

Valeda LDS- the World's first and only approved treatment, using Photobiomodulation for Dry Age-Related Macular Degeneration. Please find the following information detailing the process.

Scroll down or click on a specific below if you want to proceed to a specific Chapter.

Age-Related Macular Degeneration (AMD)

Photobiomodulation

Valeda LDS treatment

Assessments

First assessment and treatment schedule

Follow-up assessment and treatment schedule

Fees and special offers



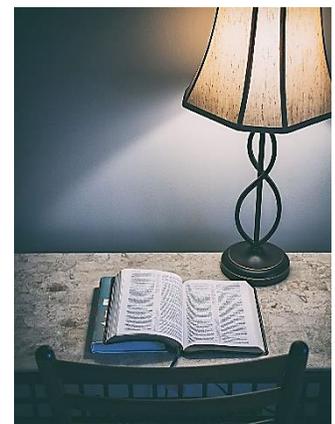
Age-Related Macular Degeneration (AMD)

Age-Related Macular Degeneration (AMD) is a gradual loss of vision that progresses with age. AMD normally affects central vision, particularly contrast sensitivity, dark adaptation, colour vision and depth perception – these are the changes that influence performance and experience of day-to-day tasks and hobbies such as reading, driving, watching TV, painting etc.



Early stages of the disease tend to primarily affect the rods – the receptors responsible for night vision. AMD progress slowly first. Sadly, it is often only diagnosed when it has already started to affect the cones – the receptors responsible for high contrast, central and colour vision.

Due to the degenerative and progressive nature of the disease process and the incredible complexity of the human visual system and brain, dry AMD is only normally detected when the disease is already significantly advanced. Also, in modern society we are constantly surrounded by artificial lighting, headlights, streetlamps etc. Hence often we are completely unaware of changes in night vision until there has been a significant and often life changing deterioration in our vision.



Photobiomodulation

Photobiomodulation (PBM) is the application of different wavelengths of light, most commonly red and near-infrared. PBM therapy improves metabolism within the mitochondria – organelles within cells that are responsible for energy production.

So far, research has shown that PBM therapy attenuates degeneration in sick retina and optic nerve cells, accelerates wound healing, and improves recovery from ischemic injury.



Valeda LDS treatment

The Valeda Light Delivery System (LDS) is the World's first approved treatment for Dry AMD using PBM. You can be reassured that your treatment will be undertaken by the World's first Optometrist and Optometric practice to offer this long awaited truly innovative treatment developed by LumiThera Inc. For more information, please see www.lumithera.com



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 you can enjoy improved vision for longer, as well as enhanced quality of life!

SPECIAL OFFER

For a limited period, we are uniquely positioned to offer the Valeda LDS treatment combined with a package of complimentary NovoThor Whole Body Light Pod sessions. Please follow to [Fees and special offers](#) for more information.

NovoThor is a red and near-infrared light bed; relaxing and rejuvenating, the NovoThor Whole Body Light Pod improves blood flow, relaxes muscles, reduces pain and improves injury healing. For more information, please see www.novothor.com



Assessments

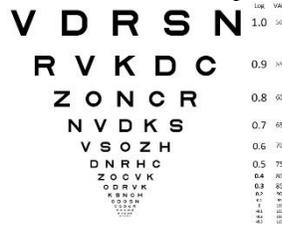
The treatment plan commences with a Metropsis Visual Function assessment (Cambridge Research Systems) macular integrity assessment (MAIA) and a series of Heidelberg Spectralis Optical Coherence Tomography (OCT) and OCTA scans and images of the retina and macula following dilation (drops). These assessments facilitate the close monitoring of your progress and the ongoing effects and benefits of the Valeda LDS treatment over time.

We will investigate this in a unique way that is completely different to any other eye examination and any assessments that you may have experienced to date.

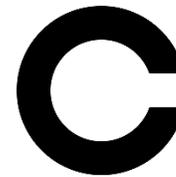
Assessment itinerary:

1. Visual Acuity – measures clarity of vision

Early Treatment Diabetic Retinopathy Study Chart

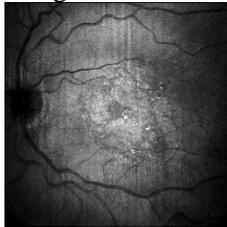


Landolt C

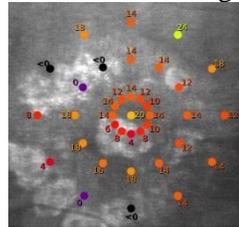


2. Macular Integrity Assessment (MAIA) – measures retinal sensitivity and fixation stability

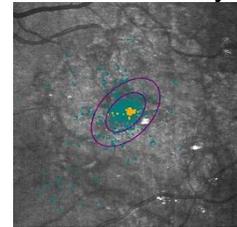
Image of the retina



Dimness of seen light

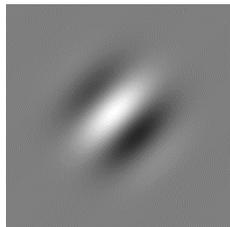


Fixation Stability

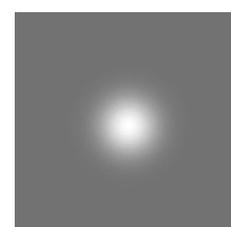


3. Spatial Contrast – measures sensitivity to contrast Temporal Contrast – measures sensitivity to movement

Gabor Patches

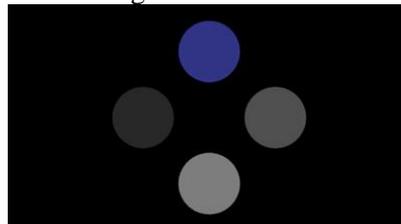


Gaussian Blob



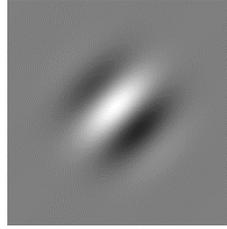
4. Colour Discrimination – measures discrimination of low saturated colours

Cambridge Colour Assessment



5. Dark Adaptation – measures sensitivity of the rods ('night vision')

Gabor Patches

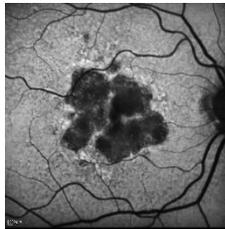


Before the Dark Adaptation assessment you will be adapting to dark in order to activate your rods function. This involves sitting in a blacked-out room wearing a mask for 30 minutes. During this adaptation period you will be asked various lifestyle questions as part of a validated questionnaire.

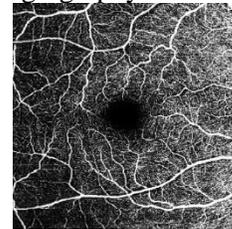
Installation of dilating eye drops

6. Optical Coherence Tomography – 4D HD optical imaging

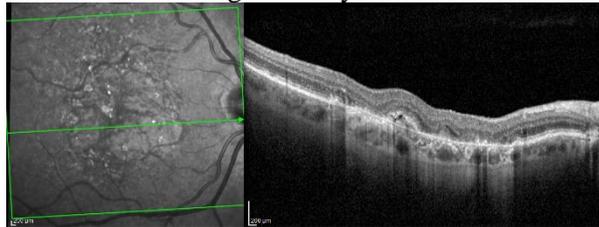
Blue Peak Auto Fluorescence image



Angiography of Macula



High Density OCT



It takes approximately 3 hours to complete all assessments.

NOTE: the purpose of the assessments is not to 'pass' or 'fail' but to establish reliable baseline and follow up on effectiveness of treatment and development your case.

It is important during the assessment to ensure that you are prepared and comfortable for the duration. Make sure you had your comfort break and your digital devices are switched off.

First assessment and treatment schedule

FIRST APPOINTMENT

A thorough visual assessment (approx. 3 hours including dilation): this will be preferably undertaken without visual correction (spectacles or contact lenses), unless without correction the results would not be reliable.

PLEASE BRING TO THE APPOINTMENT YOUR UP-TO-DATE SPECTACLES AND/OR SPECTACLE PRESCRIPTION AND ANY RELEVANT OCULAR OR MEDICAL HISTORY.

On your first appointment you will undergo all assessments in [Assessments](#) section.

SECOND AND THIRD APPOINTMENTS

Second and third appointments consists of repeating [Assessments](#) – this is essential to establish a reliable baseline with which we will monitor all measurable changes to your vision and the efficacy of the treatment. (approx. 2 hours)

VALEDA TREATMENT

Immediately after your third assessment you can proceed (if convenient) with the first Valeda LDS session. Overall, you will have 9 Valeda LDS sessions (approximately 20 minutes each). We recommend appointments are spread over a 2-3 week period for optimum results.

9TH VALEDA TREATMENT SESSION

For international/long-distance clients. This appointment will take approximately 2 hours as it will incorporate a final assessment prior to the last treatment. This comprises a repeat of the initial diagnostic steps ([Assessments](#)). 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 attend a 9th Valeda LDS treatment session as previous sessions. You will be invited for a final assessment one month after your 9th Valeda LDS treatment session. This appointment will take approximately 2 hours. You will repeat initial diagnostic steps ([Assessments](#)). After completion we shall analyse results and send them to you within approximately 4 weeks.



Note, appointments need to be scheduled and diarised in advance in order to guarantee availability.

Follow-up assessment and treatment schedule

Following a discussion with the Optometrist, if your visual performance is stable or an improvement is shown and you are satisfied with the treatment and wish to continue, then we would schedule a follow-up in four to six months. Here you can set a Direct Debit which will pay for the next set of treatments and diagnostics ([Fees and special offers](#)).

It is currently recommended that the treatment is repeated every four to six months depending on the severity of your 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.

VALEDA TREATMENT

Before commencing the next treatment cycle, a repeat of the initial [Assessments](#) are performed with a review by Optometrist. Your 1st Valeda LDS session is on the same day of the first assessment. Further you will have 8 more treatment sessions and your final assessment to monitor your progress and effectiveness of Valeda LDS treatment.

Note, appointments need to be scheduled and diarised in advance in order to guarantee availability.

Fees and special offers

	Treatment of two eyes	Treatment of one eye
First treatment cycle and diagnostics	£1650	£1450
Follow-up treatment cycle	£1450	£1250
DIRECT DEBIT SCHEMES	A total amount paid under Direct Debit scheme - £1320 for both eyes, £1120 for one eye	
Follow-up treatments every 4 months	£330 per month	£280 per month
Follow-up treatments every 6 months	£220 per month	£187 per month
Existing John Rose Eye Care clients	Applicable to any John Rose Eye Care Direct Debit clients that have been on our scheme for longer than 18 months	
Initial diagnostics	£175	
Treatment	£232 per month	
<i>Note, fees have to be paid in full at the time of booking - we are unable to book the the appointment schedule and multiple appointments without the cost in full being paid for in advance.</i>		
<i>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.</i>		
<i>The above costs are for the diagnostics and treatment only – this assessment and treatment is specifically aimed at treating and monitoring dry AMD, and does not include a refraction or a sight test or any type of ‘normal’ eye examination.</i>		
<i>The treatment is currently not funded by NHS.</i>		
<i>If an existing client wants to include into the direct debit an element for eye exams etc. then we can add this to the direct debit starting from only an extra £12 per month cost, depending on complexity of client (Note, it would normally be from £20 per month).</i>		

Special offer – unique to John Rose Eye Care

We are offering the Valeda LDS treatment with a package of 5 complimentary NovoThor Whole Body Light Pod sessions worth up to £350.* www.novothor.com for further information

*Not exchangeable, no cash alternative.

Should you have any questions, feel free to contact us.

e-mail – info@johnroseeyecare.co.uk

website – www.johnroseeyecare.co.uk

www.amdtherapy.co.uk

www.lighttherapylondon.com

phone – 020 8546 9292

Alternatively, you can leave your details on our contact page to be contacted by us:

<https://johnroseeyecare.co.uk/branch/contact-us>

We look forward to hearing from you.

John Rose, BSc (Hons) M.C.Optom