

# Healthy Retina

A PULLMAN VISION SOURCE PROGRAM

## What is the Healthy Retina program?

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Healthy Retina is a Pullman Vision Source program dedicated to keeping your retinas as healthy as possible, and in turn your vision as clear as possible, through early diagnosis of retinal disease. The program is comprised of three optional tests that monitor different aspects of retinal changes: Digital Retinal Imaging, Ganglion Cell OCT, and M&S Contrast Testing.

## What is Digital Retinal Imaging?

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Monitoring retinal changes is easier and much more effective with **Digital Retinal Imaging**, technology that allows instant viewing of retinal images by both Dr. DeVleming and you, the patient. These images establish a baseline of your retinal health and help document any existing retinal disease—including but not limited to **diabetes, glaucoma, atherosclerosis, and hypertension.**

## What is Ganglion Cell OCT?

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The retina is made up of many layers of nerves and connective tissue, much like the brain. Using newer technology called **Optical Coherence Tomography**, we can image and track changes in these retinal layers. Ongoing research has shown that diseases like **Alzheimer's** can be detected in some retinal layers before it shows up as plaques in the brain. Early detection may lead to early treatment to hopefully postpone the tremendously debilitating changes to the brain associated with the disease.

## What is M&S Contrast Testing?

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**M&S Contrast Testing** measures the eyes' ability to detect subtle differences between light and shadow by measuring contrast sensitivity. Research has shown that low levels of contrast sensitivity may be linked to **Macular Degeneration**, the leading cause of acquired blindness in the United States.

The naturally occurring carotenoid lutein has been linked to improving contrast sensitivity, and is one of the three components of the MacuHealth supplement. In addition to increasing contrast detection, lutein works alongside zeaxanthin and meso-zeaxanthin to rebuild the macular pigment. This pigment acts as a protective shield for our eyes against oxidative stress, blue light exposure, and disease. Optimal levels of macular pigment will also maximize visual performance.

**We encourage all of our patients to take MacuHealth, and for those who participate in our Healthy Retina program, we offer \$10 off your purchase of MacuHealth vitamins!**

Digital Retinal Imaging (\$30)

Yes

No

Ganglion Cell OCT (\$15)

Yes

No

**NEW!** M&S Contrast Testing (\$15)

Yes

No

**Healthy Retina Mini-Package (\$40)**

*Includes Digital Retinal Imaging and your choice of Ganglion Cell OCT OR M&S Contrast Testing*

**Healthy Retina Package (\$50)**

*Includes Digital Retinal Imaging, Ganglion Cell OCT, and M&S Contrast Testing*

Patient Name (print): \_\_\_\_\_ Date: \_\_\_\_\_

Signature of patient or legal representative: \_\_\_\_\_

If signed by patient representative, state name and relationship to patient: \_\_\_\_\_