



**VISION OF  
BRITAIN**



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**The latest trends and advice in eye health**

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# Welcome to Vision of Britain

**Sight is the sense that we value the most, yet so many of us take it for granted. Are we doing all we can to protect this vital sense and ensure our vision is the best standard possible?**

Latest research, jointly commissioned by Boots Opticians and leading eye hospital group Optegra Eye Health Care, reveals that 55 per cent of British adults would feel a lot happier if they could see more clearly.

There is a definite link between quality of vision and our quality of life. And worryingly, this is particularly apparent amongst 16-24 year olds.

Almost a third of this age group (32.4 per cent) who wear glasses, contacts or consider themselves to have imperfect vision say poor vision reduces their confidence with socializing and meeting new people. Two thirds say they would feel happier if they could see clearly and 40 per cent of this group say their poor vision has knocked their overall confidence.

This is backed up by optometrists and opticians who said their patients can be quite distressed when poor vision affects their lifestyle.

Across all age groups, there are so many options to help people improve their quality of vision - from contact lenses and glasses, to medical treatments and eye surgery.

The key to all of this is the simple eye test. Optometrists and opticians will tell you that regular eye tests are the single most important thing to protect your vision.

The College of Optometrists recommends that you should have an eye test at least every two years or as recommended by your optometrist based on your personal eye care needs.

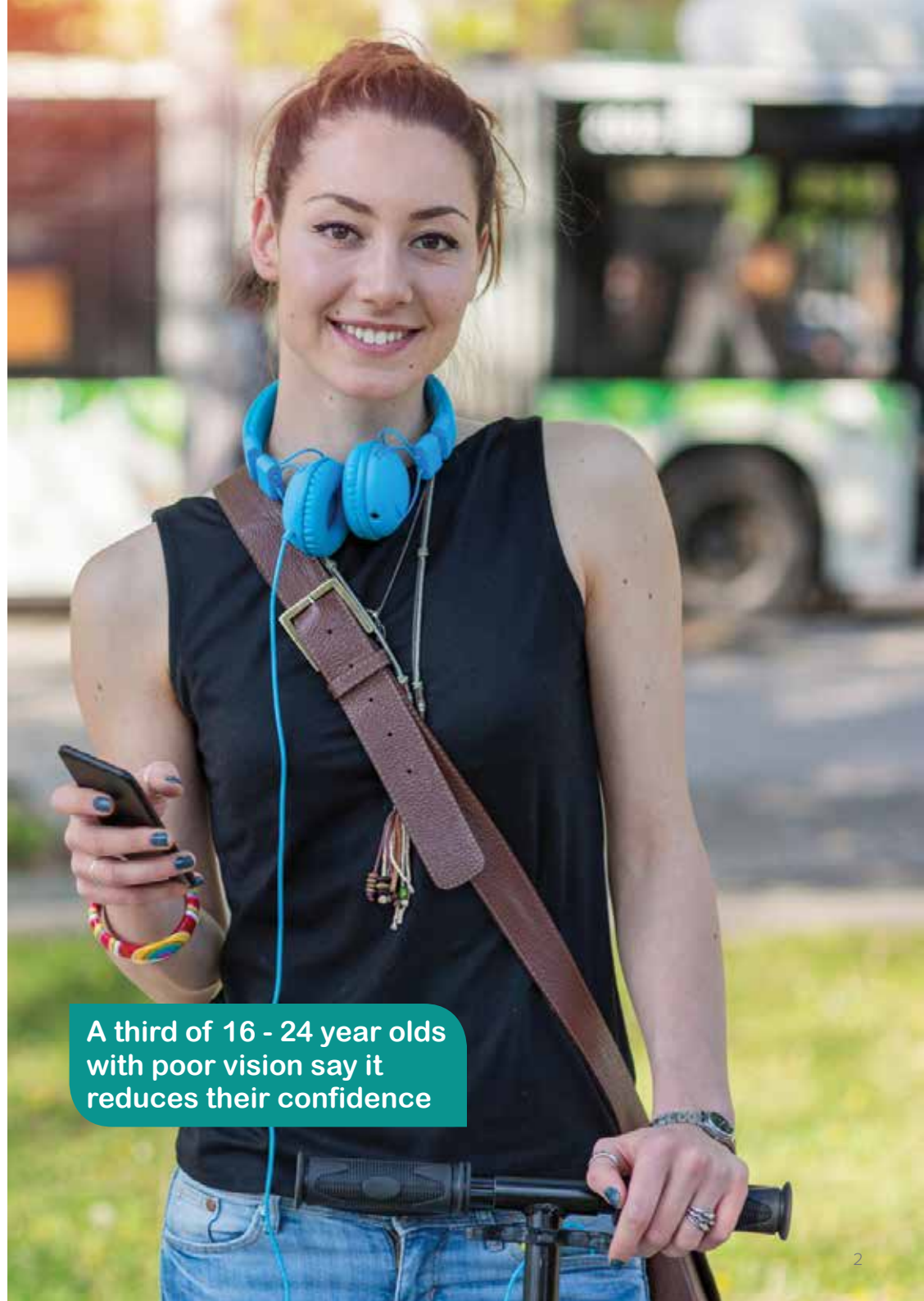
While 63 per cent of British adults surveyed are having eye tests up to every two years - as recommended - 12 per cent of 16-24 year olds have never had an eye test, 28 per cent of British adults say they just don't think about eye tests and 22 per cent say they don't have enough time for it.

Yet this simple test can keep track of your eye health and your vision, so we call on you to book that test for yourself and family members - to ensure you are seeing and living life to the full, making the most of this precious sense to help you feel good in yourself.

We hope you enjoy this report, and please ask your local optician for any further individual advice to help you see more clearly.

**Claire Slade**  
Director of Professional Services  
Boots Opticians

**Peter Byloos**  
CEO  
Optegra



**A third of 16 - 24 year olds with poor vision say it reduces their confidence**



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The research referred to in this report was commissioned by Boots Opticians and Optegra Eye Health Care. It was conducted independently in October 2018 by Census wide, with 2,031 nationally representative UK adults as well as with 50 GPs and 50 Optometrists, Dispensing Opticians and Contact Lens Opticians.

## Patient view

### RAF applicant, Bea, has latest laser eye surgery



For Mancunian Bea Hare, her dream of applying to the RAF was foiled due to very poor vision which meant she relied on glasses since she was four. But treatment at Optegra Eye Hospital Manchester has transformed her sight.

Bea, age 23, was the first person in the North West to have this third generation laser eye technology, SMILE.

SMILE stands for SMAll Incision Lenticule Extraction and is a bladeless, flapless, minimally invasive alternative to traditional laser surgery. It is considered the 'keyhole surgery' of laser and has been carried out over 1.5 million times.

Bea can now see with better than 20/20 vision for the first time without glasses which means she can re-apply for the RAF as she hopes to fulfill her dream of serving on the front line.

She says: *"When I was told I already had better than 20/20 vision, I couldn't believe it - that's not really me is it?! I feel very blessed to have had this procedure, it has completely changed my life."*



# British view of eye tests

## Did you know?

- The NHS recommend an eye test every two years or as recommended by your optometrist
- Over a third (35 per cent) of Welsh adults have their eyes tested once or more a year; compared to 24 per cent in England, 33 per cent in Northern Ireland and 28 per cent in Scotland
- One in 10 across the UK never get their eyes tested
- Only eight per cent of us rate our eyesight as 'perfect'

## So how often do you have your eyes tested?

Are you one of the 68 per cent who know that their eye test will also spot health conditions such as diabetes or high blood pressure?

Or one of the 72 per cent who know that their optician can spot eye disease even before symptoms?

According to GPs across the UK, this is why eye tests are so important:

- 76 per cent say eye tests are vital to diagnose a range of health conditions
- 74 per cent say they can tell us a lot about the patient's wider state of health
- 68 per cent have picked up on a serious health condition due to examining eyes

## While for optometrists:

- 26 per cent have diagnosed an eye condition too late to treat due to the patient delaying having an eye test

### Claire Slade, Director of Professional Services, Boots Opticians

*"The eye test is the single most important thing you can do to look after the health of your eyes. While we frequently schedule trips to the dentist, many of us just don't think about our eyes."*

*"But for all ages - from school children onwards - it is essential to pick up any problems and treat them as quickly as possible, especially as some conditions have no symptoms."*

*"The eye test will also check your vision and the optometrist will give you advice on how to ensure that you are seeing well and how to look after your sight for the future."*

## Top tip!

**Book yourself and family members an eye test, and set a phone/tablet calendar reminder for every two years or as advised by your optometrist**

**The earlier a serious eye condition is detected, the better the chances of successful treatment.**



# Beauty in the eye of the beholder

Our eyes not only enable us to see the world around us, but are also key to us looking good and feeling great.

Over half (53 per cent) of British women are unaware that each item of make-up has a 'best before' date from when it is opened.

**Generally, each product should be discarded after:**

- Mascara - 4 months
- Powder eye shadow - 12 months
- Creamy eye shadow - 6 months
- Liquid eye liner - 24 months
- Foundation - 6 months

## Top tip!

Check the best before date or the Period After Opening (PAO) symbol on each product. It looks like an open jar of cream and has the number of months next to it that a product is safe to use after opening. It can vary hugely from item to item



## Is your make-up up to date?

In reality, 55 per cent of women wear mascara over four months old, 30 per cent have make-up over five years old and 26 per cent even wear eye liner which is several years old!

While a quarter of us (24 per cent) share our eye make-up with family and friends - another no-no!

**Claire Slade, Director of Professional Services at Boots Opticians, warns on the perils of using old eye make-up:**

*"Harmful germs can build up in your make-up that can cause eye infections, just in the same way that food can make you poorly if you eat it past the best before date.*

*When you open your make up, you should write the opening date in marker pen at the bottom of the container to remind you about when to replace it.*

*"Our new research also shows that 29 per cent of us think cheaper eye make-up is more likely to lead to infection - this is not true. All eye make-up has a shelf life, no matter what it costs, the risks are the same!"*



Claire Slade  
Director of Professional Services,  
Boots Opticians



## 5 ways to make your eyes shine



**Get prepared:** a light sweep of primer will help eye make-up last longer

**Choose the perfect colour for you:**

**Blue eyes:** go with warm tones like copper or peach

**Green eyes:** violet tones will make your eyes pop!

**Brown eyes:** choose cool silver or blue for a beautiful contrast

The cat flick remains a firm style favorite. Use liquid liner or sharpen your pencil for a neat stroke and direct from corner of eye towards outer edge of your eyebrow. Purr!

Clean make-up brushes with baby shampoo - gentle enough for babies, so gentle enough for the sensitive skin around your eyes

## 20 min tutorial

to achieve the look you love

Try out a free No7 eye make-up tutorial at larger Boots stores. To book visit [www.boots.com/no7-book-an-appointment](http://www.boots.com/no7-book-an-appointment)

## Top tip!

Have a make-up bag clear out and discard of anything you know is over the best before date. Can't remember buying it? Let it go!

# Vision and your outlook

**Our latest research, with over 2,000 UK adults, shows a striking parallel between vision and wellbeing.**



Mark Wevill  
Optegra Surgeon

Over half (56 per cent) of adults with poor vision would feel a lot happier if they could see clearly.

A fifth say their imperfect vision makes them feel old and three in 10 (28 per cent) say it makes them feel frustrated.

There are particular concerns for those aged 16-24, as 66 per cent say they would be happier if they could see clearly, and 40 per cent say their poor vision has knocked their overall confidence.

So what can be done to help improve our mood and our outlook? We asked Optegra eye surgeon Mark Wevill:

*“There are a number of lifestyle changes you can make to help improve both vision and wellbeing.*

*“First and foremost, if you are a smoker, try to stop. Only 53 per cent of UK adults realise smoking can damage your eyesight - for your overall health and wellbeing, quitting smoking is the best thing you can do. Ask your GP or pharmacist for support.*

*“Diet is also important. While 54 per cent of adults are concerned about calorie intake, only 28 per cent of adults think about foods to protect sight. A simple diet change can help your vision, but 72 per cent don't know which foods are good for eyes.*

*“Finally, explore your options. If your eyesight is getting you down, start with an eye test to find out exactly what your individual needs are and then find out the many options to improve your sight and hopefully your general wellbeing too.”*

# Eat well to help you see well

**Certain vitamins and nutrients have been proven to assist with healthy vision, so here is our guide to great foods to fuel your sight.**

## Vitamin A:

Vitamin A is beneficial in maintaining normal vision and vital in ensuring our eyes do not become dry.

- You can find it in eggs, cheese, milk, yoghurt and liver.
- Our body also naturally converts Beta Carotene to vitamin A. Beta Carotene can be found in yellow and red vegetables such as carrots, sweet potatoes and red peppers; also in yellow fruits like mangoes, papaya and apricots.

## Zinc:

Zinc protects our cells from oxidative stress and it helps to maintain vision.

- Find it in red meat, shellfish, cheese and certain cereals such as those containing wheatgerm.

## Omega 3:

DHA (Docosahexaenoic acid) is a type of Omega 3 which is beneficial in sustaining normal vision. To provide this benefit, a daily intake of 250mg of DHA is recommended.

- You can find DHA in: salmon, mackerel and seaweed.

## Vitamin B2:

Vitamin B2 is also beneficial in maintaining normal vision.

- Sources include milk, eggs, fortified breakfast cereals and rice.



# Treatments for vision correction

Whatever your age, if your eyesight is letting you down, you have plenty of options. Your optician can advise on the best to suit your needs, so you look and feel good:

## Glasses

Often the first port of call, an immediate fix and great way to refresh your look.

## Contact lenses

Ideal for those who prefer not to wear glasses. They can be worn daily or occasionally, perhaps for sports or special events. Choose from daily to monthly, reusable or extended wear lenses. Your optician will check they are the right lenses for you, that they fit well and offer advice on hygiene and use.

## Laser eye surgery

Ideal for those in their 20s, 30s and 40s, this quick treatment can reverse the need for glasses or contact lenses, by using a laser to reshape the front part of the eye, changing its focusing power to improve sight.

100 per cent of all eyes treated at Optegra reached 'driving test' level and 99 per cent reached 20/20 'perfect vision'. (\*Figures from 1097 eyes treated)

## ReLEx SMILE

The most advanced and minimally invasive laser eye surgery treatment. A bladeless form of laser eye surgery which is why no flap is required.

## Presbyond

Laser vision for people with presbyopia, the age-related need to use reading glasses. It is a form of advanced wavefront laser treatment which blends vision for distance and near between the dominant and non-dominant eye, reducing or even eliminating the need for glasses.

## Lens exchange

Similar to cataract surgery where the natural lens of the eye is replaced with an artificial lens, this replacement lens is tailored specifically to your needs so you can be free of glasses or contacts after a 20 minute procedure. And you'll never get a cataract!

At Optegra, following Lens Exchange and without any glasses, 91 per cent of patients achieve 20/20 vision and 97 per cent can read newspaper-size print afterwards

## Implantable contact lens

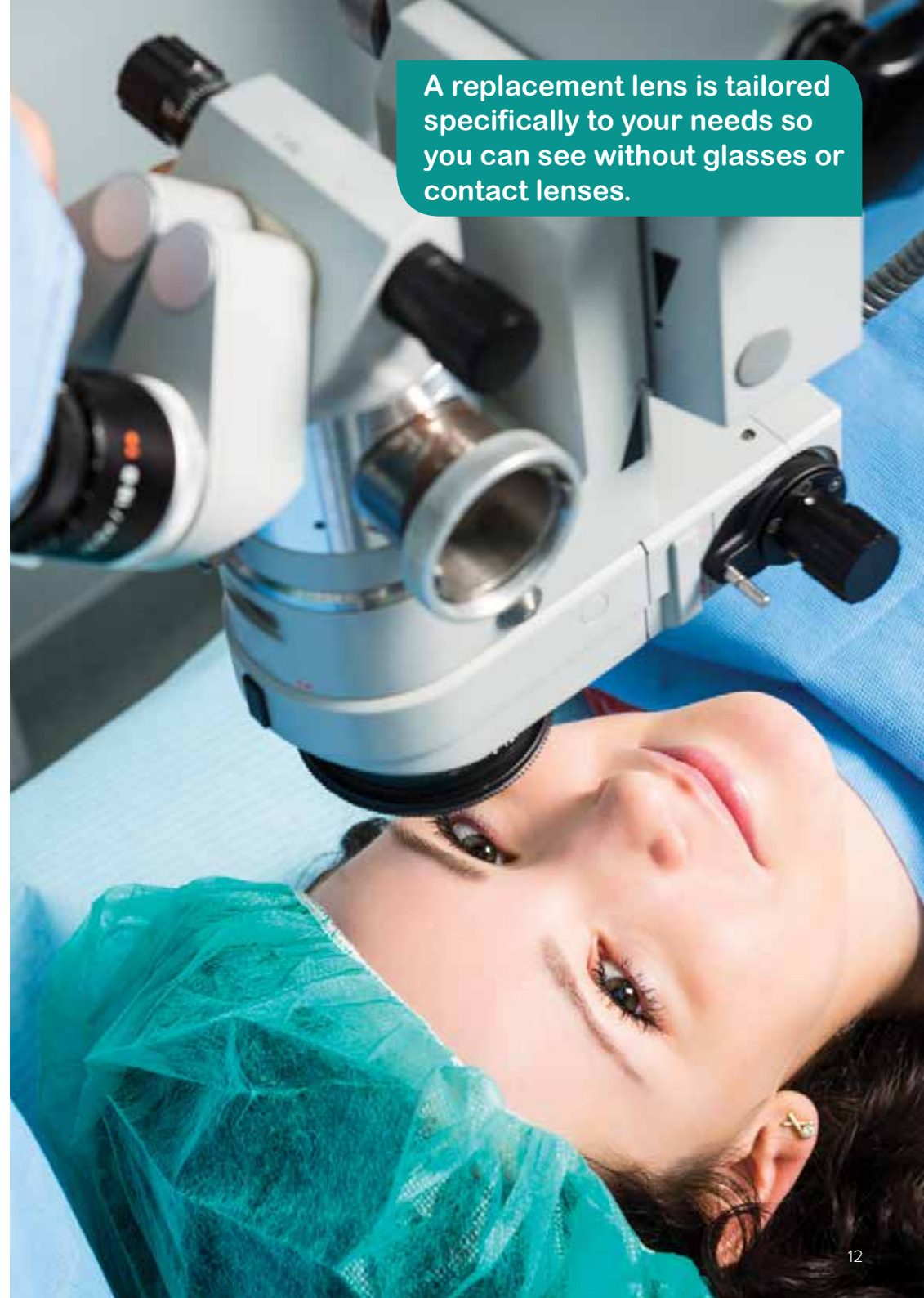
Where the contact lens is placed within your eye, between your natural lens and the iris, or between the iris and cornea. Ideal for very high prescriptions where laser eye surgery may not be suitable.

## Cataract refractive surgery

If you are short or long-sighted and also have a cataract, you can fix it all in one operation. Your cloudy lens - caused by the cataract - is permanently replaced by a personalized artificial intraocular lens (IOL), rather than a standard clear lens as in regular cataract procedure. So you could be free of glasses as well as your cataract! Only 17 per cent of people interviewed knew this was an option.

For more information visit [www.optegra.com](http://www.optegra.com) and [www.boots.com/opticians](http://www.boots.com/opticians)

A replacement lens is tailored specifically to your needs so you can see without glasses or contact lenses.











# Vision through the decades

Optegra eye surgeon Mr. Alex Shortt outlines the symptoms to be aware of at different ages:



Age	Symptoms/red flags		Treatment options	Top tips
Pre-school age children	Squint		<p>May be a sign of eye strain, not being able to focus or the need to wear glasses</p> <p>Have eyes tested to assess the possible need for glasses and/or patching</p>	<p>Specialist children's eye health experts are available</p> <p>Don't worry if your child cannot read yet, pictures can be used to assess vision</p>
School age children	<p>Rubbing eyes a lot</p> <p>Sitting too close to the TV</p> <p>Unable to see white board at school</p>		<p>An eye test will reveal if your child is short or long sighted</p> <p>Glasses can really help your child to focus in class which can have a big impact on learning, so don't delay!</p>	<p>Some schools run vision checks, but not others, so do not rely on it. Equally, a vision check at school will not check the health of your child's eyes. It is recommended that young people spend two hours a day in fresh air to help prevent short-sightedness</p>
Young adults	Straining to see small screen technology		<p>Use the 20:20:20 rule to give your eyes a break from close-up work or technology - look 20 ft away for 20 seconds every 20 minutes</p>	<p>As many young adults learn to drive, eyesight is checked as part of the driving test - a good time to get a full eye test, especially if you have not had one as a child</p>
20's - 30's	<p>Headaches or migraines</p> <p>Irritable sore eyes and itchy eyelids</p>		<p>Can be a sign of eyestrain or sensitivity to light. An eye test will spot any links and help you manage your headaches e.g. you may need to wear sunglasses more often</p> <p>Blepharitis - eyelid inflammation - is one of the most common eye conditions but there are treatments such as eye drops, cleansing pads and eyelid scrubs. It's always best to speak to your optician to ensure that you do not have an allergy or infection that needs treatment</p>	<p>This is very common. 80 per cent of optometrists have had patients with headaches or migraines who discover they need glasses</p> <p>Clean eyelids daily using specialist eye lid cleansing products from your optometrist</p>
40's - 50's	<p>Harder to read small print e.g. phone messages or menu</p> <p>Blurry vision, nausea and even sight loss or a family history of glaucoma</p> <p>Gritty, sore, tired eyes</p>		<p>The lens of the eye naturally loses its elasticity and flexibility as we age. This affects focusing power and so many people need to start wearing reading glasses at this age</p> <p>This is the age range where the first signs of glaucoma appear</p> <p>Your local optician can diagnose and treat mild to moderate dry eye. Occasionally referral to an ophthalmologist may be required for severe disease</p>	<p>Get a personal prescription and tailored glasses rather than off the shelf reading glasses - as an eye test checks your eyes are healthy too, and may reveal that you have a different prescription in each eye</p> <p>If you have a family history of glaucoma you should have annual eye tests from age 40 onwards and it's free on the NHS</p> <p>Dry eye disease is very common in this age group affecting up to 20 per cent of people</p>
60 plus	Clouding of vision or deteriorating central vision		<p>Cataract or Age-related Macular Degeneration are conditions which mainly affect older age groups. Surgery for cataract is very straight forward, and there are a range of treatments for AMD - though the sooner it is diagnosed the better</p>	<p>A specialist eye hospital can treat cataract quickly and even upgrade the replacement lens so you may no longer need glasses. An ophthalmic surgeon can also recommend various treatments for AMD. Ask your GP or optometrist for advice</p>



# Insight to short-sightedness

**Short-sightedness, or myopia, is increasingly becoming a problem, especially amongst younger people.**

If children are struggling to see the board at school because it is blurry, our eyes respond by growing larger and then, in fact, we become even more short-sighted. The long-term effects are serious as short-sighted people are at significantly higher risk of glaucoma, cataract, retinal detachment and macular degeneration.

The World Health Organization has estimated that by 2050 more than 60 per cent of the global population (up from 29.8 per cent in 2010) will be short-sighted. In the UK, 80 per cent of GPs and optometrists agree that if it is not controlled early on, eyes continue to grow and so vision problems get worse.

## So how can we help our children?

- 92 per cent of optometrists say parents should encourage their children to spend more time outdoors to help prevent myopia
- 84 per cent say parents do not realise that letting children spend a long time on small screen technology can increase likelihood and progression of myopia

**Dr. Clare O'Donnell, Head of Eye Sciences research division at Optegra, explains:**

*"Not only will short-sighted children struggle to read the whiteboard easily which may affect learning, but as they get older they are more likely to suffer serious eye disease. This really is an issue we should all be mindful of.*

*"We need to do something now to slow down this increase in myopia. Natural daylight helps, and it is recommended children should have at least two hours a day outside, so encourage your kids to enjoy fresh air; and keep them away from small screens at the same time!"*

Technology is advancing at such a rate that there are now contact lenses that can help tackle this issue. They work by changing the focus of light in the eye. In myopia, the eyes detect that light entering is out of focus and send a message for the eyes to grow bigger to compensate for this. But in fact as the eyes grow, the myopia gets worse - it is a vicious circle.

The new lenses, suitable for children, offer a different zone of focus to regular contact lenses so the light reaching the back of the eye has a different focus and does not send the signal for the eye to grow.



Dr. Clare O'Donnell  
Optegra



**If your child is short-sighted, ask your optician for advice on how to slow its progression.**

# Finding the frames for you

With so many of us now wearing glasses and new frames launching all the time, how do we decide which style suits us best?

Trained frame stylists at Boots Opticians say the key is the shape of your face.

## Oval face



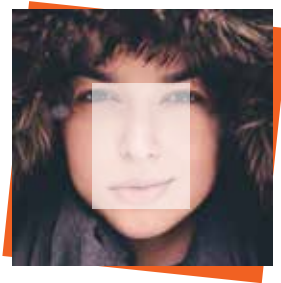
One and a half times longer than it is wide and chin slightly narrower than forehead. Most styles will suit but try not to go too large or too small. Cat-eye shape will enhance your cheekbones.

## Heart shaped face



Wide forehead that tapers to a pointed chin. Go for frames wider than the forehead with detail on hinges. Either a cat-eye or wayfarer frame, which will make cheekbones more defined. Rimless or bottom-heavy frames will also suit.

## Oblong face



Typically longer than wide, and with a narrow nose and squarer jaw than an oval face. Wide frames are great, such as aviator style - making the face appear shorter and more balanced; or a square style which adds width to a narrower forehead.

## Square face



Angular with a square jaw and a wider forehead in proportion to length of face. Round or oval frames suit, by softening sharp angles.

## Round face



Wider cheekbones, a round chin and curved hairline. More angular frames such as square or rectangular make round faces appear longer.



## Patient view

**Specs-phobic Danielle becomes a glasses convert. She says:**

The urges started in earnest last autumn when I saw Richard Madden in TV's *Bodyguard*. I wanted, for once, to watch a gripping TV show without the on-screen action being as blurry as if I'd rubbed moisturiser over my eyeballs.

I thought back to other vision-related fails. I flag down every bus because I can't see the number. New acquaintances assume I'm rude - if you're not close enough to air kiss, I can't see you. Oh, and that time I thought a Banksy 'cashpoint' was real. Things had to change...

The very next Monday, I step into the tranquil environment of my local Boots Opticians. This is where I confess that I always read in front of the TV (weird, I know!) but as my close-up vision's fine, when I look down at a book, magazine or my phone, I feel dizzy.

My other specs-phobic concerns? They'll make my eyes lazy and my sight worse; the lenses will magnify the bags and lines under my eyes; and the expense. I explain all this to Chrissie, the optical consultant who, before taking me to the optician, does some initial checks including a digital retinal photograph, which shows the back of my eyes, and tests to check if I'm long or short-sighted, or if I have any blind spots in my peripheral vision.

She explains that my brain has become used to seeing things in a certain way (er, blurry!), so wearing specs might 'train' my eyes to see things more clearly. She added that lenses now are so hi-tech, my eyes and any facial flaws won't be magnified. As for the cost: I'll only need new lenses if my prescription changes, and can keep the frames if I want to.

But...there's still my long-distance vs close-up conundrum.

'I think you should try varifocals,' says the optician, Anita. Horrified, I try not to shriek, 'But I'll look like a 1970s Ronnie Corbett!' She reassures me. 'They're different to the ones from years ago, which had a line across the middle of the lenses,' she says. Food for thought.

She checks my retinal pictures for signs of eye issues and health conditions such as diabetes and high blood pressure. All clear: phew! Then there are various vision tests. (Yes, I'm very definitely short-sighted.)

Next, I ask Manfred, the dispensing optician and my 'personal shopper' for the day, to talk me through varifocal lenses. Mine would have three different zones: distance vision at the top; intermediate in the middle (for computer use at work) and the bottom for close-up.

Then comes my favourite part: trying on a fabulous array of designer names, such as Prada, Dolce & Gabbana, Versace and Jimmy Choo.

A light tortoiseshell design by Michael Kors hits all my sweet spots - skin tone, hair colour, face shape - and they fit well on the bridge of my nose. Manfred takes some measurements so the varifocal lenses (yes, I went for them) can be made. One week later they arrive. I've officially been framed.

Now I can happily watch (a crystal-clear) TV screen while scrolling through social media on my phone. The lens graduation from distance vision to reading vision is so spot on, I barely need to change the position of my head. And with comments like: 'They look so good, I barely notice you're wearing them!' I think we're going to live happily ever after.

\* Original source - Boots Health & Beauty magazine - Jan/Feb, 2019

# Debunk the myths: cataract surgery

- Cataracts affect one in three adults aged over 65 years
- The cure is a straightforward procedure
- This is the most commonly performed elective surgery across the NHS - with over 330,000 operations a year in England alone.

**Yet some are put off treatment due to myths... so let's put the record straight!**

**Myth:** You have to wait for the cataract to be 'ripe' before surgery

**Fact:** You can have cataract surgery at any point, and as soon as it starts affecting your vision, so do not delay. It is well documented that the NHS can have waiting lists, so ask your optician to refer you as early as possible, or explore options at private hospitals such as Optegra, where you can be reviewed and treated within weeks.

**Myth:** Cataract surgery is painful.

**Fact:** Many say that going to the dental hygienist is more painful. During cataract surgery you have local anaesthetic to numb the eye and all you will feel is a little pressure once or twice.

## Top tip!

Don't be one of the 81 per cent of over 55s who has been told they have a cataract but that it is not yet time for it to be treated. Call Optegra on 0800 358 0825 where you can be assessed in days and treated within weeks.

**Myth:** The whole eye has to be removed to fix a cataract.

**Fact:** This is actually impossible! The eyeball is firmly held in place with muscles and during cataract surgery, only the lens is removed.

**Myth:** The cataract op involves an overnight stay in hospital.

**Fact:** The procedure takes just 20 minutes per eye and is carried out as a day case.

**Myth:** A cataract covers the whole eyeball.

**Fact:** A cataract is a natural clouding of the lens within the eye, which lies behind the pupil and iris; it is a similar size to a penny.

# Insight to genetics and eye health

Our new research shows that over a quarter of British adults (27 per cent) do not realise they should have regular eye tests if a family member has glaucoma.



**So how many eye conditions are hereditary? Will you be short sighted if your parents are?**

Optegra eye surgeon, Mr Shafiq Rehman, shares this advice:

"The main eye conditions which have strong genetic links are Age-Related Macular Degeneration (AMD) and glaucoma. Both of these can have a huge impact on quality of life, so it is vital that they are identified at the earliest stage possible.

"In fact, if you are 40 years or over and your mother, father, brother, sister, son or daughter has been diagnosed with glaucoma, you can have free eye tests which are funded by the NHS.

"As for myopia and hyperopia there is a hereditary component to these conditions - in simple terms two short-sighted parents means stronger chance of children being short-sighted too.

"There are many other much rarer inherited conditions also, and the very best advice to give is to maintain regular eye examinations at the time intervals recommended by your optometrist."

**If a family member has AMD or glaucoma, be aware of these symptoms, and visit your optometrist immediately if you notice these signs:**

## Glaucoma warning signs:

- the most common type is difficult to spot in the early stages as symptoms are very gradual so regular eye tests are crucial
- rarer types of glaucoma can have more prominent symptoms:
- reduced quality of vision e.g. hard to read street signs in dim light
- appearance of rainbow colour circles in bright lights
- blurry vision and redness
- loss of peripheral vision over time
- pain within eye which can cause nausea and vomiting

## AMD warning signs:

- slight blurring of central vision
- hard to see fine detail
- trouble clearly identifying images or faces as they become distorted in the centre
- hard to distinguish between two similar colours
- struggle to adjust to different lights
- lose ability to judge distances e.g. length of step when walking, which may cause falls

## Top tip!

The most common form of glaucoma - 'open angle glaucoma' - is known as the "silent thief of sight" as there are no symptoms or early signs...so it is crucial to have an eye test every 1-2 years.

# Glossary

## Terms you may hear at an eye test appointment

<b>Myopia</b>	Short-sightedness
<b>Hyperopia</b>	Long-sightedness
<b>Presbyopia</b>	Natural ageing of the lens from age 40 onwards, causing loss of focus for objects close by
<b>Astigmatism</b>	The shape of the front of your eye is more like a rugby ball than a football, which affects focusing power
<b>Refractive error</b>	Overall term for difficulty focusing, could be caused by myopia, hyperopia, astigmatism or presbyopia
<b>Bifocal</b>	Lenses which help you see far away and close up, with a different prescription on the top and bottom of the lens
<b>Varifocal</b>	Lenses which help you see far, middle and close, all in one spectacle

## What your prescription means:

<b>OS</b>	Left eye
<b>OD</b>	Right eye
<b>OU</b>	Involving both eyes
<b>Numbers</b>	The higher the number, the stronger the prescription
<b>Plus sign (+) next to number</b>	You are long-sighted (so it is hard to see things close up)
<b>Minus sign (-) next to number</b>	You are short-sighted (so it is hard to see things far away)
<b>Prism</b>	Additional lens added to your spectacles to correct misalignment of eyes
<b>Base</b>	Whether the prism directs light up, down, left or right
<b>Add</b>	Additional magnifying power for near vision e.g. reading
<b>S – sphere</b>	This part of your prescription states how long or short-sighted you are
<b>C – cylinder</b>	The measurement for any astigmatism will be added to your long or short sight levels
<b>Axis</b>	A number between 0 and 180 degrees, shows the orientation of the astigmatism and where the curvature is taking place. This is important for the manufacturer to create the perfect lens

A **world-renowned** and thriving medical community. **Prestigious establishments** offering **leading healthcare treatment. World class surgeons** and excellent outcomes.

Optegra Eye Health Care is a specialist provider of ophthalmic services in the UK, Czech Republic and Poland. It operates 21 eye hospitals and clinics, bringing together leading edge research, medical expertise and state-of-the-art surgical equipment. Its top ophthalmic surgeons are renowned for their areas of expertise, offering excellent clinical outcomes.

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## About Boots Opticians

Boots Opticians is one of the leading opticians in the UK with over 600 practices nationwide.

With over 30 years optical expertise and frame stylists, whose training is endorsed by the London School of Styling, they are committed to improving the eye health of the nation and helping customers to look and feel amazing in their eye wear.

For more information or to book an eye test please visit [boots.com/opticians](http://boots.com/opticians) or contact your local Boots Opticians practice

