

# National Eye Health Week 2025

Southend Private Hospital

**As part of this years National Eye Health Week Southend Private Hospital have created this PDF dedicated to raising awareness about the importance of maintaining good eye health.**

**A word from our leader:**

“We have partnered with our local nominated charity Southend in Sight to provide the community a resource highlighting impact that eye health has on an individual’s quality of life. This National Eye Health Week, I urge you to take proactive steps in safeguarding your vision.

Whether it’s through routine eye exams or adopting healthier habits, the effort you put into maintaining your eye health today will pay dividends in the years to come. At Southend Private Hospital we are committed to providing high quality, safe and compassionate care.”

Executive Director  
Mr. Terry Copping



# Common Eye Problems



## Refractive Errors (Near-sightedness, Farsightedness, and Astigmatism)

These are the most common eye disorders, affecting millions of people worldwide. They occur when the shape of your eye prevents light from focusing directly on the retina, causing blurred vision.

Symptoms include difficulty seeing clearly at a distance, close-up, or both. Regular eye exams can detect these issues early, and corrective lenses or surgery can often restore clear vision.

**Symptoms can included but are not limited to:**

- Blurry vision either up close, at a distance or both
- Double vision
- Headaches
- Squinting
- Eye strain
- Eye pain



## Dry Eye Syndrome

This occurs when your eyes don't produce enough tears or the right quality of tears to keep them lubricated. Symptoms include itching, burning, and a feeling of something in your eye. Treatment options range from over-the-counter eye drops to prescription medications and lifestyle changes.

Dry eye can make your eye feel uncomfortable, red, scratchy and irritated. It can make your eyesight blurry but only for short periods of time. Another common symptom of dry eye is feeling like you have something in your eye like an eyelash. Most of the time dry eye causes discomfort and can be well controlled with eye drops.



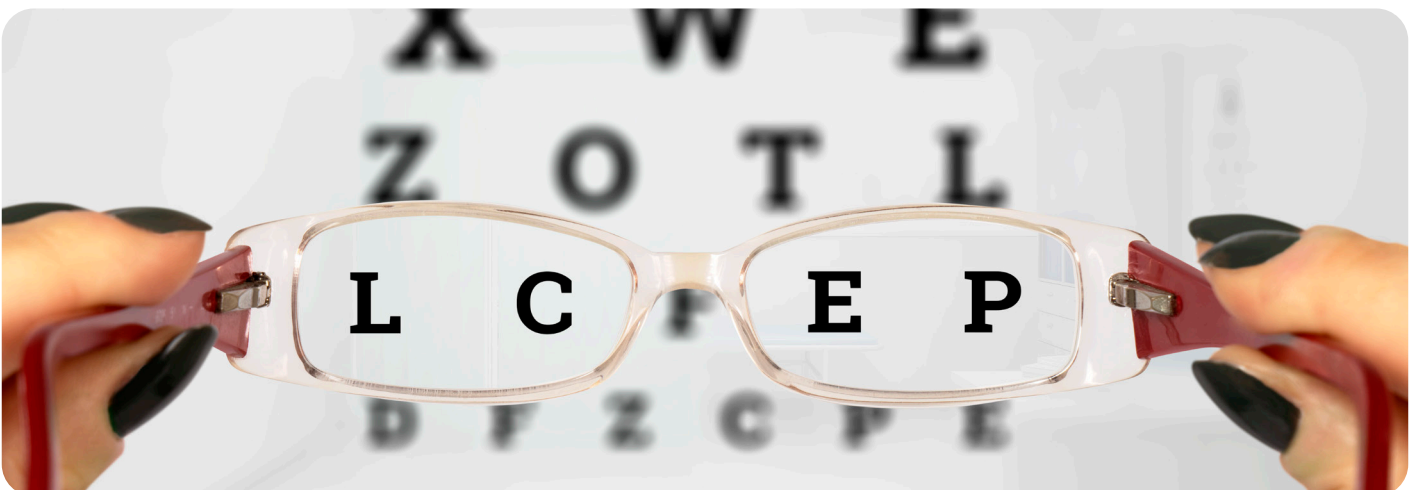
## Cataracts

A cataract is a clouding of the eye's natural lens, leading to vision loss that cannot be corrected with glasses. It's commonly associated with aging, but can also result from injury, medication, or other health conditions. Cataract surgery is a safe and effective way to restore vision.

**What are the symptoms?**

Cataract symptoms gradually increase and get worse over time, symptoms include:

- Cloudy/misty vision
- Glare from light sources
- Poor vision at night
- A change in colour perception
- Double vision
- Difficulty reading



# Common Eye Problems



## Glaucoma

This is a group of eye conditions that damage the optic nerve, often due to high eye pressure. Glaucoma is a leading cause of blindness and often has no symptoms until significant vision loss has occurred.

Regular eye exams are crucial for early detection and treatment to prevent permanent damage.

**Glaucoma is more common as you get older: Affecting 2% of adults over the age of 40 and nearly 10% of adults over the age of 75.**

There are different type of Glaucoma; Primary open angle glaucoma, closed angle glaucoma, normal tension glaucoma, secondary glaucoma and congenital glaucoma.

Glaucoma does not usually cause any symptoms to begin with.

For this reason, many people do not realise they have glaucoma, and it's often only picked up during a routine eye test.

**It tends to develop slowly over many years and affects the edges of your vision (peripheral vision) first. At any time symptoms can include:**

- intense eye pain
- nausea and vomiting
- a red eye
- a headache
- tenderness around the eyes
- seeing rings around lights
- blurred vision

## Age-Related Macular Degeneration (AMD)

AMD is a leading cause of vision loss in people over 50. It affects the macula, the part of the eye responsible for sharp, central vision. While there's no cure, early detection and lifestyle changes, such as a healthy diet and quitting smoking, can slow its progression.

AMD affects the middle part of your vision, not the edges (peripheral vision).

The first symptom is often a blurred or distorted area in your vision. If it gets worse, you might struggle to see anything in the middle of your vision.

**Symptoms can include but are not limited to:**

- seeing straight lines as wavy or crooked
- objects looking smaller than normal
- colours seeming less bright than they used to
- seeing things that are not there (hallucinations)

**AMD is often linked to an unhealthy lifestyle. If you have it, try to:**

- eat a balanced diet
- exercise regularly
- lose weight if you're overweight
- stop smoking if you smoke

## Diabetic Retinopathy

This complication of diabetes damages the blood vessels in the retina, leading to vision problems and potentially blindness. Managing your blood sugar levels, along with regular eye exams, can help prevent or slow the progression of this condition.

It can cause blindness if left undiagnosed and untreated. However, it usually takes several years for diabetic retinopathy to reach a stage where it could threaten your sight.

In its early stages, diabetic retinopathy often presents no symptoms, which is why regular eye exams are critical for early detection and treatment.

**As the condition progresses, symptoms may include:**

- Blurred vision
- Spots or dark strings (floaters) in your vision
- Impaired colour vision
- Dark or empty areas in your vision
- Vision loss

It's important to note that these symptoms can fluctuate and may be mistaken for temporary eye strain or fatigue. However, any changes in vision should be promptly evaluated by an eye care professional.

# Common Eye Problems



## Regular Eye Exams

Schedule comprehensive eye exams at least once every two years, or as recommended by your eye doctor. Early detection is key to preventing and treating eye diseases.

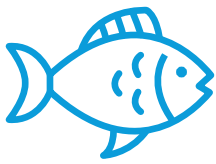
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## Protect Your Eyes from UV Light

Wear sunglasses that block 100% of UVA and UVB rays when you're outdoors. This reduces your risk of cataracts and other eye damage.

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## Maintain a Healthy Diet

Foods rich in omega-3 fatty acids, lutein, zinc, and vitamins C and E are beneficial for eye health. Incorporate leafy greens, oily fish, eggs, nuts, and citrus fruits into your diet.

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## Quit Smoking

Smoking increases the risk of developing age-related eye diseases, such as macular degeneration and cataracts, and can damage the optic nerve.

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## Take Breaks from Screens

The 20-20-20 rule is a simple way to reduce eye strain: every 20 minutes, look at something 20 feet away for at least 20 seconds. This helps to reduce digital eye strain, especially if you spend long hours on computers or mobile devices.

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## Stay Hydrated

Drinking plenty of water helps maintain a healthy tear film on your eyes, reducing the risk of dry eye syndrome.

## How We Can Help

**At Southend Private Hospital, we are committed to providing comprehensive eye care services to keep your vision clear and healthy. Our team of expert ophthalmologists offers advanced treatments for a wide range of eye conditions. Whether you need a routine check-up or specialized care, we are here to support you.**



# Southend in Sight

## The objectives of the charity are:

To support and offer practical help to visually impaired people and their families in Southend on Sea and the adjoining areas. These are the five values the charity adheres to:



## Excellence

We are committed to pursuing the highest possible standards at every level of the charity. We have the expertise, experience and knowledge to offer a professional yet personal and caring approach.

## Community

We are committed to an inclusive, positive environment in which clients, volunteers, employees and trustees may experience a sense of belonging, respect and worth.

## Empowerment

We are committed to encouraging, motivating and inspiring everyone to enable them to reach their full potential and demonstrate that sight loss need not signify the end of or be a barrier to independence, capacity and worth.

## Support

We aim to make a difference in the lives of those we support by putting their needs at the heart of everything we do. We support, trust and empower our clients, volunteers, employees and trustees to further the shared mission of Southend in Sight.

## Integrity

We are honest, reliable, loyal and transparent in the way we deliver our services.



## Southend in Sight

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# Welcome to our Free Eye Health Week FAQ page!

At Southend Private Hospital, we're committed to raising awareness about eye health and providing valuable information to help you take care of your vision. Below are answers to some of the most common questions surrounding eye conditions, eye health, and available treatments:

## 1. What are the most common eye conditions?

- **Myopia (Near-sightedness):** Difficulty seeing distant objects clearly.
- **Hyperopia (Farsightedness):** Difficulty seeing close objects clearly.
- **Astigmatism:** Blurred vision due to an irregularly shaped cornea.
- **Presbyopia:** Age-related difficulty in focusing on close objects.
- **Cataracts:** Clouding of the eye's natural lens, leading to blurred vision.
- **Glaucoma:** A group of eye conditions that damage the optic nerve, often related to high eye pressure.
- **Dry Eye Syndrome:** A condition where your eyes do not produce enough tears or the right quality of tears.
- **Age-Related Macular Degeneration (AMD):** A condition that affects the central part of the retina, leading to vision loss.

## 2. How can I protect my eyes and maintain good eye health?

- **Regular Eye Exams:** Schedule routine check-ups to detect issues early.
- **Healthy Diet:** Eat foods rich in vitamins A, C, and E, as well as omega-3 fatty acids.
- **Wear Sunglasses:** Protect your eyes from harmful UV rays.
- **Limit Screen Time:** Take regular breaks to reduce eye strain.
- **Stay Hydrated:** Drink plenty of water to keep your eyes moist.
- **Quit Smoking:** Smoking can increase the risk of eye diseases.

## 3. How often should I get my eyes checked?

**Adults:** Every 1-2 years if you're under 60, and annually if you're over 60 or have risk factors such as diabetes.

**Children:** A first eye exam at 6 months, another at 3 years, and before starting school. After that, every 1-2 years.

## 4. What are the symptoms of an eye condition that should not be ignored?

- Blurry or double vision.
- Sudden loss of vision in one or both eyes.
- Eye pain or discomfort.

- Persistent redness or irritation.
- Flashes of light or floaters in your vision.
- Difficulty seeing at night or in low light.

If you experience any of these symptoms, seek medical attention immediately.

## 5. What treatments are available for common eye conditions?

**Prescription Glasses or Contact Lenses:** Corrective lenses for myopia, hyperopia, and astigmatism.

**Laser Surgery:** A laser surgery to correct vision issues like myopia, hyperopia, and astigmatism.

**Cataract Surgery:** Removal of the cloudy lens and replacement with an artificial one.

**Glaucoma Treatment:** Includes medications, laser treatment, or surgery to lower eye pressure.

**Dry Eye Treatment:** Use of artificial tears, medication, or lifestyle changes to manage symptoms.

**AMD Treatment:** Includes dietary changes, supplements, and injections to slow disease progression.

## 6. Can eye conditions be prevented?

While some eye conditions are hereditary and cannot be prevented, maintaining a healthy lifestyle and protecting your eyes from injury and UV rays can reduce the risk of developing certain conditions. Regular eye exams are also crucial for early detection and treatment.

## 7. How can I book an eye exam at Southend Private Hospital?

You can easily book an appointment with one of our experienced ophthalmologists by:

Calling us at **01702 608908**

Booking online through our website  
[www.circlehealthgroup.co.uk/southend](http://www.circlehealthgroup.co.uk/southend)

## 8. Does Southend Private Hospital offer specialized treatments for eye conditions?

Yes, we offer a range of specialized treatments, including advanced surgeries for cataracts, glaucoma, and LASIK, as well as customized care plans for chronic conditions like AMD and dry eye syndrome. Our state-of-the-art facilities and highly trained specialists ensure you receive the best possible care.