

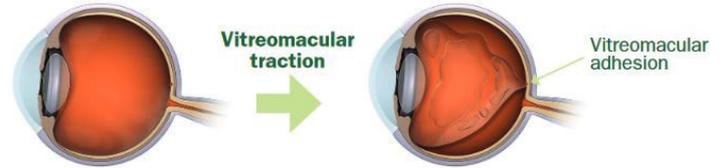


## NATURAL AGE CHANGES IN THE VITREOUS HUMOUR

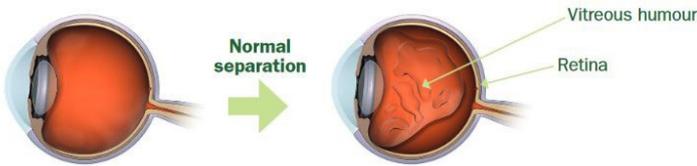
Your Optometrist has given this leaflet to you to help you understand the normal changes that can occur in your eyes, that were discussed with you at your recent eye examination. Traditionally, we could not detect in detail the process of these changes.

However with excellent modern scanning techniques such as the OCT (Ocular Coherence Tomography) we have developed a better understanding. While it is unlikely that you will develop any problems, we want you to understand what to do if you have any new symptoms which might indicate that a further check-up is immediately advisable.

The eye showing persistent attachment of the vitreous humour to the macula



This is known as vitreomacular traction (VMT). Sometimes if the force is strong it might lead to the formation of a macula hole or retinal tear.



### Normal changes in the vitreous humour

Our eyes contain a jelly-like material known as vitreous humour. As we get older, the vitreous humour naturally separates from the retina (this is known as posterior vitreous detachment).

In most cases the vitreous will separate from the retina without causing you any problems or you even knowing that this has happened. Occasionally this process of separation can put some tension on the retina, known as vitreomacular adhesion (VMA) or vitreomacular traction (VMT).

### What is Vitreomacular adhesion (VMA) and traction (VMT)?

The vitreous humour can sometimes stay attached in some parts of the retina, especially the macula. This is known as vitreomacular adhesion (VMA). Areas of VMA can create a pulling force on the macula.



### What symptoms might I have?

VMT symptoms include:

- Distorted vision
- Reduction in vision (sharpness of vision)
- Blind spot in the centre of the vision
- Flashing lights
- Floaters

### What should I do?

If you experience any of the symptoms above, always inform your Optometrist on the same day. If this is not an option and in particular if your symptoms are 'sudden onset' always seek same day medical advice (eye casualty).

If the optometrist sees VMA or VMT, they may request you attend for more frequent appointments to help monitor it using specialist scanning techniques such as the OCT (Optical Coherence Tomography). If they feel it is necessary, they may refer you to an Ophthalmologist.