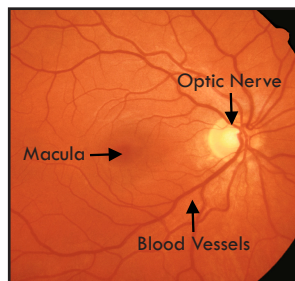
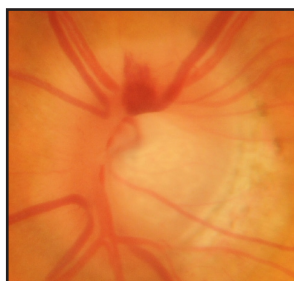


Inside the Eye

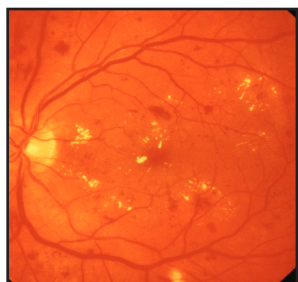
Your optometrist or ophthalmologist can examine the back of your eye allowing them to detect eye diseases before any symptoms develop.



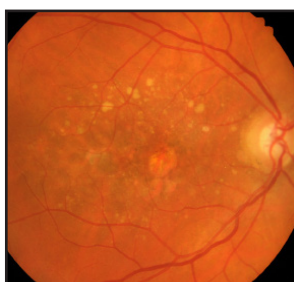
Healthy Retina



Glaucoma
Damage to the
optic nerve



Diabetic Retinopathy
Blood and fluid
leaking into the retina



AMD
Waste deposits
at the macula

**Early detection saves
sight**

**Eye
examinations
every 2 years !**

The Facts

1. Vision loss is NOT an inevitable part of ageing.
2. 90% of vision loss is preventable or treatable.
3. In many cases once vision is lost it cannot be restored.
4. Regular eye examinations can save your sight.

Source: All statistics and recommendations obtained from the Australian Government, National Health and Medical Research Council - Guidelines for the Management of Diabetic Retinopathy 2008; Guidelines for Screening, Prognosis, Diagnosis, Management and Prevention of Glaucoma 2010; Eyes on the Future: A clear outlook on Age-related Macular Degeneration 2011; The National Eye Health Survey 2016.



LEHP-Australia
Lions Eye Health Program



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Centre for Eye Health

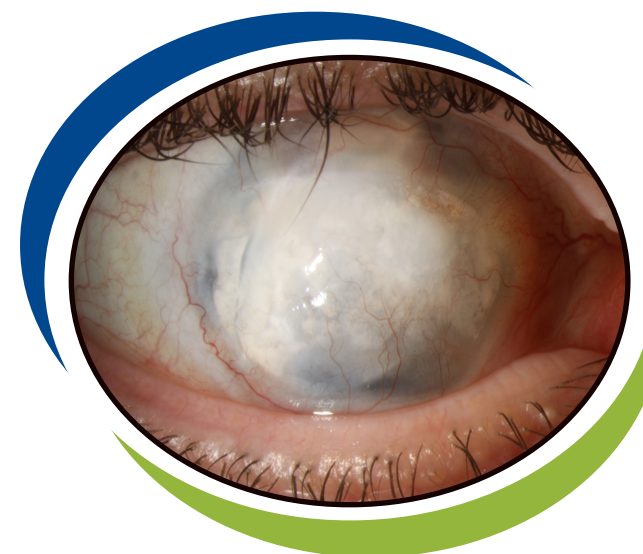
Centre for Eye Health
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LEHP-Australia
Lions Eye Health Program



**90% of Vision
Loss is Preventable
or Treatable**



**Eye Tests
Save Sight**

Lions Eye Health Program - Australia
lehp.org.au 1800 010 234

GLAUCOMA

Glaucoma has NO symptoms in its early stages

- Only 50% of people with glaucoma know they have it
- 1 in 10 Australians will develop glaucoma

Eye tests are essential to diagnose glaucoma

- In most cases glaucoma can be controlled if detected early
- There are a number of different types of glaucoma

Glaucoma runs in families

- Age and family history are major risk factors
- People with shortsightedness (myopia) and certain ethnicities have an increased risk

Glaucoma is related to the pressure in the eye, however it is common for people to have normal pressure and still have glaucoma. As well as measuring the pressure, testing for glaucoma also includes examining the optic nerves, performing a visual field test and high resolution optical imaging.

There are a number of different ways of treating glaucoma with eye drops the most common.



DIABETIC RETINOPATHY

Diabetic retinopathy is a complication of diabetes and is caused by damage to the blood vessels that nourish the retina.

All people with diabetes are at risk



Eye examinations are needed when you are first diagnosed with diabetes and then at least every 2 years.

More frequent eye examinations may be recommended for:

- Aboriginal and Torres Strait Islanders
- People with poor blood sugar control, high blood pressure and high cholesterol
- Pregnant women
- Children with diabetes
- People that already have diabetic retinopathy

Vision can remain normal until diabetic retinopathy is very severe. Early diagnosis and treatment is the key to preventing vision loss and blindness.

Current treatments for diabetic retinopathy are often very effective.

MACULAR DEGENERATION

The macula is the part of the retina which is responsible for central vision. As a result, degeneration of this area can significantly affect activities such as reading, watching TV and driving. In the early stages of AMD, people may be unaware they have the condition as their vision seems normal.

Age, smoking and family history are risk factors.

AMD is the leading cause of blindness in non-indigenous Australians - 71%

'Dry' AMD

- Develops slowly and results in gradual vision impairment.
- Antioxidant/vitamin supplements can slow progression and reduce the risk of vision loss.

"Wet" AMD

- Develops more rapidly and occurs when abnormal vessels develop beneath the retina and bleed.
- There are new, effective treatments available - early detection is essential.

Waiting for symptoms is too late!