). Nerve damage in Glaucoma can be visualised often before a patients visual field is affected, as can the early signs of Angle-Closure Glaucoma, Papilloedema, Keratoconus and Macular Holes.

If you have any comments or suggestions for topics covered in future newsletters please email us at
news@matheson-optometrists.com

OCT scanning just £24 at Portchester and Purbrook practices until December 31st 2017

Four Marks
 01420
 560082

Purbrook
 02392
 250605

Portchester
 02392
 387573

Grayshott
 01428
 606069

Alesford
 01962
 732336

Petersfield
 01730
 261442