

# Comprehensive Eyecare Plan C4 Sightcare

## PLAN BENEFITS



45-minute routine appointments with our experienced Optometrists, plus emergency appointments when Needed.



3D Ocular Coherence Tomography (OCT) scans, Optos ultra-widefield retinal imaging, fundus photographs, and field of vision testing at no additional Cost.



10% discount on eyewear, eye drops, solutions, and accessories. The option to spread your spectacle payments over 10 interest-free instalments.

## WHY CHOOSE US?

At C4Sightcare, we offer a service we're truly proud of. Our longer appointment times give us the opportunity to thoroughly assess your eye health and carefully consider any visual corrections needed, ensuring we never compromise on your care.

## CONTACT US



01670 518 612



0191 232 1002



[www.c4sightcare.com](http://www.c4sightcare.com)



## WHAT IS COVERED

Our Comprehensive Eyecare Plan ensures you receive regular eye examinations at scheduled intervals, along with the peace of mind that you can be seen promptly if you have any concerns or notice changes in your vision. Additionally, contact lens supply and aftercare can be added to your plan for an extra charge.



## COMPREHENSIVE TESTING

The additional tests we conduct during your appointment enable our optometrists to detect and monitor early signs of eye disease, helping to prevent unnecessary hospital visits.



## THE NITTY GRITTY

The Eyecare Plan is available for just £7 per month, with no joining fee. If you decide the plan isn't right for you, you can opt to pay per appointment, with each visit costing £98.

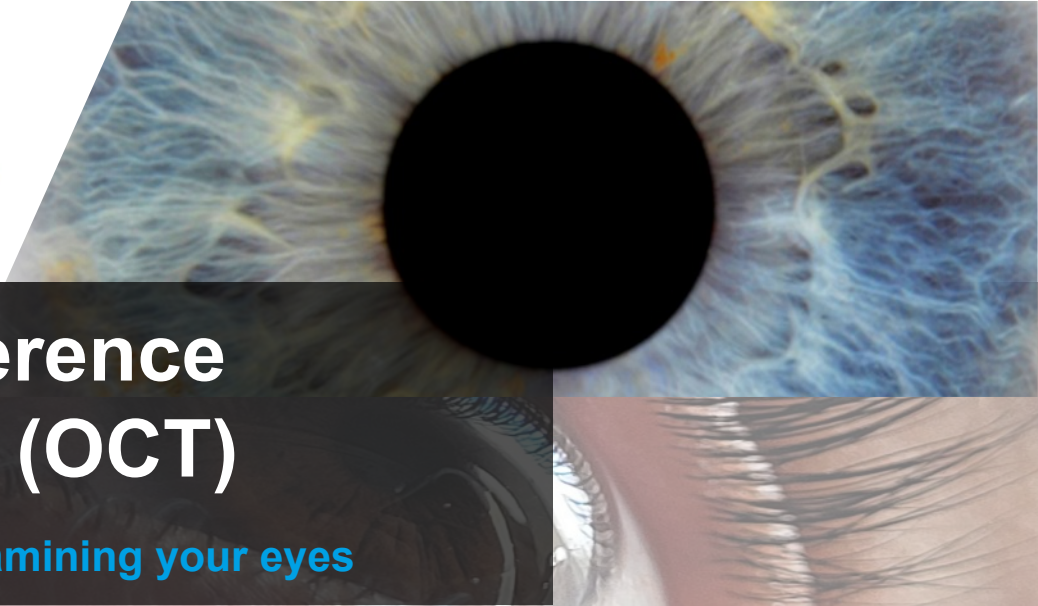
Please note, we no longer offer NHS - funded eye tests.



65 Newgate Street, Morpeth, NE61 1AY



Northumberland House, Newcastle, NE1 8ER



# Optical Coherence Tomography (OCT)

**A whole new way of examining your eyes**

## What is OCT?

Optical Coherence Tomography uses low intensity infra-red light to give a 3D image of the back of the eye. It shows not only the surface but also the depth of the structures. It is similar to using ultrasound and creates an image not unlike an MRI or CT scan.

The light levels are very low, the scan takes seconds to acquire and is totally painless. All you need to do is look at a light, keep your eyes still and not blink for two seconds, simple as that!

As well as the 3D scan, our instrument also takes a photograph of the eye in high resolution. This allows us to pin point any area of concern to review in depth.

## What are the benefits?

The instrument is incredibly good at measuring and monitoring Macular Degeneration. It can measure the thickness of the optic nerves which are affected by Glaucoma (and compare to an age, gender and ethnically matched normal).

In both circumstances it can mathematically show any changes from one visit to the next, working at a level way beyond the ability of even the most experienced observer with normal viewing methods.

If there are any changes or abnormalities they can be monitored by ourselves if appropriate. Should you need referral to a hospital the information we provide can help immensely in aiding the doctor to prioritise the urgency for assessment/treatment.

## Does everyone benefit?

Everyone can have greater reassurance from a more in-depth examination. The two main areas where we see benefits are to people with, or likely to develop, Macular Degeneration (mainly people aged 60 or over) and those with a family history of Glaucoma or high pressures in their eyes. Diabetics can be monitored and compared more accurately, which is very beneficial in the long term.

## Do I need to have an OCT scan?

When checking the health of your eye the more information we have the better the quality of our decisions will be. This procedure gives us far more information to make a decision now, and improves our ability to compare and notice very subtle changes in the years to come.

For more information on OCT scans and to book an appointment please ring our practice on :

Morpeth Branch Tel: **01670 518612**

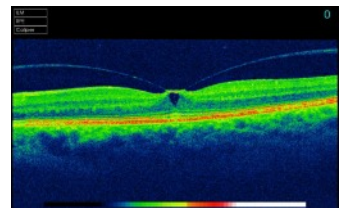
Newcastle Branch Tel: **0191 232 1002**

## 3 ways to help protect and maintain a healthy macula.

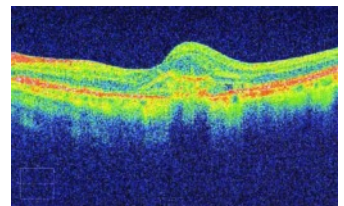
- Eat a diet rich in vitamins and minerals, particularly Lutein and Zeaxanthin. These are found in green leafy vegetables and in yellow fruits.
- Have regular check-ups including the OCT scan to monitor any changes.
- Protect your eyes against damage from UV light. When buying sunglasses make sure they have adequate UV protection.



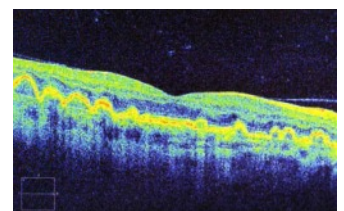
Image of Retina (back of the eye)



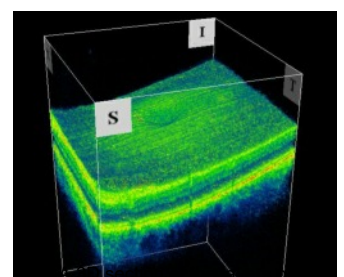
The vitreous (jelly) pulling on the retina



Age-related Macular Degeneration Wet Form



Age-related Macular Degeneration Dry Form



the retina and vitreous jelly