

Valeda LDS Treatment - for AMD



***“Oh, I noticed the red and the blue on the shower control, I was unable to see it when I arrived”, “ and oh, oh, yes I have noticed a difference, in fact I could see the butter on my plate this morning and I was able to butter my own toast”
B.J. -Yorkshire. Dec, 2019.***

The Valeda Light Delivery System (LDS) is the first approved treatment for Dry Age Related Macular Degeneration (AMD) using Photobiomodulation (PBM). We are delighted to be the first Optometric practice in the world to offer this long awaited, truly innovative treatment developed by LumiThera.

In addition and for a limited time only, we are offering you the benefit of 5 x 15 minutes sessions on the NovoThor Whole Body Light Pod worth up to £350 to compliment and book along with your Valeda LDS treatment. Recent scientific research identifies low grade systemic whole body inflammation as the cause of many chronic diseases of ageing including macular degeneration. The NovoThor Whole Body Light Pod is unique in that it may reduce inflammation throughout the whole body.

Unfortunately, due to the nature of the disease process and the incredible complexity of the human visual system and brain: dry Macula Degeneration is only normally detected when the disease is already quite significantly advanced. It has long been known that clients with intermediate and even advanced AMD often perform well in normal sight tests using high luminance and high contrast conditions (black letters on a letter chart in an opticians for example). Whereas testing under dim light and low contrast shows functional impairment at an earlier stage. Furthermore, intermediate AMD clients commonly require high ambient light for tasks such as reading and report difficulties especially in performing daily activities under low luminance conditions.

This is because a normal routine sight test (looking at a letter chart) only examines a very small part of the visual process. However, early stages of the disease tend to primarily affect the “rods” (the receptors responsible for night vision that we only use when outdoors when in complete darkness) - this part of your vision is not assessed during a standard sight test.

Also, because in modern society we are constantly surrounded by artificial lighting, headlights, street lamps etc. Hence most of us are, therefore, completely unaware of any changes to this part of our vision in day to day life; until there has been a significant and often **life changing deterioration** in our vision.

AMD progresses slowly at first, in most but not all people, and it is often only diagnosed when it starts to affect the “cones” (the receptors responsible for high contrast, central and colour vision) - these are the light receptors that are tested in a routine sight test (i.e. - by looking at the black letters on a standard letter chart) and they are used for the most central part of your vision such as for reading and watching TV etc.

The aim of this new treatment is to slow down the progression of the disease and if caught early enough to even improve your visual performance in day to day activities - so that you can enjoy improved vision for longer - a quality of life enhancement.

In order to assess whether you are suitable for the treatment, and if so, to effectively monitor your progress and the ongoing effects and benefits of the Valeda LDS treatment over time it is important that we perform all of these tests.

We will investigate this in a unique way - that is completely different to any other eye examination and any tests that you may have experienced to date. Initially, it involves several visits to the practice - the assessments are quite involved and may feel challenging to some; as we are examining, in great detail, the parts of your visual pathway that are not normally examined. The idea is to accurately assess exactly how well your vision is functioning on several different levels and to assess what you are able to see - rather than what you cannot see.

Each treatment cycle is carried out over approx. a three week period. The initial assessment and treatment cycle takes the longest amount of time - subsequent treatments and assessments are considerably quicker.

Initial assessment and first treatment cycle

1st Appointment - Please allow approximately three and a half hours for the initial assessment.

Suitability assessment - this will be undertaken preferably without visual correction (spectacles or contact lenses). Unless your vision is so bad without that you cannot perform the tests reliably - what is critical is continuity throughout the assessment process - and to be able to measure any improvements to your vision under the same conditions. However, please bring your up to date spectacles and or spectacle prescription with you to the appointment and any relevant ocular or medical history.

Assessment itinerary:

It is important during the assessments to ensure that you are prepared beforehand and comfortable for the duration. For example you have had a comfort break and that all phones and digital devices are switched off. It is critical that there is no light exposure whilst dark adaptation is taking place as this will invalidate the results.

- 1) EDTRS vision assessment without specs, monocularly (one eye at a time)
- 2) Landolt C Visual Acuity Measurement, monocularly
- 3) Maia microperimetry and scanning laser ophthalmoscopy (Photopic assessment of central visual function)

Dark adaptation for 30 minutes to test ROD function. This involves sitting in a blacked out room wearing a mask for 30 minutes to allow dark adaptation in order to assess the function of the rods (cells used for night vision). During this adaptation period you will be asked various lifestyle questions as part of a validated questionnaire.

- 4) Scotopic Contrast Sensitivity measurement (ability to see in the dark)
- 5) Photopic Spatial Contrast sensitivity measurements monocularly: Gabor Patch
- 6) Photopic Temporal contrast Sensitivity (movement detection): Gabor Patch
- 7) Cambridge Colour Vision measurement monocularly in two parts (to check different parts of visual pathway; not the same as a normal colour vision test)
- 8) Installation of dilating eye drops
- 9) Spectralis OCT whilst dilated
- 10) Spectralis Blue peak Auto Fluorescence (checks for toxin build up in retina)
- 11) Spectralis OCT Angiography of macula (checking for blood flow to central retinal layers)
- 12) Spectralis High Density OCT (to measure small structural changes of approx. 1µm)

Following the above tests, a review will be conducted by the Optometrist to assess and discuss your suitability and treatment options. At this point, should you wish to proceed with a course of treatment, then two shorter assessments (approx. two hours each) can be booked.

Note; the purpose of the assessments is not to 'pass' or 'fail', but to establish a reliable baseline - it is rare that one would not be suitable for treatment following an assessment, and this would be due to a previously undiagnosed pathology or conversion to wet AMD since your last visit.

(As with all psycho-physical tests there is a learning effect. In order for us to provide you with the best possible, and most accurate results it's important to carry out three baseline tests. We perform these to rule out any learning effect that may falsely show an improvement in vision that is due to you the patient becoming more experienced in performing the tests, and not due to the benefit of the treatment itself).

2nd - 3rd Appointment - Please allow approx. two hours per appointment

Second and third appointment consists of repeating steps 1-6 and 8. This is essential to establish a reliable baseline with which to monitor all measurable changes to your vision and the efficacy of the treatment.

Valeda Treatment Schedule

Immediately after your third assessment you can proceed with the first of nine Valeda LDS sessions (approx. 20 minutes each appointment), which must be carried out on alternate days ideally over a 2-3 week period. This can be Monday-Friday or over a 7 day week.

9th Valeda session - completion of a treatment

For international and long distance clients, this appointment will take approx. two hours and incorporate a final assessment prior to the last treatment. This comprises a repeat of the initial diagnostics steps 1-6, 8, 11 and 12.

Once the treatment cycle is completed the results will be processed and analysed and the optometrist will schedule a follow up discussion with you.

Local clients are invited to attend for a follow up and final assessment one month after their Valeda Treatment (9 sessions) - where possible.

Follow up Appointment (Depending on location of Client) - please allow approx. two hours for this appointment if being reassessed.

If clients are located close by or are happy to return a month (approx.) after the 9th session then the final assessment can be carried out when they return. The process is to repeat steps 1-12 of assessment and the after completed we shall analyse results and send you them within approx. 4 week period.

Following a discussion with the Optometrist if stable or an improvement is shown and client is satisfied with treatment and wants to continue then to schedule follow up in four to six months at this visit and to commence DD - that pays for next set of treatments and diagnostics.

It is recommended that the treatment is repeated every four to six months depending on the severity of your eye's AMD status - in very early AMD that has yet to impact your vision it may be possible to treat yearly with a six monthly assessment to monitor progression.

Follow up treatment cycles

At the next visit, after approx. 4-6 months and before commencing the next treatment cycle, a repeat of the initial visit steps 1-12 is performed with a review by Optometrist.

Your 1st Valeda LDS session is on the same day of the first assessment; followed by eight further sessions and your final assessment.
To schedule repeat appointments as above.

The cost of the first treatment cycle and diagnostics to monitor efficacy of the treatment is £1650 for both eyes - if only one eye is being treated the cost is £1450.

Note: this has to be paid in full at the time of booking - as appointments need to be scheduled and diarised in advance in order to guarantee availability - we are unable to book the appointment schedule and multiple appointments without the cost in full being paid for in advance.

However, please note if you are found to be not suitable for treatment at the initial appointment or you decide not to proceed a fee of £450 is payable for the diagnostics and the balance will be refunded.

We do recommend booking the initial assessment and diagnostics prior to booking your Valeda LDS treatment - if you are found to be suitable for treatment and you wish to proceed then we can schedule the rest of the appointments at your convenience.

Follow up treatment cycles cost £1450 for both eyes or £1250 for one eye. However, if paying by direct debit; £220 per month (£187 per month for one eye) if required every 6 months paid in advance, £330 (£280 for one eye) per month if a four monthly cycle is adopted.



For a limited period we are offering the Valeda LDS treatment with a package of 5 complimentary NovoThor Whole Body Light Pod sessions worth up to £350*

Please note: The above costs are for the diagnostics and treatment only - this assessment and treatment is specifically aimed at treating and monitoring dry AMD only and does not include a refraction or a sight test or any type of “normal” eye examination. The Valeda LDS treatment is currently not funded by the NHS - if an existing client wants to include into the direct debit an element for eye exams etc. then we can add this to the DD starting from only an extra £12 per month (note: would normally be from £20 per month) depending on complexity of client; the client would then benefit from the normal DD benefits applicable at the time for our scheme clients.

Any existing John Rose Eye Care DD clients that have been on our scheme for longer than 18 months that want to be treated will be charged at the reduced £232 per month figure - and initial diagnostic assessment will be charged at only £175.

(All of the above information and fees outlined in this document and any benefits from joining our DD scheme may be liable to change without notice and are subject to availability but are correct at time of writing - currently valid on 12/12/19).

** Not exchangeable, no cash alternative.*

Should you have any questions please e-mail us at info@johnroseeyecare.co.uk, phone 02085469292 or visit online at www.johnroseeyecare.co.uk or www.amdtherapy.co.uk