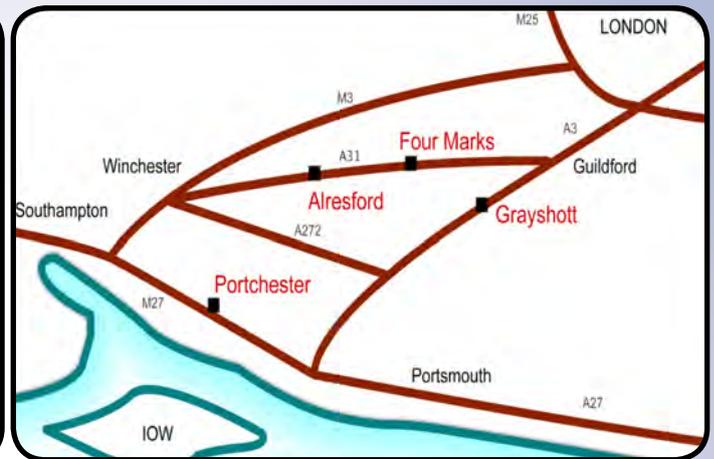




# MATHESON EYE NEWS

Issue number 3. Keeping you well informed about new developments in eye care

*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, Grayshott and Portchester*



Practice Focus - Alresford - This is also our Head Office, situated between Winchester and Alton just off the A31 and on the Watercress Steam Locomotive Railway Line. The practice opened in 1994 and provides many specialist services such as Macular Degeneration Treatment and IPL (see page 2 of this newsletter and our website for further details)

## IN THIS EDITION

- NEW Lignin Frames.
- NEW Treatments for macular degeneration and dry eye.
- NEW Meibo Tears with evaporation protect.
- Von Arkel Handmade frames - Swiss craftsmanship at its best.

## Would you wear wood?

We now stock the new environmentally friendly, stylish, lightweight LIGNIN range of wooden spectacle and sunglass frames. These frames are comprised of layers of sustainable, organically treated wood veneers cross grained (plywood style) to give you a strong but very light frame that you hardly notice you are wearing. From the technicians who select and compress the multiple layers or painstakingly polish the frames by hand to create a beautifully smooth finish - these really are a labour of love and we suggest you try them for yourself.

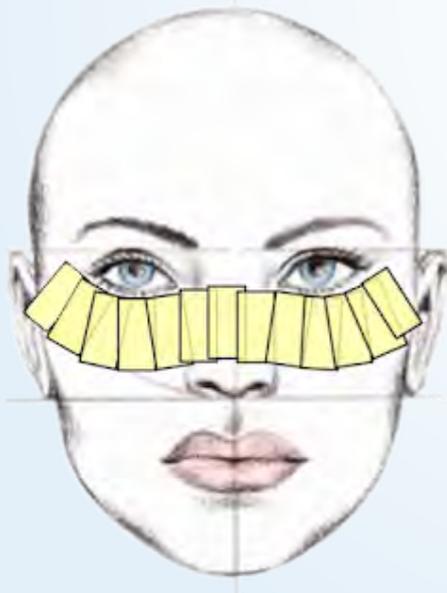


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## NEW TREATMENT FOR DRY EYES

Photo-Biomodulation is a new exciting treatment option for many conditions including Dry Eye and Macular Degeneration. Matheson Optometrists are one of a small group of Dry Eye centres that are able to offer this procedure using the Lumenis M22 IPL treatment instrument. It is thought that the “photo-BioModulation” mechanism is due to the red visible and the infra-red invisible IPL light which improves functions at a cellular level, by improving mitochondrial function and calcium channel flow, modifying the secretion of inflammation products and suppressing MMP proteolytic enzymes thereby improving the extracellular matrix. All of these effects help normalise the tear film.

In the photo you can see a patient having the IPL procedure performed. In most cases a series of 4 treatments is required, spaced 2-3 weeks apart.



Using the advanced Lumenis M22 device, scientifically controlled pulses of intense red light of only a few milli-seconds duration are applied to the eyelids and upper face. In addition to photo-biomodulation it is thought that IPL exerts its effects by several additional mechanisms. The abnormal blood vessels in the inflamed lid margin are closed as the IPL light coagulates the oxy-haemoglobin flowing through them. This stops the vessels releasing inflammatory mediators into the meibomian glands in the lid margin. Nerve function around the meibomian glands improves. The IPL flash heats up and melts the meibum secretions blocking the meibomium glands and kills demodex mites living in these glands.

This is a new and exciting addition to the armoury of products and techniques we now have to treat dry eye, such as the new Meibo-Tears eye drops that contain phospholipid liposome molecules that help the lipid surface layer of the tear film to cover the watery component beneath, combined fish oil/flax oil supplements such as Theratears Nutrition to improve meibomian secretion quality and quantity and reduce inflammation, punctal plugs to slow down tear drainage and thereby increase tear volume and amniotic membranes that stimulate corneal healing.

For the best possible recommendations we recommend having a full Dry Eye Assessment at one of our practices.

## Introducing **MEIBO TEARS** with Evaporation Protection

Meibo Tears is a premium dry eye drop containing vitamin A and phospholipid liposomes. These phospholipid liposomes help bind the oily layer of the tears in place and prevent the tears evaporating as quickly as they would ordinarily. Dry eye may be caused or exacerbated by deficient lipid secretion. These lipid-containing artificial tears have been developed to alleviate this deficiency. The formulation also contains hyaluronic acid, found naturally in the body and a major component of synovial fluid, is one of the fluid's main lubricating components. Hyaluronic acid is also a major component of skin, where it is involved in tissue repair. The meibomian glands in the eyelids secrete meibum, a lipid complex that forms the protective lipid layer of the tear film. The lipid layer prevents evaporation of aqueous tears and prevents drying. Lipid deficiency due to meibomian gland dysfunction (MGD) is the most common cause of symptoms associated with dry eye disease. Using a phospholipid-containing artificial tear to help re-form the protective layer of the tear film, hopes to give patients more relief from the collapse of the overall tear film and the evaporation of aqueous tears, than simply increasing the aqueous layer with artificial tears.



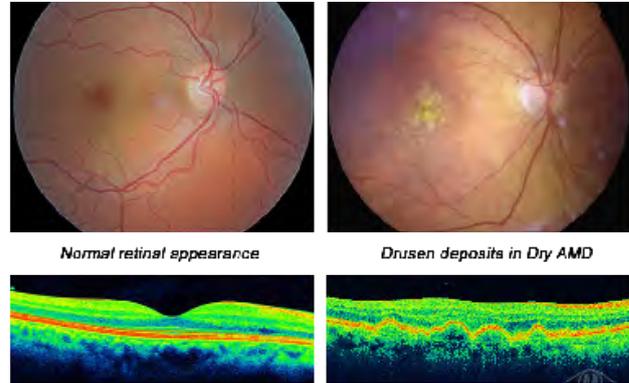
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# NEW TREATMENT FOR MACULAR DEGENERATION

New exciting research and clinical studies have found red light to also be of benefit in Dry Macular Degeneration. Improvements in vision and retinal anatomy have been achieved by increasing energy levels in the cells, decreasing the inflammation and recovering blood flow. Initial studies show a rapid effect, decreasing drusen, increasing blood flow and improved visual acuity which is maintained for over six months

Photobiomodulation (PBM) is a light-based therapy showing significant promise in the potential treatment of dry AMD. Therapy is delivered via the LumiThera Valeda device. Andrew Luff and Deb Sahu are specialist retinal consultants at Sapphire Eye Care treatment unit, based at Highcliffe Medical Centre where this new treatment is now available.

Dry AMD has remained frustratingly resistant to intervention in spite of our massively increased knowledge of retinal pathophysiology, genetics and inflammatory pathways. Light therapy, primarily with red and nearinfrared wavelengths, has been shown beneficial for a number of pathologies throughout the body. The science of photobiomodulation (PBM) is developing rapidly with recent publications demonstrating impressive short-term results in the earlier stages of dry AMD showing improvement in both retinal morphology and visual function (particularly contrast sensitivity) following a short course of treatment. Photobiomodulation reduces drusen volume and improves visual acuity and contrast sensitivity in dry age-related macular degeneration.



Initial studies show a rapid effect with benefit maintained over six months. A second treatment at that point appeared once again to deliver a positive result, but no longer-term data is currently available, as yet. Further clinical trials are in progress, but given the weight of evidence and the current lack of any other effective treatment, this minimally invasive and very low-risk treatment appears worthy of consideration.



Experimental work and clinical studies have demonstrated the potential for red light to benefit retinal function in AMD, leading to both anatomical improvement and visual gain. The treatment is thought to work through improvement in blood flow, decreased inflammation and increased mitochondrial function. Recent studies of patients with AMD have concentrated on dry disease, but earlier studies also show certain benefits for patients with wet AMD.

Suitable patients should have evidence of AMD sufficient to be considered for AREDS supplements. Visual acuity should be 6/36 or better in at least one eye. Patients judged to have significant cataract may undergo surgery after the initial treatment cycle. Those with bilateral AMD developing wet change in one eye may have bilateral treatment, but patients with bilateral wet AMD will be excluded until further data are available. Anti-VEGF injection should continue as directed by the treating centre.

A therapy cycle consists of three treatments per week for three consecutive weeks. Measurement of visual acuity along with retinal photography and OCT scanning will be performed six weeks after the start of treatment. Further treatment cycles may be required after an interval of six months.



**Andrew Luff - Founding Consultant**  
Andrew is one of the UK's most respected eye surgeons. He has more than 30 years experience in ophthalmology, with more than 10,000 vitrectomy procedures to his name, and in excess of 20,000 cataract operations.



**Debendra SAHU** regularly trains eye surgeons in cataract surgery, intravitreal injections and clinical practice, and he is the college tutor for ophthalmology at the Southampton Eye Unit. He is also involved with overseas charity work, having previously undertaken eye camps in Burma.

023 8025 8405



**Sapphire Eye Care**  
Your Trusted Eye Specialists

sapphire-eyecare.co.uk

## Swiss watchmaking finesse comes to spectacles

Matheson Optometrists are now proud suppliers of Von Arkel Frames. Hand made from the highest quality materials and produced with raw passion, the true attention to detail can only be fully appreciated in person

Manufactured in France and Switzerland by Swiss highly skilled craftsmen, they are perfectly weighted, extremely comfortable with hinges that won't loosen and fit like no other.

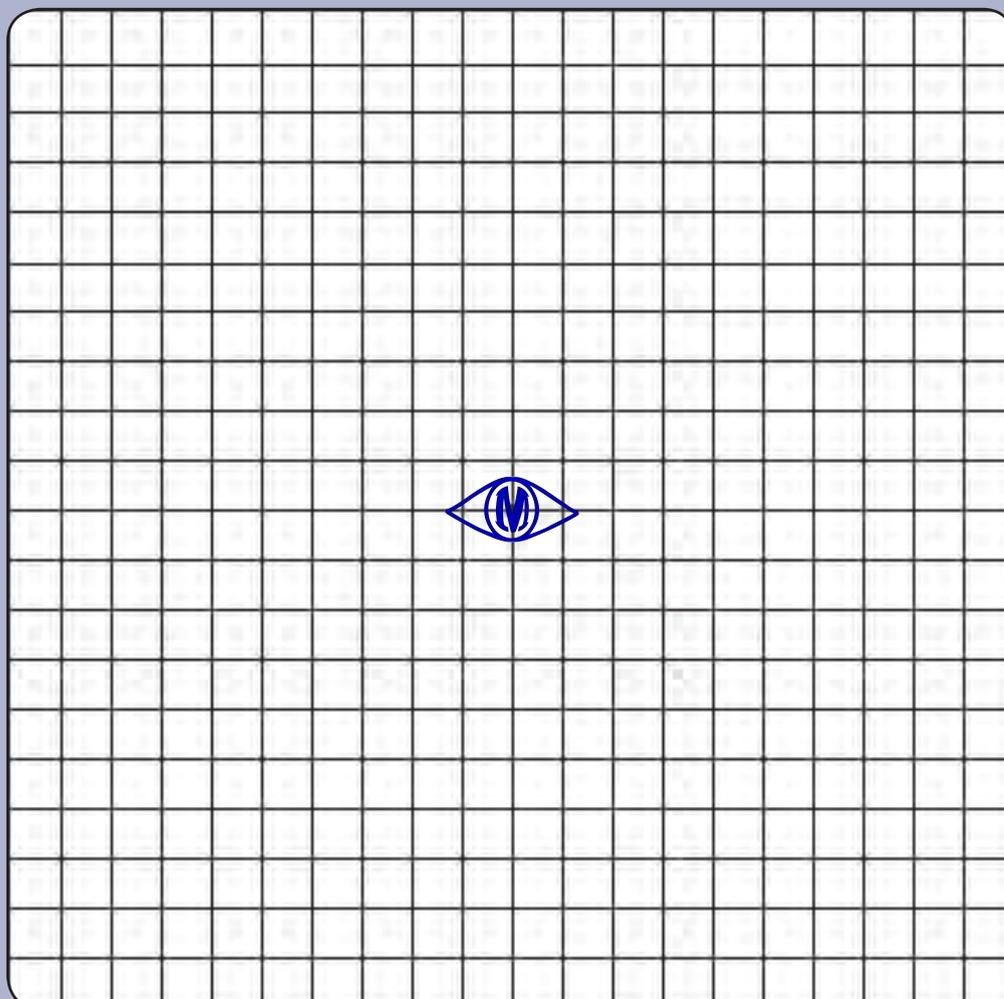
Currently located in our Grayshott and Alresford practices they are also able to be viewed in other practices by request.



### THE AMSLER CHART - A SELF TEST FOR MACULAR DEGENERATION

For more comprehensive instructions please visit [matheson-optometrists.com/amsler.html](http://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.**



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