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# **VISION FOR LIFE: Promoting Eye Health Across the Ages**

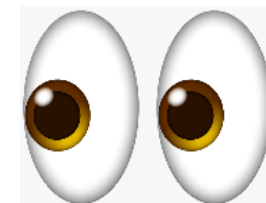
**Aarti Dua  
Darzi Fellow  
Specialist Optometrist**





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... **testing your EyeQ**



# How often should you get a sight test?

- A) At least once every 2 years**
- B) Whenever you remember to**
- C) Never**
- D) Weekly**



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# Who qualifies for an NHS funded sight test?

- **Aged 60 and over (every 2 years or more frequently as clinically necessary)**
- **Aged 40 or over with a close relative with glaucoma, or you have been advised by your optometrist that you are at risk of glaucoma (annually)**
- **If you've been diagnosed with diabetes (every 2 years + diabetic eye screening)**
- **If you (or your partner) receive certain benefits such as income support**
- **Registered blind or partially sighted**
- **Under 16, or under 19 in full-time education**



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# Your local optometrist will..

- **Check if you need to wear / update your glasses (discuss methods of vision correction)**
- **Complete a comprehensive eye health check (often including visual field testing and eye pressure checks)**
- **Make eye health recommendations / advise on lifestyle changes**
- **Refer you for additional tests if needed! *\*patient choice***
- **Home testing available**



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# **EYES ARE THE WINDOW TO THE SOUL**

**Diabetes**

**Graves / Thyroid Disease**

**High Blood Pressure**

**High Cholesterol**

**Lupus**

**Medication Toxicities**

**Multiple Sclerosis**

**Rheumatoid Arthritis**

**Stroke**

**Vascular Disease**



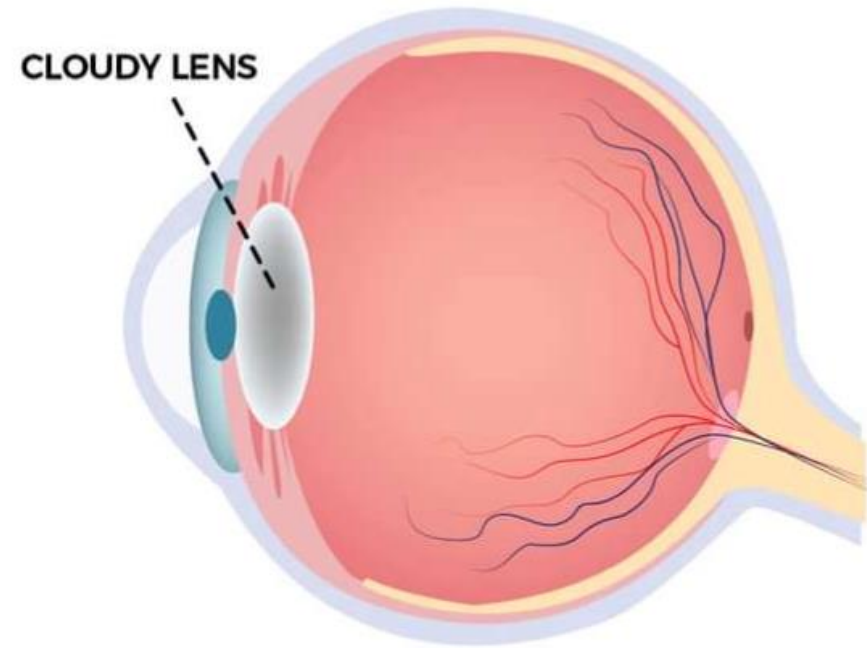
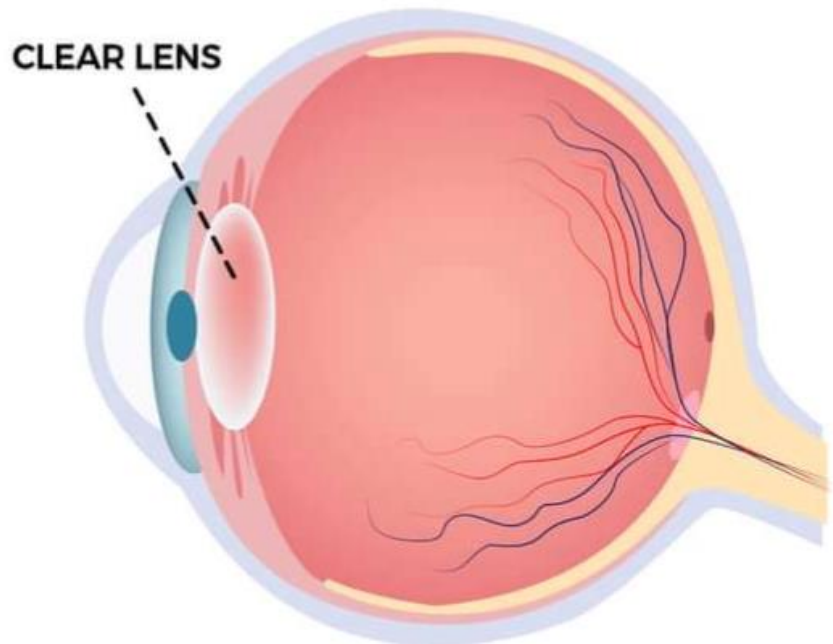
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# Cataract

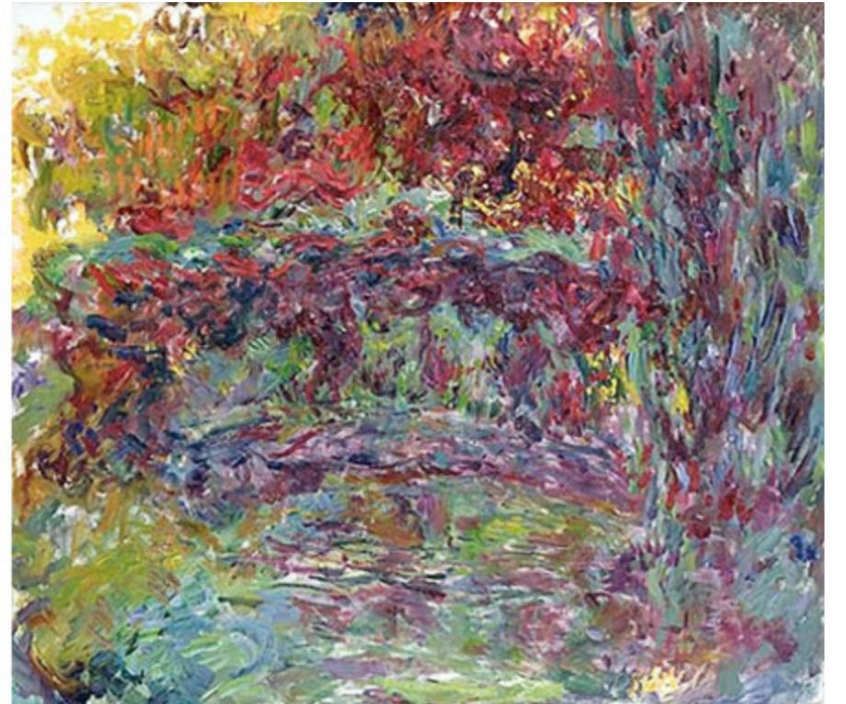
- **Gradual reduction in vision**
- **Constant level of blur**
- **~ shifts in glasses prescription**



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# Glaucoma

- **~largely asymptomatic → Early detection is key!**
- **Can run in families**

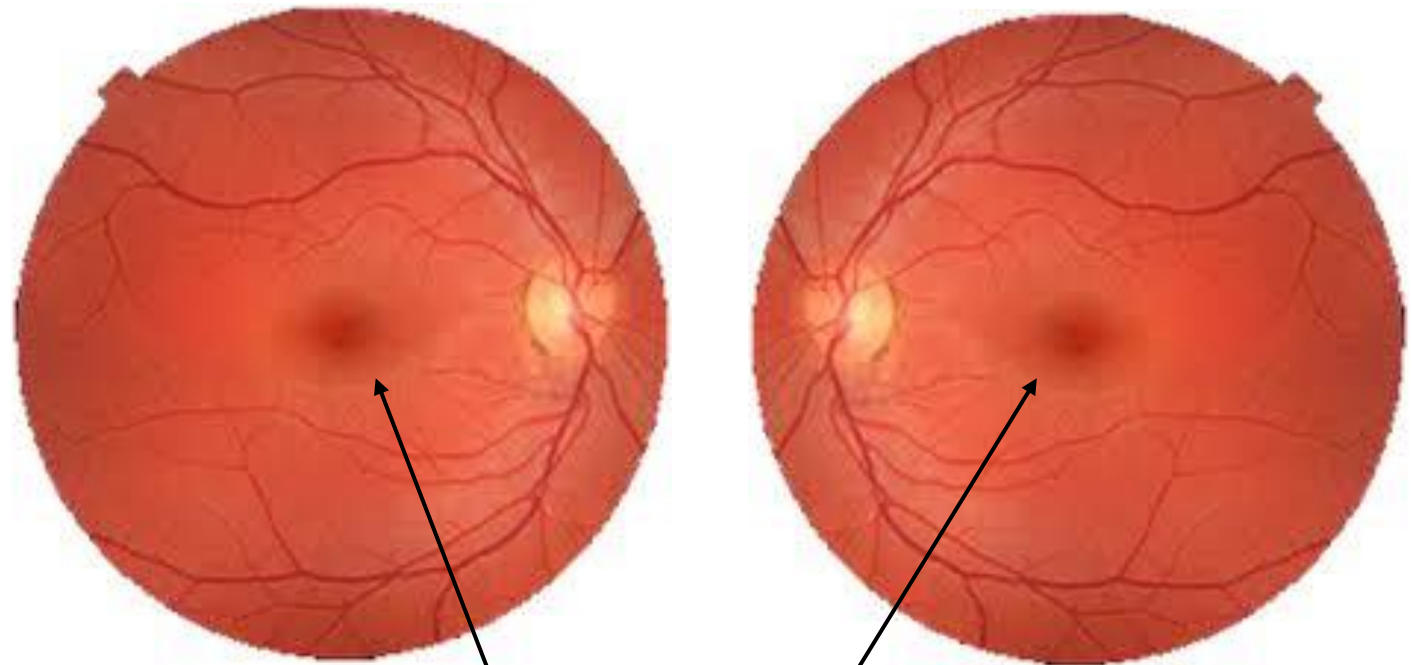


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# Age-Related Macula Degeneration (AMD)

- **Onset aged ~50-60s**
- **Wet or Dry AMD**
- **Distorted vision**



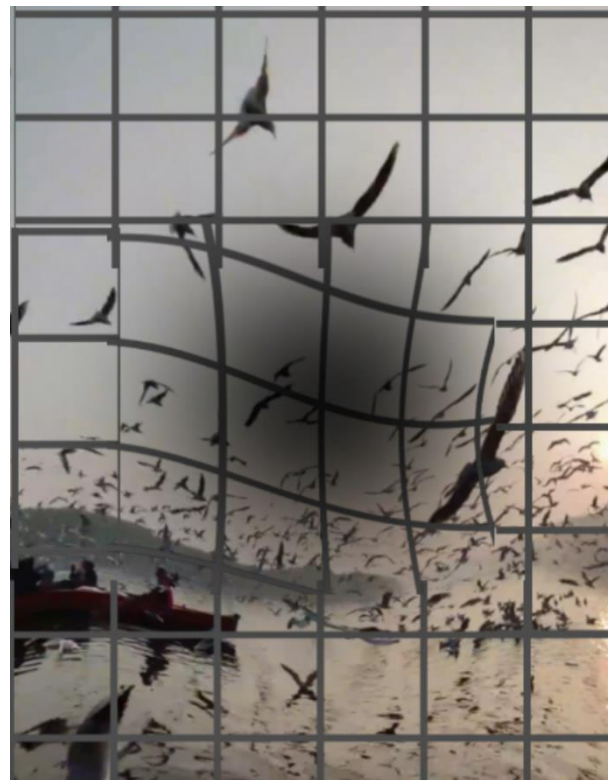
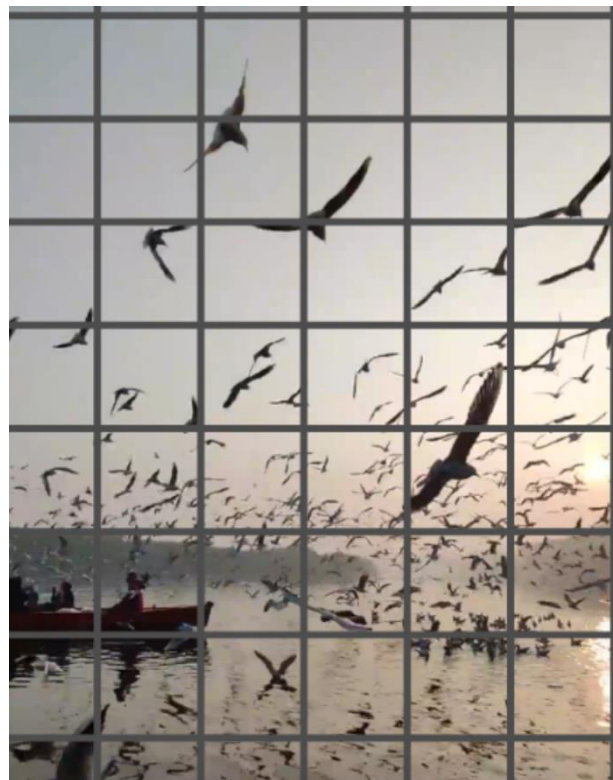
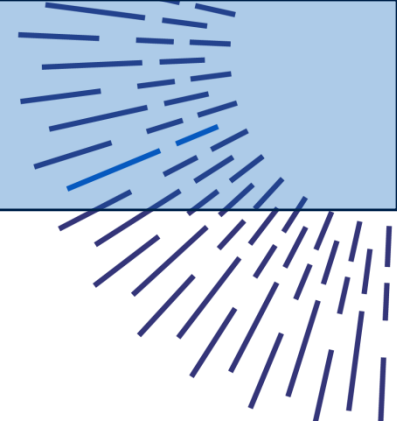
**Macula**



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# Age-Related Macula Degeneration (AMD)



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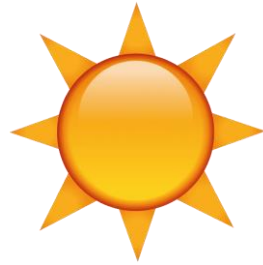


# Lifestyle Matters!



***Eat Right for Good Sight***

***Harmful Rays***



***Vanity over Vision?***



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## ***Blind to the Risks of Smoking***



## ***Screen Smart***

**20 – 20 – 20**



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# Emotional eyes

- **Eye health affects our emotions and mental well-being**
- **Frustration, anxiety, and stress**

You are not  
alone



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# Common Myths

- **Losing vision is an inevitable part of aging**
- **Wearing glasses or contact lenses will weaken your eyesight over time**
- **Your vision can improve with eye exercises**
- **Reading in dim light can damage your eyesight**
- **Carrots will make you see in the dark**



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**Thank you for listening**



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