

Future insight.

NEWS FROM SOUTHERN EYE SPECIALISTS / July 2018



WELCOME TO OUR LATEST NEWSLETTER.
With so much going on in 2018, time has really flown by. It's hard to believe we're already halfway through the year.

This month also marks the introduction of our **Jul'eye** campaign - what we hope will be an enduring annual charitable effort by the team here at SES.

This **Jul'eye** we are supporting and highlighting two very important eye charities - Macular Degeneration (MD) NZ, and Glaucoma NZ.

You'll also find news here about the other key developments at SES. Recently we've welcomed a new director, a new team member and, as always, many wonderful new patients.

Read on to see for yourself...

Thanks

The team at SES.

In this issue:

- **Jul'eye:** Background to the campaign
- **Meet the team:** new members Dr Logan Robinson and Dr Antony Bedgood
- **What to know:** about glaucoma and MD

SES welcome referrals for specialist treatment of all eye conditions. We endeavour to see acute cases as soon as possible and there are no additional charges for ACC referrals. Please see the contact information on the back of this newsletter.



Southern Eye Specialists



FRANZCO

Fellow of The Royal Australian
and New Zealand
College of Ophthalmologists

Southern Eye Specialists is supporting:

Light Up Glaucoma

Macular Degeneration



during the month of

Jul'eye

by way of donation and further contributing \$10 for every new referral received in the month of **Jul'eye**.

Jul'eye

Glaucoma NZ are running 'Light Up Glaucoma' over July to enhance public awareness of this eye condition. Did you know only half of the estimated 91,000 NZers suffering from Glaucoma actually know they have it? That means there are up to 45,000 Kiwis across the country that, without diagnosis and treatment, could lose their sight.

Glaucoma NZ is a charitable trust that requires the public's ongoing support in this mission.

Our **Jul'eye** focus also includes support for MD NZ - an important organisation helping an increasing number of Kiwis with their eyesight. With cases of MD on the rise in NZ the work of MD NZ is becoming even more important.

On site

Look and learn

Want to know what interesting vision-based condition Kiwi singer Lorde has? Curious about how the octopus can 'see' through its skin? Then pull up a seat at our Kilmore Street premises.

We've recently been updating our reception areas to help improve customer experiences. We know eye treatment can be a trying time for our patients. So we do everything we can to make the process as relaxing and enjoyable and possible.

The new screen displays are one such example of this focus, and we've had lots of fun sourcing weird and wonderful facts to help entertain and educate our patients. Let us know what you think - or if there is any other trivia or interesting stories that could be included.

Meet the team

A fresh perspective

In June 2018 we welcomed Dr Antony Bedggood as part of the SES team.

Dr Bedggood is an experienced cataract surgeon and general adult ophthalmologist. He regularly works managing neuro-ophthalmic disease and also has extensive experience in the surgical management of strabismus in both adults and children.

Antony's main passion is to ensure children and adolescents with eye disease receive the highest level of care - and receive the very best of outcomes from this care. With a paediatric ophthalmology subspecialty fellowship and close to 10 years subsequent practice he has invaluable experience in treating paediatric eye problems.

The SES team warmly welcome Antony - we're looking forward to sharing his expertise and experience with patients in the years ahead.

Dr Antony Bedggood,
MB ChB (OTAGO), FRANZCO



Winter Challenge

Witness the fitness!

**Feeling the wintery blues as the weather changes?
Wrapping up warm by the fire over winter?
Not if you are a staff member here at SES.**

The Winter Fitness Challenge - 2018, has our SES staff literally jumping up and down, running around and striving to improve our general fitness over the winter period, and with the main aim toward remaining active throughout winter, no matter the state of the weather, be it cold, rain, snow, or shine. Did you know that good dietary habit and moderate exercise can contribute to healthy eyes as well?

Meet the team

A new viewpoint

We are proud to announce that Dr Logan Robinson became a Director at Southern Eye Specialists in April.

Many of our patients and referrers will know Logan very well - he originally joined the team back in 2016 as a consulting ophthalmologist and has since built on his reputation for focused expertise and first-class care.

An experienced cataract surgeon with an enthusiasm for vitreoretinal surgery, Logan's career path has been a wide-ranging one.

He first completed a medical degree at the University of Otago, followed by a Postgraduate Diploma in Ophthalmic Basic Sciences (with distinction) in 2008. Next came a fellowship in vitreoretinal surgery at Wellington Hospital before Logan moved to the UK and completed a second vitreoretinal surgery fellowship at the Manchester Royal Eye Hospital.

Returning to Christchurch in 2015 he joined Christchurch Hospital as a consultant ophthalmologist and subsequently arrived here at SES. Now his days are busy here and time away from the office is spent mountain biking, golfing, fishing and making the most of time with his young family.

We're all excited with his choice of career step here at SES and would like to offer a big "welcome, boss" to Logan.

Dr Logan Robinson
MB ChB, PG Dip Ophth BS (Distinction), FRANZCO

What to know

Macular Degeneration

1 in 7 NZers over 50 will get MD. In 2018 there is estimated to be over 200,000 affected by it. This figure is expected to increase by 70% by 2030.

MD is an eye condition that affects the macula which is the central part of the retina. The retina can be compared to the film at the back of a camera. The macula allows us to see detail such as reading, watching TV, seeing faces and driving. Given that MD affects central vision, it is usually very obvious to the individual as vision deteriorates. MD is often referred to as age-related macular degeneration (ARMD or AMD).

Who does it affect? It is more likely to occur with increasing age, with 1 in 7 people over 50 and 1 in 4 over the age of 80 likely to get macular degeneration. Genetic factors, smoking and diet can also play a role in this disease.

What are the symptoms? Common symptoms are blurred, patchy, central vision. Objects can become distorted and straight lines kinked. It may affect one or both eyes.

Types of MD. Wet MD gives rise to leakage of fluid and blood into the macula. This can occur suddenly and cause a rapid deterioration in central vision.

Dry MD is a slower degeneration of the macula which leads to damage and scarring. It requires an eye examination and macula scans to determine whether someone has wet or dry macular degeneration.

Most wet MD is treated with injections into the eye. These control but do not cure MD and regular injections are required with a frequency determined by a specialist. Progression of dry MD can be slowed by dietary changes and specific combinations of vitamins (AREDS formula). Other treatments such as nanosecond laser are emerging. Sometimes dry MD can progress to wet meaning that injections may be required.

If you notice changes in your central vision, we suggest you undertake a thorough eye check through your local GP, optometrist or an ophthalmologist here at SES. To learn more about MD, visit www.mdnz.org.nz

Fun facts

Eyes heal quickly. With proper care, it only takes about 48 hours for the eye to repair a corneal scratch.

Seeing is such a big part of everyday life that it requires about half of the brain to get involved.

Some people are born with two differently colored eyes. This condition is called Heterochromia.

What to know

Glaucoma

Glaucoma is the number one cause of preventable blindness in NZ. It can destroy your vision before you even realise there are issues but with timely treatment it can be effectively managed.

Vision loss in glaucoma will generally affect peripheral vision in the first instance. Those affected will often make unconscious compensations in their vision - which reduces awareness of its onset. This is why glaucoma can often go undetected until visual loss is quite advanced.

Who does it affect? It is a disease that can affect young and old. Advanced age puts you at increased risk, particularly as you head towards 60 years and older, but onset any time after 45 is possible. You may be at greater risk if there is family history of the disease, or if you suffer other health problems such as diabetes. But glaucoma can reach across any age - even to children and babies.

What are the symptoms? Often none in the first few years - which is why the best way to identify the onset of glaucoma is to get regular eye checks with your local optometrist or GP. This is highly recommended from the age of 45 years (exactly the time when reading spectacles might first be needed as well).

Glaucoma cannot be 'cured', so treatment is focused ideally on prevention but more often on managing already reduced vision to prevent further loss, always by lowering eye pressure. With medication (usually eyedrops), laser treatment or surgery, or more likely combinations of these for the rest of life, further loss of vision and blindness can be prevented. Laser treatment for glaucoma should not be confused with LASIK and other such laser treatments (which optically correct vision).

If you have any concerns regarding glaucoma we recommend you get a thorough eye check from an Ophthalmologist at SES, your local Optometrist or GP.

Dr Allan Simpson one of our SES team, is presenting a public Glaucoma NZ Seminar in Christchurch on October 6, 2018. Contact us in September to learn more details about this seminar. Additionally, you can visit our website to watch Dr Simpson discuss glaucoma: www.southerneye.co.nz/eye-conditions/glaucoma

Visit Glaucoma NZ website: www.glaucoma.org.nz to find out more about information and support they offer.



Thanks to Chris Madden for this insightful cartoon.

Chris Madden

Patient & Referrers - your chance to give feedback to us

We have established a feedback protocol at SES with a view to improving our services and are now requesting feedback from both patients and referrers. Would you like to participate?

You can engage with us by visiting our website contact page where you will find links to each of our surveys, one for patients and one for referrers, or you can visit the surveys directly:

SES contacts page - www.southerneye.co.nz/contact/

Referrer survey - www.surveymonkey.com/r/JDG79Q8

Patient survey - www.surveymonkey.com/r/CWMYBHV

If you are a patient and not connected to the internet, you can complete the patient survey at SES by asking for a paper copy from any of our receptionists.

We are proud to be the number one provider of specialist ophthalmic care in the South Island. All of our surgeons are fellowship and New Zealand trained sub specialists, members of RANZCO and experts in their respective fields.

We have been based in Christchurch for over 25 years and are committed to providing our patients with the highest standard of care for all eye conditions. Our surgeons also undertake charitable work in support of our community.

With our ongoing investment in new equipment and a supportive, modern and sophisticated premises we will continue to provide the best specialist expertise backed by the latest in processes and technology.

We welcome referrals for specialist treatment of all eye conditions and endeavour to see acute cases as soon as possible. There are no additional charges for ACC referrals.

Dr James Borthwick

MB ChB, FRANZCO

Disease and surgery of the retina and macula, cataract



Dr Sean Every

MB ChB, MMedSci (Distinction), FRANZCO

Disease and surgery of the retina and macula, cataract



Dr Jo-Anne Pon

MB ChB, FRANZCO

Oculoplastics, cataract, neuro-ophthalmology, strabismus, general ophthalmology



Dr John Rawstron

MB ChB, MPH (Distinction), GDipM (Refract Surg), FRANZCO

Cataract, laser refractive, corneal transplant



Dr Logan Robinson

MB ChB, PG Dip Ophth BS (Distinction), FRANZCO

Vitreoretinal surgery, diseases of the retina and macula, refractive cataract surgery



Dr Rebecca Stack

MB ChB (Distinction), MMedSci, FRANZCO

Cataract, oculoplastic and reconstructive surgeon



Dr Allan Simpson

MB ChB, FRANZCO

Cataract, glaucoma



Dr Robert Weatherhead

MB ChB, FRCS, FRACS, FRANZCO

Oculoplastic and reconstructive surgeon



Dr Antony Bedggood

MB ChB (Otago), FRANZCO

Cataract, paediatric specialist



Southern Eye Specialists