



CHEC
healthcare for local people



Providing NHS services

Eye Health Guide



Caring For Your Eyes

www.chec.uk

Common Eye Conditions

Our eyes are one of our most precious senses, allowing us to experience the world in all its beauty. However, they can be susceptible to a variety of conditions, such as:

Refractive Errors

These include near-sightedness, farsightedness, and astigmatism, which can be corrected with glasses.

Cataracts

This is clouding of the eye's lens, often associated with ageing. The treatment for cataracts is surgery to remove a cloudy lens in your eye and replace it with a clear artificial lens. CHEC works with the NHS to reduce waiting lists for treatments such as cataracts.

Glaucoma

These are a group of eye diseases that damage the optic nerve. It often occurs when fluid builds up in the front part of your eye, increasing pressure inside the eye and damaging the optic nerve. Treatment for glaucoma is a procedure designed to lower intraocular pressure (IOP), the pressure inside the eye. CHEC offers this service.



Age-related Macular Degeneration (AMD)

AMD is one of the leading causes of sight loss, affecting more than 600,000 people in the UK. AMD causes gaps or dark spots in your vision, potentially affecting daily activities such as reading, watching TV, and recognising faces. There are now treatments for some types of the condition..

Dry Eye Syndrome

This is a condition where the eyes don't produce enough tears or produce poor-quality tears. There are a number of treatments for Dry Eye Syndrome over the counter and prescription medicine.

CHEC makes specialist eyecare more readily accessible for NHS patients, by offering greater flexibility and reduced waiting times.

Maintaining Good Eye Health

Top ten tips to look after your eyes:

1 Regular Eye Exams

Schedule regular eye exams to monitor your eye health and detect any early signs of damage.

2 Artificial Tears

Use over-the-counter artificial tears to lubricate your eyes. Choose preservative-free options for frequent use.

3 Adjust Indoor Humidity

Use a humidifier to add moisture to the air, especially in your bedroom.

4 Sunglasses

Wear sunglasses to protect your eyes from wind, cold, and sun glare. Choose sunglasses that block 100% of both UVA and UVB rays.

5 Limit Screen Time

Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.

6 Hydrate

Drinking plenty of water helps maintain overall hydration.

7 Avoid Irritants

Minimise exposure to smoke, pollutants, and other irritants.

8 Limit Sun Exposure

Reduce the amount of time you spend outdoors during peak sun hours.

9 Avoid Eye Rubbing

While it might be tempting to rub your eyes, it can further irritate them.

10 Healthy Diet

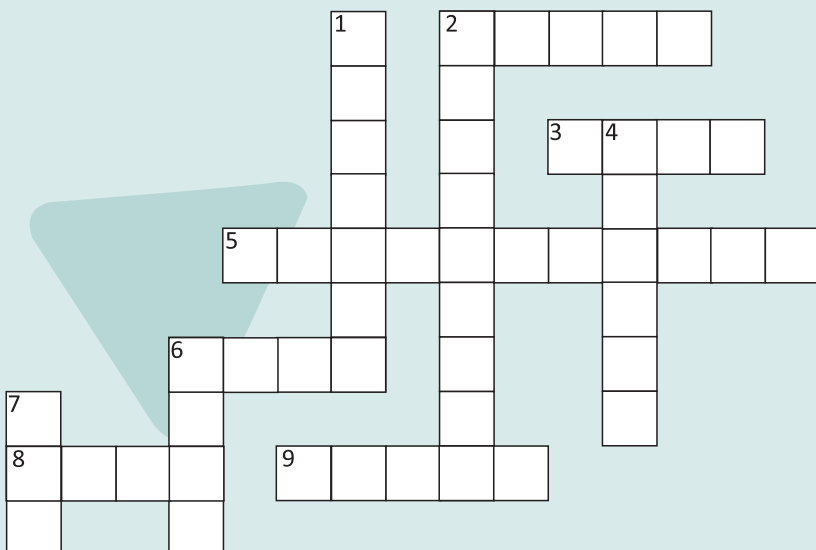
A diet rich in omega-3 fatty acids, found in fish and flaxseed, can help promote healthy tear production.

For more useful information on eyecare and general health, please scan the QR code



How is your EyeQ?

Test out your eye health knowledge with our fun crossword



Down:

1. Containers for holding liquids while drinking.
2. With a wide view surrounding the observer.
4. A device fastened to the neck of an inverted bottle for measuring out spirits.
6. Strike or beat with a whip or stick.
7. A removable or hinged cover for the top of a container.

Across:

2. A person who is taught by another.
3. Direct one's gaze toward someone or something
5. A statement based on something one has seen, heard, or noticed.
6. The part of a camera that can sense the light.
8. A tall plant that has blue, yellow, or white flowers and long, narrow leaves.
9. A small timepiece worn typically on a strap on one's wrist.

If you experience any of the following symptoms, consult your Optician or GP:

- Blurred vision
- Excessive tearing or dryness
- Eye pain or discomfort
- Halos around lights
- Redness or swelling
- Difficulty seeing at night
- Difficulty seeing at night



If you have any questions or would like to discuss your options further, please do not hesitate to contact us:

📞 Enquiries

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Answers: Down: 1. Glasses 2. Panoramic 4. Optics 6. Lash 7. Lid
Across: 2. Pupil 3. Look 5. Observation 6. Lens 8. Iris 9. Watch

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