



What if you lost your sight?

Then found out it was preventable?

THE FACTS

1. Vision loss is NOT an inevitable part of ageing.
2. 75% 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.

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

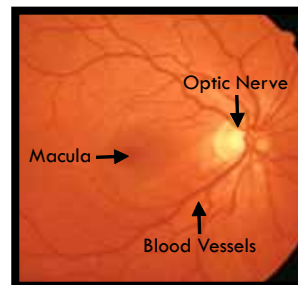
Glaucoma runs in families

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

Treatment

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

Healthy Retina



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

Glaucoma



Damage to the optic nerve

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.

Waiting for symptoms is too late!

Eye examinations every 2 years

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.

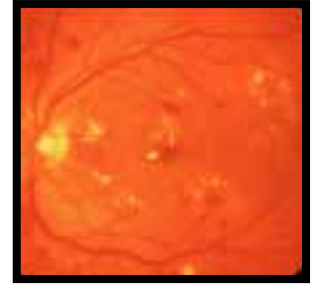
More frequent eye examinations may be recommended for:

- 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.

Diabetic Retinopathy



Blood and fluid
leaking into the retina

AGE-RELATED 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.

50% of blindness in Australia is caused by AMD

'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.

AMD



Waste deposits
at the macula

Early detection saves sight!

Eye examinations every 2 years

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.



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