



## Wellness Scan

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OPTICAL COHERENCE TOMOGRAPHY

**SEE BENEATH THE SURFACE**

SAFEGUARD YOUR EYE HEALTH

OCT scans for common conditions such as:


Age-related Macular Degeneration	Diabetes	Glaucoma	Macular Holes	Vitreous Detachments
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The health of your eyes matters to you and it matters to us too, which is why we are offering OCT to all our patients.

OCT is a new, completely painless and highly advanced screening system

that checks for potentially serious conditions such as glaucoma, diabetes, age-related macular degeneration, vitreous detachments and more.



## What is OCT?

Ocular Coherence Tomography or OCT is an advanced eye scan suitable for people of all ages. Similar to ultrasound, OCT uses light waves rather than sound waves to see beneath the surface of the eye. It allows your eye doctor to see the different layers which make up the back of the eye.

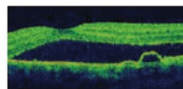


### The Scientific Stuff

Using a 3D OCT camera, your eye doctor can simultaneously take a digital photograph and a 3D cross section scan of the back of your eye. This allows us to instantly diagnose a number of common conditions. The scan is non-invasive, painless and can be completed in 60 seconds or less.

### What can the scan check for?

Common conditions identified through regular OCT screening include:



#### 1. Age-related macular degeneration

Macular degeneration causes the gradual breakdown of the macular (the central portion of the eye). OCT cannot only identify this condition and its type (there are two types, wet and dry) but also monitor its progress. Unfortunately the risk of developing macular degeneration increases with age, and it is the most common cause of vision loss in individuals over the age of fifty.

#### 2. Diabetes

Diabetic retinopathy is a major cause of visual impairment among adults. OCT examination enables early detection, which greatly improves the success rate of treatment.



#### 3. Glaucoma

Glaucoma damages the optic nerve at the point where it leaves the eye. The danger with chronic glaucoma is that there are no symptoms. An OCT examination will confirm if you are at risk, or what stage of glaucoma you may have.



#### 4. Macular holes

A macular hole is a small hole in the macula—the part of the retina which is responsible for our sharp, detailed, central vision. One cause of a macular hole is a vitreous detachment, when the vitreous pulls away from the back of the eye and does not 'let go' and eventually tears the retina, leaving a hole. Extreme exposure to sunlight (for instance staring at the sun during an eclipse) can also cause a macular hole to develop.



#### 5. Vitreous detachments

Vitreomacular traction can easily be diagnosed using OCT. As we age, the vitreous jelly that takes up the space in our eye can change. It can become less firm and move away from the back of the eye towards the center. In some cases, parts do not detach causing a 'pulling' of the retinal surface. The danger of a vitreous detachment is that there is no pain and your eyesight may seem unchanged but the back of your eye may be damaged.



### A step-by-step approach.

Having an eye scan is simple and painless, just follow the steps below to bring about Peace of mind.

#### Step 1

Book an appointment with your eye doctor.

#### Step 2

Your eye doctor will scan your eyes using the state-of-the-art 3D OCT camera from Topcon.

#### Step 3

The high resolution 3D images are examined by the eye doctor using special built-in analysis tools.

#### Step 4

The results are presented to you.

#### Step 5

Any future scans can be compared with previous ones for comparative diagnosis.

There are two types of procedural tests involving optical coherence tomography (SCODI) commonly used at Crystal Optical. There are (1) Wellness Scans and (2) SCODI with physician interpretation. Wellness Scans are recommended for all new patients as baseline documentation of your retinal health in both eyes. Wellness Scans are offered as a service to patients at a cost of \$45.00. Insurance will not pay for this service nor is there a billable code to use for this service, as it is elective and optional.

SCODI is a medically indicated service where retinal status or pathology needs to be examined, interpreted, and followed over time by your eye doctor. It is more extensive than wellness scans and has a different charge. Examples of this can include but are not limited to: diabetic retinopathy, glaucoma, choroidal nevus (pigmented lesion in retina), macular degeneration, hypertensive retinopathy, congenital defects, etc. These types of conditions are seen during your dilated exam by your doctor and need to be documented by SCODI and/or photographs, analyzed and interpreted by your doctor and kept for future comparison in your medical record. This service is billable to your insurance and has a recognized procedure code.

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