

Phew! What a scorcher!!! Dry days lead to dry eyes.

Dry eyes are a very common condition. An independent consumer survey suggests that approximately 47% of people in the age group 16-64 experience everyday irritations in normal weather conditions. The heat wave we are experiencing in the UK at the moment means that more people are suffering with dry eyes than usual. The high pollen count is also contributing to patients' irritable eyes. The diagnosis of dry eyes is often based on the symptoms patients complain of and can be confirmed by a simple test which is carried out by an optician or other eye care professionals.

Apart from the constant irritation dry eye causes, it may affect the quality of vision and can lead to tiredness and droopy eye lids. The treatment for dry eyes can be as simple as using ocular lubricants i.e. artificial tears. These are available over the counter without prescription from chemists or pharmacists. There are many types of drops on the market and patients may prefer one make to the other.

For those patients with severe dry eyes, other treatments are available. The Consultants at **iSIGHT** will perform a thorough examination of a patient's eye and recommend a suitable treatment which can range from special eye drops to lacrimal implants.

Collagen punctal plugs



These are ideal for short term use in weather conditions like we are currently experiencing and are absorbed in 2-3 weeks.

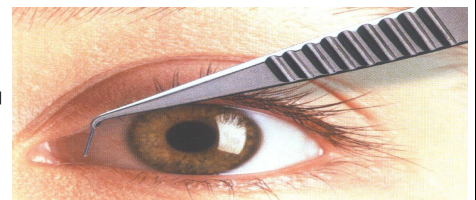
Silicone/Soft punctal plugs



Soft plugs are designed to be inserted into the opening of the tear duct. This helps to retain the tears in the eye. They can give relief for dry eyes up to 90 days.

Smarter canalicular plugs at iSIGHT

The Form FitTM plug is made of a hydrogel material that expands into a soft, pliable, gelatinous material when it contacts tear film. The Form FitTM is easily removable by flushing saline solution through the punctal opening. It can give up to 6 months relief for dry eyes. These are ideal for contact lens wearers.



A welcome return

iSIGHT is pleased to announce that Titia Dorgeat has returned to the fold. Titia, previously employed as



Mr Akingbehin's PA has returned to **iSIGHT** after an 18 month break and is now working as a project manager. One of her main tasks is the management of the **iSIGHT** website, www.iSIGHTclinics.com, to ensure it remains up to date and relevant.

Titia - "look out for some exciting news on the **iSIGHT** Blog or great videos that will make eye care come to life on your screen"

Glaucoma

NICE (National Institute for Clinical Excellence) has just issued a new guideline with regards to the diagnosis and management of chronic open angle glaucoma and ocular hypertension. The guideline deals with the Intra Ocular Pressure at which optometrists refer patients to ophthalmologists. Optometrists are monitoring closely the impact this may have on their workload and hospital referrals. For further information see the NICE website at www.nice.org.uk

iSIGHT is Britain's 1st private day case eye hospital.

For further information on **iSIGHT's range of products and services call :
0845 602 2517**

Societies for the blind and visually impaired

In June senior nurse manager Claire Britten and business manager Marilyn Francis from **iSIGHT** clinics visited Galloway's in Penwortham to do a recording session for their speaking newspaper. Galloway's had asked if they could specifically talk about age related macular disease. Claire talked through what happens at a screening consultation for dry age related macular disease at **iSIGHT** clinics. You can listen to the recording by visiting Galloway's web site - www.galloways.org.uk For further information about the visit go to the **iSIGHT** news blog - www.iSIGHTclinics.com

As a result of this visit we have compiled a list of the local societies for the blind and visually impaired:

Galloway's Society for the Blind



Galloway's are based in Penwortham and have a history that dates back to 1867. Their mission is to support people of all ages who have a sight loss and to enable them to gain an independent lifestyle, at the same time as minimising the effects of reduced vision. Galloway's have a very impressive array of equipment available for everyday needs and tasks.

Galloway's Society for the Blind, Howick House, Howick Park Avenue, Penwortham, Preston, PR1 0LS
Tel: 01772 753702 E-mail: kevin.lonergan@galloways.org.uk Web : www.galloways.org.uk

Southport Blind Aid Society

Southport Blind Aid Society has been in operation for over 40 years. The society runs a social club that has many events during the year, day trips, festive parties, dining, etc. They have various aids for sale i.e. talking clocks and watches, talking kitchen and bathroom equipment, magnifying glasses, white canes and games.



Southport Blind Aid Society, Paton House, 22 Wright Street, Southport, Merseyside PR9 0TL
Tel: 01704 534555 E-mail: info@blindaiduk.org Web : www.blindaiduk.org

Henshaws Society for the Blind for Merseyside



Henshaws offers accredited IT Training courses throughout the year for people with sight loss to get to grips with IT. They use accessible software designed for people living with sight loss, learners gain keyboard and word processing skills from complete beginner to intermediate level.

Henshaws Merseyside Resource Centre, Wellington Buildings, Liverpool, L2 0PP
Tel: 0151 227 1226 E-mail: it-training@henshaws.org.uk Web : www.henshaws.org.uk



Areas covered by Sefton PCT

- Churchtown
- Southport
- Birkdale and Ainsdale
- Formby
- Hightown, Ince Blundell and Thorton
- Blundellsands, Crosby and Waterloo
- Bootle and Seaforth
- Netherton and Litherland
- Maghull, Lydiate, Melling and Aintree

Contract with Sefton renewed

iSIGHT's business manager, Marilyn Francis has just secured a local three year contract with Sefton PCT to provide a cataract service under the NHS Choice programme for patients within the Sefton Area.

Thank you to the opticians and optometrists who have already submitted their details for entry on our website. This is now up to date. If any other practices would like to be included please fill in the form below and return to **iSIGHT**, 2 Lulworth Road, Southport, PR8 2AT or alternatively email your details to optometrists@isightclinics.com

Practice name
Address
.....
.....

Contact name
Telephone
Fax
E-mail address
Website address

•**Liverpool**

•**Southport**

•**Windermere**