

IN FOCUS

In this issue:

- We celebrate 10 Years of excimer laser surgery.
- Accreditation
- Cataracts
- Technology News: Wavefront
- RSB commitment
- Privacy Act

10 Years

We would like to thank you all for your support over the past decade.

Adelaide Eye & Laser Centre has evolved considerably since Dr Ingham commenced practicing excimer laser surgery in February 1992.

In ten years we have:

- Built a specialised day surgery suite
- Gained accreditation from the ACHS
- Continuously updated our technology
- Entered a new phase of excimer laser surgery with **Wavefront technology** and *performed over 5000 procedures!*

We look forward to another tremendous decade helping others to achieve a clearer, brighter future.

Accreditation - ACHS

In 1999, Adelaide Eye & Laser Centre was awarded accreditation for its outstanding patient care for both cataract surgery and excimer laser surgery by Australia's foremost independent authority on health care, the Australian Council on Healthcare Standards (ACHS).

Accreditation was awarded through the ACHS' Evaluation and Quality Improvement Program (EQuIP) in November 1999 and was successfully reviewed again in 2000.

Accreditation means we have an independent body that continually reviews our practice and ensures not only, that we meet national guidelines but also, that our patients receive the best possible care in a facility committed to continuous improvements and clinical outcomes.



Cataracts

A cataract is the clouding of the natural lens of the eye.

Cataracts can develop due to:

- the natural aging process
- prolonged exposure of UV light
- eye trauma
- disease
- long-term use of some medications

A cataract can interfere with vision in a variety of ways. These include general blurring,

ghosting, glare and difficulty reading and writing. When these symptoms interfere with the performance of daily activities, or when the cataract becomes so advanced that prescription spectacles no longer help, surgery can be considered.

Dr Peter Ingham has been performing cataract surgery since 1987 and routinely performs small incision cataract surgery. Routine **small incision cataract surgery** is performed as day surgery and does **not** involve the use of **injections** or **stitches** around the eye. Only one eye is operated on at a time. The second eye may undergo treatment the following week if necessary, the ophthalmologist can advise on this.

It is recommended that at least 1-2 days is taken to recover from the surgery including not driving for at least 24 hours or swimming for at least 3 days. You should be able to return to normal activities when you feel comfortable to do so, including watching TV, reading, writing and moderate exercise.

To organise a cataract assessment with Dr

Ingham, please phone **(08) 8274 7000**, and remember, a referral from your regular Optometrist or GP is required for this appointment.

Wavefront

A aberrometry or wavefront, is a new method whereby the irregularities of the eye are detected and potentially treated with the excimer laser. These irregularities can reduce the quality of the retinal image and hence vision as a whole (night vision in particular).

The Wavelight Wavefront Analyser, our aberrometer, measures or charts the wavefront aberrations of the entire eye. The Wavefront Analyser is harmonized to the small spot size (1.0mm) of the Wavelight Allegretto laser and an active eye tracking system, so that when teamed together, exact ablation of the corneal surface is possible.

The first customised corneal ablation trial was performed by Theo Seiler of Wave Light in June, 1999. Seiler found that "supernormal"

vision (BSCVA of 20/10 or better) was achieved in 16% of the cases, with some 93.5% of cases achieving 20/20 vision or better.

However, the aim of aberrometry is not to produce "supervision" as some have claimed but rather to improve the quality of vision, especially night vision. As such it is only expected to be of benefit to a small percentage of laser patients.

Adelaide Eye & Laser Centre is able to offer this treatment modality to those patients who are deemed suitable after the initial assessment. The testing procedure will usually require a separate visit that includes pupil dilation.

To arrange a pre-operative assessment call (08) 8274 7000 or 1300 366 564.

RSB Commitment

We are proud to support the Royal Society for the Blind with a donation of \$20 for every

complimentary laser vision consultation held.

This is our way of helping the community while staying in front with the latest technological advancements in eye care.



Your Privacy

Adelaide Eye and Laser Centre takes your privacy, rights and responsibilities very seriously. In accordance with the beginning of the National Privacy Principles, the Adelaide Eye & Laser Centre has undertaken a number of measures to further improve your privacy.

An official copy of our Privacy Policy is available upon request from our reception staff, is openly displayed in our reception area and can be found on our website.

