



HERON EYECARE NEWSLETTER

Edition Three

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We are pleased to present the third edition of the Heron Eyecare Newsletter. Our goal is to keep you informed of all the latest news at Heron Eyecare and share insights on new optical technologies and advancements.

In March, we welcomed Zoe to the Heron Eyecare team. Her bright and bubbly smile is a great asset to our team. Brie, Renee and Nicole complete the team with their expertise in frames and lenses.

Heron Eyecare is excited to announce our latest instrument for diagnostic imaging of your eye. Ocular Coherence Tomography (OCT) has been a part of Heron Eyecare for the past decade and the recent improvement in this technology, Angiography, is now available. We are proud to be the first practice in Toowoomba to offer this powerful non-invasive diagnostic imaging technology.

What is OCT Angiography?

OCT Angiography is the latest innovation to image retinal blood vessels microscopically in three dimensions. The traditional method required injection of the fluorescein dye which carried some serious risks. OCT Angiography however, can now scan these blood vessels through the retina and choroid at the back of your eye noninvasively without any risk or discomfort. OCT Angiography allows us to evaluate the health of your retina and aid diagnosis for retinal diseases, such as Macular Degeneration and Diabetic Retinopathy, and Glaucoma.



What is your Macula?

The Macula is a very small area in the central part of your Retina. This specialised area of Retina is responsible for your fine detailed central vision. There are many eye diseases that can occur at the Macula including Macular Degeneration and Diabetic Retinopathy and OCT is the best instrument available to detect and monitor these eye diseases.



Hugh Bradshaw testing out the new Angio OCT

Macular Degeneration

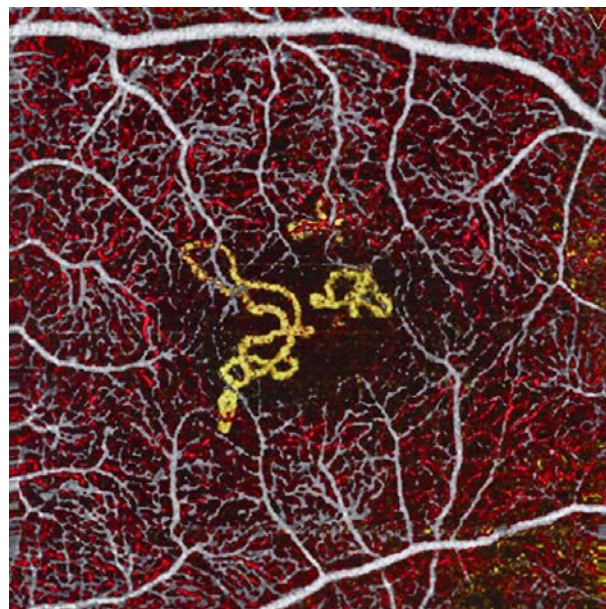
Macular Degeneration is a leading cause of blindness and severe vision loss. Macular Degeneration is an eye disease where damage or death of certain cells in the Retina, the light-sensitive tissue at the back of the eye, occurs. One in seven Australians over 50 now have some evidence of Macular Degeneration and only an eye examination can detect the early signs of the disease. OCT is the best instrument for assessing the retinal damage caused by Macular Degeneration.

Dry Macular Degeneration

Dry Macular Degeneration, where damage occurs to the Macula currently has no treatment. Nutritional supplements however can help reduce the amount of Dry Macular Degeneration changes. A large age-related eye disease study (AREDS2) found a daily dose of think, vitamin C and E, Copper, Lutein and Zeaxanthin can benefit people with Macular Degeneration.

Wet Macular Degeneration

In more advanced cases of Macular Degeneration the disease can cause the growth of new blood vessels underneath the Retinal tissue. These blood vessels can often rupture causing haemorrhaging or fluid in the now “wet” Retina. OCT Angiography can image these new blood vessels noninvasively even in the earliest stages. Thankfully there is treatment for wet Macular Degeneration with injections that can save your sight and help hold or even reverse the growth of these new blood vessels.



New blood vessel growth in Wet Macular Degeneration.

INTRODUCING...

In other news, we welcome **Adam Barron** to Heron Eyecare. Adam is a local of the Darling Downs, coming from Meandarra and completing his schooling at Toowoomba Grammar School in 1996. Adam then completed his Bachelor of Applied Science in the field of Optometry in 2005 and has practiced in Mackay, Warwick and back to Toowoomba. Since graduating, he has special interests in eye diseases and contact lens fitting. In 2008 Adam was awarded the Alcon Award for outstanding patient care in Optometry, and completed his Graduate Certificate in Ocular Therapeutics in 2009. Adam’s clinical interests and core philosophies in eye health and patient care are a perfect fit for Heron Eyecare. We sincerely welcome Adam together with his wife Kelly, and two children Ava and Ben to the Heron Eyecare family.

