Isn’t it time you changed the way you receive eye care?
What is Eye Care for Life?

New and highly sophisticated scanning, digital imaging, software analysis, screening and predictive techniques now exist which allow us to build up a more complete profile of your vision, visual status, risk profile and visual needs.

Many of these modern techniques are not included in the NHS eye exam. To address this we have developed Eye Care for Life, a series of programmes appropriate to age and need which supplement the NHS examination and allow us to advise you of the best strategies to protect, correct and maintain healthy vision throughout your life. For a small monthly fee we will ensure you receive the very best eye care currently available worldwide.

Eye Care for Life members will also be entitled to significant discount on spectacles and other eye care products.

The highest standards of eye care appropriate to your needs and great value for spectacles. That’s why we think Eye Care for Life is a better way to deliver eye care services.

Peter Ivins Eye Care was established in 2010 with the emphasis on world class eye care. This includes great technology and advice and treatments for optimal visual health, as well as quality products at fair prices.

After more than 30 years of working in the industry and having lectured and studied optical practices throughout the world, we were keen to establish a practice that was different to the traditional model. This led us to develop Eye Care for Life, a programme which offers each patient an eye care package tailored to their specific needs.

Our ethos is simple - we spend time with our patients investigating and explaining to them their current visual status and risk profile, outlining all possible vision correction options and the best strategies and treatments for life long visual health.

As one of the first practices in Scotland to obtain a therapeutic licence, and through our specialist clinics for contact lenses, dry eye, myopia control and orthokeratology, we can diagnose, manage and treat all prescriptions and a great number of eye conditions.

We have recently recruited to our team some very experienced and highly qualified staff. As a consequence of their experience and the many recommendations of our patients the reputation of the practice continues to grow, and in 2015 we were delighted to be voted “Best Technology Practice in the UK”.

Peter Ivins
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KIDS AND TEENS
For children and teenagers from infancy to around age 19* to ensure healthy visual development

Frequency of consultation typically 6-12 months

A pre-school child will generally not complain about their eyes because they think the way they see is the way everyone sees. However, about 10% of children this age have an eye or vision problem. For this reason it is advisable that before the age of 3 your child has a thorough optometric examination to make sure their eyes are developing properly. The younger a child is when a visual problem is detected, the higher the chances of successful treatment.

As a child progresses through school they face increasing demands on their visual abilities and because vision can change frequently during the school years, regular eye examinations are important.

Eye protection should be considered for children, particularly if they require a visual correction and are involved in sports. All children’s eyes should be protected from possible long term damage caused by UV radiation and sunlight. Children are particularly vulnerable to UV damage because they have larger pupils and clearer lenses.

All the spectacle lenses we supply to children are impact resistant and UV blocking, and we recommend 100% UV blocking contact lenses.

* NHS voucher required for 16 to 19 year olds

A basic NHS eye exam includes:

- History and symptoms
- Vision assessment and refractive status
- Binocular function and ocular balance assessment
- Internal and external ocular health
- Colour vision assessment

In addition we may recommend the following extended clinical procedures:

- Automated corneal shape measurement
- Retinal imaging
- Reading speed assessment
- Orthoptic and eye dominance assessment
- Anterior eye imaging
- Contact lens assessment if required

Eye care for life
Most adults under 40 enjoy healthy eyes and good vision. The most common problems for people in this age group are visual stress from use of screens, hostile environments such as air conditioning or air travel, eye injuries from work or sport, and UV exposure.

Even on an overcast day harmful UV rays can damage the surface of the eye. Over time unprotected exposure to UV and blue light can increase the risk of certain types of cataract and has the potential to damage parts of the retina which can lead to significant loss of vision in later life.
A basic NHS eye exam includes:

- History and symptoms
- Vision assessment and refractive status
- Binocular function and ocular balance assessment
- Internal and external ocular health
- Supra threshold visual field testing
- Non contact tonometry

In addition we may recommend the following extended clinical procedures:

- Automated keratometry
- Threshold field visual field testing
- Retinal imaging
- Anterior eye imaging
- Optical coherence tomography
  - Macular scan
  - Retinal fibre layer scan
  - Anterior chamber and corneal scan
- Macular pigment density assessment
- Macular disease predictive testing
- Contact lens assessment if prescription is required
- Pachymetry
- Gonioscopy

If you are over 40 you’ve probably noticed changes in your vision. Presbyopia - difficulty seeing clearly for reading and close work - is the most common problem for people in this age group. Presbyopia can’t be cured but there are many options available to compensate for the loss of near focussing ability which will give most people clear near vision.

It is also at this age that we should begin screening and predictive testing for a number of sight threatening conditions. Early detection, intervention and lifestyle changes now can make a real difference to our vision in later life.

Adults over 40 may be particularly at risk of the development of eye and vision problems if any of the following exist:

- Chronic systemic conditions such as diabetes or HBP.
- A family history of glaucoma or macular degeneration.
- A job in an eye hazardous environment or one which is highly visually demanding.
- Health conditions for which you take medication, such as high cholesterol, thyroid conditions, arthritis, anxiety or depression.
- Many other medications, even antihistamines, can also have ocular side effects.
Frequency of consultation typically 3-6 months

If you have a strong family history of eye problems or have been diagnosed with a particular condition, it is important that you are examined frequently to ensure the condition is stable and that any treatment plan is working.

As you reach 60 and beyond you need to be aware of the warning signs of age related eye problems that could cause visual loss. Many eye diseases have no early symptoms, they may develop painlessly and you may not be aware of changes to your vision until the condition is quite advanced.

Wise lifestyle choices and regular eye examinations can significantly improve your chances of maintaining good eye health as you age. Eye diseases common to this age group are macular degeneration, diabetic retinopathy, retinal detachment, cataracts, glaucoma and dry eye. The earlier these problems are detected and treated the more likely you are to retain good vision.

You may also find that driving becomes increasingly difficult. Age related disease can compromise your ability to drive, particularly at night, even before you are aware of any symptoms.

A basic NHS eye exam includes:

- Vision assessment and refractive status
- Binocular function and ocular balance assessment
- Internal and external ocular health
- Fundus photography
- Supra threshold visual field testing
- Non contact tonometry
- Contact tonometry

In addition we may recommend the following extended clinical procedures:

- Automated keratometry
- Threshold fields
- Optical coherence tomography
  - Macular scan
  - Retinal fibre layer scan
  - Anterior chamber and corneal scan
- Macular pigment density scan
- Macular disease predictive testing
- Gonioscopy
- Anterior eye photography
- Crystalline lens image
- Pachymetry
- Tear film analysis and dry eye treatment advice

EYE CARE FOR LIFE

INTENSIVE
A programme designed for the patient who requires frequent or extensive eye examination

Frequency of consultation typically 3-6 months

EYE CARE FOR LIFE
Questions and Answers

How long do I need to register for?

The minimum contract is for 12 months during which you can purchase as many pairs of spectacles and sunglasses as you require at the current discounted rate. After 12 months you can cancel at any time with one month’s notice.

What if I want contact lenses as well?

If you wish contact lens care to be included you can either join our Eye Care for Life Contact Lens Programme or add £4 to your existing monthly fee.

What about my NHS entitlement?

Many of our clinical procedures, as well as the frequency of examination, are not currently funded by the NHS. Our current pricing therefore assumes that we will claim NHS fees only when and if available. Should your eligibility of NHS fees be withdrawn in the future we would inform you of any increase before implementing.

Clinical benefits

Any number of appointments given as clinically required
Priority access to your preferred optometrist
Extended clinical procedures appropriate to your age and ocular status
Predictive software for risk assessment
A detailed verbal and written report of your visual status
Contact lens comfort trials
24 hour emergency helpline
Rapid access to specialist opinion if required *

Do I have to buy my glasses from you?

We suspect because of our generous discounts to members of our programmes that it would be hard to find equivalent product elsewhere cheaper, so much so that we have a price guarantee.

However if you wish to buy your glasses elsewhere and come to us for your eye care only that’s fine - it’s your choice.

Financial Benefits

25% discount on spectacles with unlimited personal purchases
15% discount on sunglasses with unlimited personal purchases
10% discount on accessories, contact lens solutions, dry eye products and ocular nutrients
Servicing, cleaning, minor repairs and adjustment of spectacles at any time
Free parking

* Extra consultation cost

Do I have to join an Eye Care for Life programme?

If you opt for the basic NHS eye examination then you can simply pay for any extra clinical procedures as you have them.
EYE CARE FOR LIFE

World class eye care, locally

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