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A close-up, low-angle shot of a woman with dark skin, smiling warmly while looking down at her smartphone. She is wearing a dark blue quilted jacket, a grey knit beanie, and glasses. The background is a bright, out-of-focus outdoor scene with sunlight filtering through, creating a warm, golden glow. The woman's hands are visible as she holds the phone, and a small silver ring is visible on her finger.

An insight to the  
nation's eye health

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## Welcome by Optegra CEO

### Welcome to this, our fifth Vision of Britain report

With the aim of taking a snapshot of the nation's eye health, this report is based on independent research with the general public and commentary and advice from our ophthalmic experts. We consider our attitudes and behaviours, through to the increasingly wonderful technologies and treatments available today, and it has been interesting to see changes over the years.

This period of time, more than any other, has exposed the overwhelming value we place on our health, but also its vulnerability and how any expectations or 'taking it for granted' may be misguided.

This is a time to truly focus on health, be grateful for good health and protect it as far as we can. To have the good vision to value our quality of life every day.

Having lived through this pandemic, our research shows what people have missed, but also a sense of optimism now for the way forward.

We see this in our hospitals and clinics every day as patients come to us with their world in a blur or fog and leave with excellent vision. The clarity not only to see but also to live their life to the full – however they wish to do so.

So let's take care of our eyes. This new research shows how many people are suffering with less than perfect vision – and so we hope you will find this report useful to help you protect your eye health, with insights to latest treatments and technologies, how we are working tirelessly to support NHS patients; and also practical advice from some of our highly regarded ophthalmic surgeons and optometrists on the various ways you can protect your vision and that of your families.

If you have any questions about eye health you can reach us on [eyecare@optegra.com](mailto:eyecare@optegra.com) or find vast amounts of information, honest testimonials from our patients and blog articles on [www.optegra.com](http://www.optegra.com)

We hope you enjoy this read.

With kindest regards



Dr Peter Byloos  
Chief Executive Officer, Optegra Eye Health Care

## Executive summary

The global pandemic has affected every aspect of life and this new independent research commissioned by Optegra eye hospital group shows that our vision is one of the many indirect victims of the virus. Experts say, now is the time to address this.

The research was conducted in May and June 2021 by Censuswide, with the aim of reviewing the state of the nation's eye health and particularly considering the impact of Covid-19.

Interviews were conducted online with 2,008 adults aged 16 or over throughout the UK.

The research has revealed that only eight per cent of UK adults interviewed say they have perfect vision.

This is a shockingly low figure, considering the advances in medical technology and the full range of treatments available in the UK today. What could be impacting this?

As would be expected, lockdown created a new level of interest in laptops and screen technology.

While it is understandable that 32 per cent of adults have used their tech more than usual since the start of the pandemic; it is striking that almost a quarter (23 per cent) of adults using it three-four hours a day more than normal. This rises to 28 per cent of 16-24 year olds.

While a welcome entertainment and distraction, the impact on our eyes cannot be denied. One in five (19 per cent) adults say they get eye strain from too much time on computers, laptops and small screens.

# 31%

of adults have not had an eye health check although they know their sight has deteriorated during the pandemic.

As for regular eye tests, the pandemic has again impacted. Almost a third (32 per cent) of British adults say they have missed an eye test due to lockdown.

Furthermore, 31 per cent of adults have not had an eye health check although they know their sight has deteriorated during the pandemic.

And while the NHS has suffered greatly, as evidenced by the increasing waiting lists for elective surgery, thousands have had to postpone cataract treatment.

Across the UK, 30 per cent of adults interviewed believe they have to wait for many months to have NHS cataract surgery – rising to 38 per cent of people aged over 55 years.

And while many have taken advantage of the support from the independent sector, only 18 per cent of adults are aware that you can have NHS cataract surgery at a private hospital if you request referral.

This latest Vision of Britain report aims to provide advice to tackle these issues, and to place a spotlight on the vital importance of not neglecting our eye health, but rather how we can preserve and protect it.



# ONLY 8%

of Brits believe they have perfect vision



# State of the nation's eye health

So let's dig a little deeper as we face the facts about our eyesight:

## How good is our vision?

|     |  |
|-----|--|
| 1%  | of Brits aged over 55 say they have perfect vision   |
| 17% | of all UK adults say poor vision has stopped them living life to the full  |
| 38% | of adults were concerned about their eye sight before the pandemic – compared to 44 per cent being concerned now |
| 18% | go as far as to describe their poor vision as a disability   |

## Sight for sore eyes – the symptoms we experience

|     |   |
|-----|---|
| 25% | of all adults have experienced not being able to read clearly without glasses or contacts, and of these 37 per cent have struggled with this in the past year |
| 24% | of Brits have experienced headaches over their eyes – 57 per cent of whom have experienced this in the past year  |
| 21% | have had floaters affecting their vision, with 36 per cent doing so in the past year  |
| 21% | have had blurry vision, 46 per cent of whom had this in the past year   |

## Focus on eye tests (see more on page 10)

|     |  |
|-----|--|
| 50% | of Brits were nervous to have an eye test during the pandemic  |
| 30% | of adults plan to go for an eye test in the next year, as do 46 per cent of over 55s                                     |
| 34% | plan to have an eye test within the next two years   |
| 19% | of 16-24 year olds do not intend to have an eye test for another three-five years, despite their heavy use of technology |
| 17% | of all adults are 'not sure' when they are getting their next eye test   |

## The strain of screen time (see more on page 20)

|     |   |
|-----|---|
| 17% | of adults across the UK have spent more than five-six hours extra time on screens every day during lockdown |
| 34% | spent one-two hours extra on screens every day  |
| 19% | have suffered eye strain due to screen time since March 2020  |
| 17% | of 25-34 year olds say their eyesight is worse because of computer/tablet use                               |
| 1/4 | of this age group also say they have worked much longer hours, leading to increased time on screens         |
| 27% | of 35-44 year old parents worry that their children spent too much time on screens during lockdown          |

## Is cataract clouding your vision?

|     |   |
|-----|---|
| 11% | do not realise there is more than one treatment option for cataract surgery   |
| 9%  | of UK adults (and only seven per cent of over 55s who are most likely to need this treatment) believe you can upgrade to a premium version of cataract surgery and be free of glasses too |
| 7%  | of adults who had cataract treatment themselves (or a close family member) said they were not fully informed of their options ahead of surgery  |
| 29% | of over 55s acknowledge that cataract is one of the main procedures with huge waiting lists post-Covid and so would expect a long wait for treatment                                      |
| 21% | of that age group realise they can request a referral for NHS surgery at a private hospital such as Optegra   |

## Keeping it clean

|         |   |
|---------|---|
| 61%     | of adults wash hands much more since the pandemic |
| 49%     | wash hands after shopping                         |
| 43%     | after using public transport                      |
| 17%     | always wash hands before applying make-up         |
| 1 in 10 | regularly refresh eye make-up products            |
| 8%      | always wash hands before changing contact lenses  |



## The experts respond



**Mr Amir Hamid,  
Medical Director for  
Optegra, comments  
on the findings:**

"It is shocking that less than one in ten of us believe we have perfect vision, and only one per cent of those aged over 55.

We are living in a time

when there are so many treatments available, the majority of people can access options to improve their vision.

"As we age the lens of our eye changes and affects our focus and so it is not surprising that the problem is even worse for the over 55's. At Optegra we offer treatment which can perfect vision at all distances – close, mid and far – where the brain is cleverly 'trained' to use one eye for close up and the other for distance. It is amazing what a difference this can make to people's lives so I would encourage anyone who is struggling to see to explore their options and discuss with us or their local optician.



**Dr Clare O'Donnell,  
Head of Optegra  
Eye Sciences, is  
an expert in eye  
health research  
and she says:**

"I think it is a real concern if people are delaying their eye examinations. Optometrists have

"It is shocking to us as eye health experts, when you consider all the options available to people from contact lenses and glasses, to vision correction surgery. There is no need to suffer with imperfect vision, the frustration of which can affect quality of life every single day.

"One of the conditions which affects many British adults – in fact one in three over 65 year olds – is cataract. This is a natural, age-related clouding of the lens and the only treatment is cataract surgery. While the change can be gradual – though not always – it can hugely impact on independence and quality of life, the longer it is left the worse sight will become.

"One of the many tragedies of the pandemic has been the vast increase in patients we are seeing with 'white cataracts' – those whose lens have really become quite opaque, making life a struggle. Optegra is committed to working with the NHS to treat as many of these patients as possible, as the 20 minute, pain-free procedure can transform their sight and get life back on track."

had appropriate measures in place to provide safe optometric eye care. Our vision and eye health is so precious and many of the conditions that can threaten our vision are, in the early stages, asymptomatic.

"It is particularly important to get your eyes checked if you have noticed any changes to your vision (e.g. blur, double vision, flashes/floaters, distortion) or have any new symptoms such as pain or redness."



Optegra Eye Hospital London



## British view of eye tests

The NHS recommends that all adults should have an eye health check every two years – unless advised differently by a health care professional, for example if you have diabetes or a family history of glaucoma.

Not only does this ensure you can see as well as possible – with a prescription for glasses or contacts if needed – but also, vitally, to check on the health of your eyes.

Certain sight-threatening conditions can be more successfully treated the earlier they are detected, and yet many do not have symptoms at the first stages. Only diagnostic tests can unveil them.

Yet our latest research reveals the restrictions of lockdown and concerns about Covid-19 have impacted on these vital eye tests:

- It is encouraging that 36 per cent of adults have had an eye test within the past two years
- However, a further 32 per cent of British adults have missed an eye test due to lockdown
- Rising to 37 per cent of 25-34 year olds
- A fifth (20 per cent) of adults have not had an eye test for three-five years
- And five per cent of adults have not had an eye test ever, or within the past decade

### Why is this?

Half of adults (50 per cent) state they are nervous to have an eye test due to the pandemic; increasing to 62 per cent of adults aged 55 years plus.

Over a third (35 per cent) of adults state they have not had an eye test since March 2020 as they are worried about safety during the pandemic; rising to 41 per cent of 16-24 year olds.

And of even greater concern, 31 per cent have not had an eye health check although they know their sight has got worse during the pandemic.

Worryingly, over a third (35 per cent) of adults are not aware they should have an eye test every two years.

And less than half (45 per cent) of adults are looking out for each other to ensure their family members have bi-annual eye tests.

Perhaps as a result of not getting the attention needed, 32 per cent of adults say their poor vision is very annoying and frustrating.

# “ ”

Mr Alex Shortt, Consultant Ophthalmic Surgeon from Optegra, says:

Now that we are coming out of lockdown and the pace of life is increasing, it is easy for health checks to slip down the agenda.

But it is the single most important thing you can do to protect this precious sense, so surely an hour every two years is a small price to pay to keep your vision in check?

It might help to place a calendar alert on your phone or tablet – it is amazing how quickly two years comes around!

For those with children in full time education, remember they are entitled to a free eye test. Our new research shows that 41 per cent of adults are not aware of this.

And if your work involves significant use of computer screens, you are entitled to an eye test paid for by your employer – again, 47 per cent do not know this.

Please also be aware that there are certain red flags. If your vision changes dramatically, you experience a blind spot, or straight lines appear wavy, this could be a sign of a serious problem and you should get medical attention immediately.

## 35%

of adults state they have not had an eye test since March 2020 as they are worried about safety during the pandemic; rising to 41% of 16-24 year olds

## ! Red flags

Above and beyond the two-year eye test, certain symptoms need urgent medical attention.

**Go to your local optician/optometrist as soon as possible if you experience any of these:**

- Flashing lights
- Floaters (small patterns 'floating' around and disturbing vision)
- Blurring of central vision
- Change in vision such as not being able to read as well or see as well in the distance
- Appearance of rainbow circles around bright lights
- Difficulty driving at night
- Losing ability to judge distance when walking
- Persistent redness of the eyes
- Itchy red eyelids and persistent sore or watering eyes
- Persistent gritty dry eyes

**Go to A&E immediately if you experience any of these:**

- Sudden loss of vision
- Sudden pain in the eye associated with blurring of vision or inability to open the eye
- Pain within eye which is severe enough to cause nausea and vomiting
- New onset photophobia (inability to tolerate bright lights)
- Difference in pupil size
- Sudden drooping of the eyelid
- Sudden onset of double vision



## Tech to the rescue?


We have all been reliant on our technology in recent times, but what have we used it for?

According to UK adults, the top five reasons for using their tech more than ever before are:

1  Online shopping (61 per cent)

2  Talking to family and friends online (50 per cent)

3  Banking and bills (47 per cent)

4  Watching TV/Netflix (38 per cent) – jumping to 60% of 16-24 year olds

5  Working (33 per cent)

Our health care has also moved online, with 22 per cent of adults saying they used tech more than ever before for medical appointments and advice.

And 38 per cent of adults say they would now be comfortable to have a GP consultation online – rising to 45 per cent of over 55s – it seems the older we are the more comfortable we are with this or the more appreciative of its convenience.

# 22%

of adults saying they used tech more than ever before for medical appointments and advice

As well as video calls making advice more accessible, and a safe option in the height of the pandemic, it has also provided an opportunity for hospital e-clinics.

At Optegra, the launch of e-consultations meant people could complete their first steps of diagnosis and consultation without delay, and from the convenience of their own home – only coming in to the hospital for physical tests and therefore spending less time in the hospital building.

# 38%

of adults say they would now be comfortable to have a GP consultation online

**Mr Amir Hamid, Medical Director for Optegra, says:**

“We were surprised how well these online consultations were received, and how useful they were for patients to ask all their questions. It is definitely a development which is here to stay and with advancing technology we are hopeful that we will even be able to complete some of the physical tests online in the not-too-distant future.”

In the medical world, technology is also providing great opportunities to improve treatments for eye conditions. Exciting developments on the horizon are:

- Gene therapy for inherited retinal disorders
- New medications for Age-Related Macular Degeneration
- Advances with ‘bionic eyes’ and cortical implants to stimulate the visual cortex
- Developments in minimally invasive treatments for glaucoma
- Prototypes of contact lenses that use wireless diagnostic technology to monitor glucose levels and intra-ocular pressure

**Mr Hamid concludes:**

“These advances can make a tremendous difference in the future for improving the nation’s eye health. I am particularly excited about how gene and stem cell therapy could revolutionise our eye health.

Our team within Optegra Eye Sciences are working hard to contribute research, to present at consortiums and share the wealth of knowledge we have across the hospital group to aid and contribute to these exciting developments, for the benefit of future patients.”



## Supporting our NHS



Cataract surgery is one of the most commonly performed elective surgeries within the NHS, with one in three adults over 65 likely to be diagnosed.

But Covid-19 has caused intense pressures on all healthcare professionals and hospitals, resulting in a pause in referrals and delays in treatment. Some patients are being told the wait is over one year.

Independent providers such as Optegra have been proud to step in – not only in opening its hospital doors for NHS teams to use its surgical and clinical space to provide emergency and retinal treatment at the height of the pandemic, but also to provide NHS cataract surgery across six of its core seven UK hospitals.

**Mr Javad Moayed is a cataract surgeon and NHS Medical Director at Optegra. He says:**

"As specialists in ophthalmic care, we are in the privileged position of being able to offer both NHS and private treatments across our dedicated eye hospital group. While we have long worked with the NHS, this partnership has increased significantly over the past year,

allowing us to offer NHS cataract treatment within weeks rather than months."

From March 2020-March 2021, Optegra provided over 17,000 NHS procedures, including over 10,000 cataract surgeries – so each of those individual patients were able to enjoy restored vision without delay.

**One such patient is Eugenie Herridge, 86, from Stubbington, who had NHS cataract surgery at Optegra Hampshire:**

"The treatment was excellent and I am so grateful. I think it is marvellous that they are helping the NHS to provide this treatment. There are so many waiting, it is far more than the NHS can handle and so it is wonderful that Optegra can help people, as they did with me."

**Gary Senior, 62, from Wigan had his treatment at Optegra Manchester:**

"I chose to go to Optegra as I had heard great things, and once my GP referred me I got an appointment within weeks.

"I'm absolutely delighted by the result. My eyes have gone from minus 10.5 to plus 0.25, a huge difference which means that for the first time I can read without glasses."

## Don't want to wait for your NHS cataract surgery? Optegra can help you.



NHS cataract surgery in five-star facilities  
**Local treatment within weeks not months**  
Leading consultants: excellent outcomes

## Been told you have a long wait for cataract surgery?

### We have good news...

You can be seen much more quickly at your local private specialist eye hospital which is offering NHS cataract treatment.

### Already on a long waiting list?

Don't worry, you can still ask your GP or optician to refer you to Optegra - and be treated in weeks not months. Please remember it is your legal right to choose where you are referred for your treatment - and you may choose based on factors like waiting times, quality of service, your previous experience, the opinions of other patients, the location or your GP's recommendation.

For more information please visit  
[www.optegra.com/nhs](http://www.optegra.com/nhs)  
or call 0800 077 3272





## Expert top tips

### Ever wondered what leading health care professionals' top tip for health would be?

Well we asked a number of our leading eye health experts across Optegra what their top piece of advice would be to help you protect your eye health.

#### Here's what they recommend:



**Mr Amir Hamid**  
Consultant Ophthalmic Surgeon and Optegra Medical Director

"Many of the issues that can affect vision and eye health across a lifetime can happen very slowly and silently. So everyone should have their eyes checked regularly every two years by a healthcare professional. A lot of these issues can then be spotted early and be treated to prevent long-term adverse effects on vision."



**Dr Clare O'Donnell**  
Optometrist and Head of Optegra Eye Sciences research department

"Regular eye checks are a given. Eat well, sleep well and don't ignore changes that happen to your body - anything not normal for you, don't hesitate to seek advice."



**Mr Shafiq Rehman**  
Consultant Ophthalmic Surgeon at Optegra Manchester and Optegra Yorkshire

"Wear protective eye wear when playing fast racquet sports – especially badminton and squash!"



**Mr Alex Shortt**  
Consultant Ophthalmic Surgeon at Optegra London and Optegra Surrey:

"Wearing sunglasses is extremely important as eyes are particularly sensitive to ultraviolet light. People are aware of the damage that high UV can cause to skin with sunburn, but it is equally damaging to the eyes. No need to worry on a bright winter day – but on the days when you could get sunburnt, definitely wear sunglasses as well as sunscreen."



**Oliver Bowen-Thomas**  
Lead Optometrist at Optegra Hampshire

"Take regular breaks from any screen usage, especially computers and mobile phones. Have a healthy diet especially coloured vegetables and fish. And wear sunglasses."



Optegra Eye Hospital Manchester



Optegra Eye Hospital Hampshire



## Cataract treatment options

### At Optegra we offer two main types of cataract surgery.

Firstly, cataract surgery where a standard lens replaces the cloudy lens which has been affected by the cataract – this is available both on the NHS and privately.

Secondly, for those who have private medical insurance or who wish to self-pay, they can 'upgrade' to refractive cataract surgery – exactly the same procedure, but with a specialist, tailor-made lens to suit your prescription. This means the cataract and ongoing need for contact lenses or glasses can all be removed in one procedure.

#### Jaz Somal from Coventry said:

"I had health insurance so had the advantage of being able to choose the country's best facilities. And I could not believe, once treated, how bad my vision had become, as it had changed so gradually over time.

"I had both eyes treated a week apart at Optegra London, and for that week I just kept

looking at details on leaves and trees and seeing the difference from one eye compared the other.

"It is like HD vision!"

#### What is a cataract?

A cataract is a painless clouding of the lens of the eye which develops gradually and results in eyesight deteriorating over time.

#### Symptoms can include:

- cloudy vision
- colours appearing faded
- glare from bright lights, particularly noticeable when driving at night
- blurred vision
- double vision
- headaches



#### Who gets cataracts?

It is a very common condition associated with the natural ageing process and affects one in three people aged over 65 years. However, it is increasingly being diagnosed at a younger age, so even from age 40 onwards symptoms should not be ignored.

#### What is the treatment?

The only treatment is surgery – or the lens will continue to cloud until it becomes opaque. This is seen in third world countries where people can sadly become blinded by cataract.

The procedure only lasts around 20 minutes, and is pain-free. Anaesthetic eye drops numb the eye, then the surgeon removes the natural cloudy lens through a tiny incision, and replaces it with a synthetic one.

This clear, permanent artificial lens means any existing or future long or short-sightedness problems will still exist.

Patients can therefore choose refractive cataract surgery, where the replaced lens is one of the most advanced technology lenses available and can help eliminate dependence on glasses at the same time as removing the cataract.

Optegra invites you to a free no-obligation consultation to discuss your personal treatment needs, please email [icare@optegra.com](mailto:icare@optegra.com) to arrange.



Optegra Eye Hospital Yorkshire



Optegra Eye Hospital Birmingham



Optegra Eye Hospital Surrey



Optegra Eye Hospital North London



# The era of eye strain

An increasing concern to eye health professionals is eye strain caused by over-use of small screens and technology.

## So how much time are we spending online and what is its impact? New research shows:

- Almost a fifth (19 per cent) of adults say they get eye strain from too much time on screens, increasing to 23 per cent of 16-24 year olds
- 22 per cent of women get headaches from too much time on screens (compared to only one in 10 men)
- Amongst young adults (aged 16-24) 18 per cent say they believe their prescription has changed over lockdown but they have not done anything about it; and 27 per cent get headaches from too much time on screens
- As for our youngsters, parents are concerned. Almost a quarter (23 per cent) of 35-44 year old worry about the amount of time their children spent on laptops during lockdown
- And over a quarter (27 per cent) of parents in this age group thought their children spent far too much time indoors looking at screens during lockdown
- 15 per cent said they have never worried about their child's eyesight until this point

## Mr Shafiq Rehman, Ophthalmic Surgeon at Optegra - and dad of four - says:

"As a father and a surgeon, I am concerned at the volume of time children, as well as adults, are spending on screens.

Not only is daylight vital for the healthy growth of the eye, and so we should encourage children to get plenty of fresh air, but screens and too much time online can have a real impact on eyes.

However, it is a myth that tablets, PlayStations and computers damage eyes – they don't. But because we are concentrating on the screens we only blink three or four times a minute, rather than the normal 20 to 30. This makes the eyes dry out.

Dry eyes can be a sign of Computer Vision Syndrome, now recognized as a valid eye condition."

## Much is said about blue light and avoiding it late at night. But does it harm our eyes?

Mr Rehman explains: "Artificial blue light created by screens causes eye strain rather than damage to eye health.

"Blue light is a high-energy visible light. It affects the body's circadian rhythm, our natural 'body clock'. During the day, natural blue light from the sun wakes us up and stimulates us. But too much blue light exposure late at night from technology can disturb the sleep hormone melatonin, making it harder to go off to sleep."

## Tips to protect your eyes:

- Increase font size on your screen, so you are not straining eyes more than necessary
- Take regular breaks from close-up and focused work
- Use the 20-20-20 technique – every 20 minutes, look 20 feet into the distance for 20 seconds – to help your eyes adjust and re-focus
- Sunlight on a screen may cause headaches and difficulty with vision, so avoid if possible
- Regular eye tests will ensure you have the correct prescription for focused screen time; and consider anti-glare coating on any glasses that you are prescribed

## Symptoms

- temporary blurred vision
- sore and tired eyes
- red eyes
- double vision
- dizziness
- dry eye
- headaches
- twitching eyes
- sensitivity to light



# Precious eyes in the face of a pandemic

Shopping and socialising in facemasks has become the norm, and while regulations change many state they will continue to wear facemasks for their own and others' safety.

Vision of Britain research reveals the challenges for glasses-wearers:

- 46 per cent of adults say that glasses steaming up is one of the most frustrating parts of wearing a face mask - rising to 62 per cent of over 55s
- A third (33 per cent) say eyes are more important than ever for communication when wearing a face mask - rising to 38 per cent in 16-24 year olds.
- 24 per cent say wearing glasses never bothered them until having to wear a facemask too (up to 34 per cent for over 55s)

As well as the challenge in communication, the importance of eye contact and trying to smile with our eyes, 17 per cent of women have found eye make-up is more important than ever – why bother with lipstick after all?!

## A sight for sore eyes

But what have we most missed during lockdown – and so, are now enjoying seeing again?

Brits vote the top five things missed in lockdown:

- 1) Family (according to 50 per cent of adults)
- 2) Closest friends (36 per cent)
- 3) Favourite restaurant (30 per cent)
- 4) Beach (23 per cent)
- 5) Inside of the pub (23 per cent)

Interestingly only 9 per cent missed the gym. And try not to take offence, only one in 10 of us missed seeing work colleagues!

# 24%

say wearing glasses never bothered them until having to wear a facemask too



UK's TOP RATED LASER EYE SURGERY PROVIDER - Awarded by Doctify



# Freedom to SEE for YOURSELF without glasses

Find out which solution is right for you: from our extensive range of vision correction solutions including 3<sup>rd</sup> generation laser technology

Book your free virtual consultation

- We've seen over a million eyes successfully treated
- Over 99% of our patients achieve 20/20 vision
- State of the art technology
- Highly trained specialist surgeons
- Dedicated eye clinics across the UK
- See the same consultant every time
- Only provider to offer virtual appointments
- 0% finance available

*"I now have 20:20 vision which I haven't had for about 12 years - amazing!"*

I have had such a great experience at Optegra. I recently had laser eye surgery. From the day I rang to book my consultation to the third check-up post surgery, the team there have been completely professional and brilliant at making sure I was comfortable and most importantly my eyes were recovering. The in-depth tests they do to make sure you are suitable for the surgery, and the environment of the hospital completely put me at ease and made me feel confident I was in the right place. The procedure itself was absolutely fine and this is credit to all of the team for ensuring it ran smoothly. I now have 20:20 vision which I haven't had for about 12 years - amazing! **Sophie Lyons**



# SEE for YOURSELF at your local Optegra hospital

Newcastle Clinic

Yorkshire Hospital

Leeds Clinic

Manchester Hospital

Altrincham Clinic

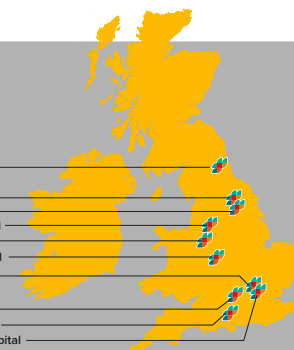
Birmingham Hospital

North London

Guildford Hospital

Hampshire Hospital

Central London Hospital



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CALL 0800 077 3272 OR VISIT **OPTEGRA.COM**

# Vision correction options for 20-45 year olds

Eye problems are not uncommon in this age group:

**16%**

say they are annoyed and frustrated by their poor vision

**22%**

state they get eye strain from too much time on screens

**23%**

get headaches from too much time on screens

So if specs or contacts are not cutting it for this age group, what are the treatment options?

Optegra – as a specialist purely in eye health – has invested in the latest technologies and has a full range of options which can be recommended depending on the individual patient's eyes.

These include:

## Laser eye surgery – LASIK, LASEK

These traditional and long-standing laser eye surgery treatments both work by changing the shape of the cornea, the front clear window of the eye, so that focus is modified and perfected.

LASIK is the most popular and well-known type of laser and can treat myopia (short sight), hyperopia (long sight), astigmatism, and wavefront abnormalities.

LASEK is generally suitable for people with less serious eye focusing problems, thin corneas, or dry eyes.

Total time spent in the laser treatment room is around 10 minutes. The actual time the laser takes to do its job is no more than one minute, with results lasting decades – so

patients can enjoy improved distance vision well into their 60s.

**93%**

of LASIK and LASEK Optegra patients achieve 20/20 vision without glasses after laser eye surgery

## ReLEX SMILE

This is the most advanced and minimally invasive laser eye surgery treatment. It is a bladeless procedure so there is no flap and recovery is speedy.

The procedure takes a matter of minutes, and vision is 80 per cent better within a few hours. After a few days, the vision is excellent, and it reaches 100 per cent within a few weeks (According to trials conducted on over 1,000 patients between the UK, Germany, France and Denmark).

**100%**

of Optegra patients achieved driving standard or better after SMILE laser eye surgery

## Implantable contact lens

For those with myopia (short-sight) and who are not suitable for laser eye surgery, perhaps because their prescription is too strong, an alternative is to place a soft contact lens within your eye – either between your natural lens and the iris, or between iris and cornea.

This is a particularly good alternative for those under 40 because the natural lens of the eye, and its capacity for close-up vision, is retained.





## Vision correction options for age 45 plus

As we reach midlife, many things about our bodies begin to change, not least our eyes.

Ever noticed you have to hold your phone, book or newspaper at arm's length to focus clearly?

Struggling to read the menu in a dimly lit bar? Or the cooking instructions on your food packaging?

These are all signs of presbyopia, the natural ageing of the eye which happens to most people in their 40s and calls for the need for reading glasses.

For those who do not want the inconvenience of specs, there are two main treatment options at Optegra:

### Presbyond laser eye surgery

Laser vision for people with presbyopia – it is a form of wavefront laser treatment which blends vision for distance and near between the dominant and non-dominant eye, reducing or eliminating the need for glasses

**Clare O'Donnell, Head of Optegra Eye Sciences, recently had this treatment and says:**

"This is a solution for people like me who need different strength glasses for far and near viewing.

"The big advantage is the improved range of clear vision it provides. I do a lot of computer work, as well as reading, 'virtual' meetings and I drive. In other words my distance, mid-range and close up vision need to be sharp. Blended laser vision correction has worked really well for me."

**96%**

of distance eyes achieved driving standard or better; and 93% of near eyes could read newspaper print without glasses after Presbyond laser eye surgery with Optegra

### Refractive Lens Exchange (RLE)

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 and so you can be free of glasses or contacts after a 20-minute procedure. And as the lens is now synthetic, you will never get a cataract!

**99%**

of patients who had Refractive Lens Exchange with Optegra achieved driving standard or better without glasses and 96 per cent could read newspaper print without glasses afterwards.



## Safety in a covid era



### Mr Amir Hamid, Optegra Medical Director and Consultant Ophthalmic Surgeon, says:

“At Optegra we continue to take Covid-19 incredibly seriously and have a number of measures in place to keep both our staff and patients safe.

“As well as our vaccinations rollout amongst staff, we have a Covid taskforce dedicated to reviewing processes and ensuring we are in line with all guidelines from Public Health England, the Department of Health and the Royal College of Ophthalmologists.

“The feedback from our patients is excellent as they feel reassured and safe in the knowledge that all safety measures are in place - so they can purely focus on the treatment or diagnostic testing they are here to receive.

“We unfortunately face the reality that Covid-19 is here to stay in some form, and so we would like to reassure our patients and community partners that we will not rest on our laurels, but will continue to tackle this disease and take all necessary steps to keep patients safe.”

Steps we are taking at all Optegra hospitals and clinics to keep patients and staff safe\*

#### For our patients:

- Appointment times spaced out so minimal patients in hospital at any one time
- Patients to attend alone unless need assistance from carer
- All patients to be provided new surgical facemask and hand sanitiser on arrival
- All clinically vulnerable patients to complete self-declaration forms
- When visiting our hospital sites we will ask patients a number of safety questions regarding COVID-19 symptoms. However, if a patient feels unwell, they must contact us before visiting
- Where possible we will continue to ensure social distancing is observed
- We have enhanced our cleaning regimes to help reduce the risk of spreading COVID-19 in our hospital sites

#### For our staff:

- All clinical staff to wear scrubs and appropriate PPE such as masks and gloves
- All staff to complete lateral flow tests twice a week
- Staff vaccination continues and all staff are encouraged to take the offer of a vaccination to protect themselves, their colleagues and our patients
- Vaccinated staff should continue to self-isolate for 10 days if they are in contact with a Covid-positive person, are contacted by the test and trace app or PHE
- Evidence of a negative test does not negate the need for self-isolation during this time

\*Accurate as at September 2021

## Optegra locations

Optegra has seven specialist hospitals and a number of clinics, with new ones due to open in coming months.

To find out more about each hospital or clinic, from address to opening hours, services to overview of consultants, please visit [www.optegra.com](http://www.optegra.com)

Newcastle Clinic

Yorkshire Hospital

Leeds Clinic

Manchester Hospital

Altrincham Clinic

Birmingham Hospital

North London Hospital

Guildford Hospital

Hampshire Hospital

Central London Hospital

# Optegra recognised



## What independent reviews say about us

On one of the most popular online review websites, Trustpilot, patients demonstrate their trust of Optegra as over 90% provide a five-star review (based on over 2,500 reviews).

Optegra is also rated number one provider in the eye treatment category.

“ ”

### Patients say:

“I found the clinic very professional from start to finish. Staff were friendly and I had utmost confidence in the procedure.”

“Pleasant and efficient for first appointment. Explained the eye problem in full, in layman’s terms. 100% confidence in consultant.”



In addition, healthcare review platform Doctify is an online forum for patients to review individual consultants and healthcare providers.

Optegra has been voted top-rated UK Eye Hospital by Doctify for two years and each individual Optegra hospital scores between 4.8 and 5 stars in reviews.

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### Patients say:

“Waiting time was minimal, assessments were comprehensive and thorough... everything was explained thoroughly... procedure was pain-free and staff were efficient, welcoming and friendly.”





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Contact us at:

[Optegra.com](https://www.optegra.com)

0800 077 3272

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