

The Valeda Light Delivery System (LDS) is the World's first approved treatment for Dry AMD using Photobiomodulation Therapy (PBMT).

To date more than 450,000 treatments have been administered Worldwide with no reported adverse effects and you can be reassured that your treatment will be undertaken by the World's first Optometry practice to offer this long awaited truly innovative treatment developed by [LumiThera Inc.](#)

Measuring your response to and progress from the Valeda treatment is an important part of the treatment protocol. That is why we offer a unique treatment plan (as detailed below)** which incorporates an extensive baseline assessment and follow up measurement of visual function. You will then be issued with a report following completion of the final assessment.

Click the link below to see a short animation explaining the treatment and a recent discussion of the latest results:

<https://player.vimeo.com/video/639691579>

[https://eyetube.net/spotlight/valeda/game-changing-treatment-for-dry-
amd?redirected=true](https://eyetube.net/spotlight/valeda/game-changing-treatment-for-dry-amd?redirected=true)

The Valeda treatment is extensively used throughout Europe and the rest of the World. However, the relatively slow uptake of the treatment in the UK is due to the complexity of getting a new treatment code from the NHS. Professor Ben Burton led the Lightsite II trials in the UK and has since been elected president of the Royal College of Ophthalmologists, the interest in the treatment has significantly increased with numerous private providers including Prof. Burton now offering the treatment in the UK.

LumiThera and the FDA are now "fast-tracking " the approval process in the U.S.

The links below with the latest news:

<https://www.businesswire.com/news/home/20240116921449/en/LumiThera-Announces-Initiation-of-EUROLIGHT-Registry-Study-to-Evaluate-Long-term-Benefits-of-Photobiomodulation-PBM-Treatment-using-the-Valeda%C2%AE-Light-Delivery-System-in-Patients-with-Dry-Age-Related-Macular-Degeneration-AMD>

<https://eu.lumithera.com/lumithera-provides-update-on-fda-review-of-valeda-treatment-for-dry-amd-patients/>

<https://pubmed.ncbi.nlm.nih.gov/37972955/>

<https://retinalphysician.com/issues/2023/september/clinical-trial-download-lightsite-iii-24-month-photobiomodulation-results/>

Our personal experience in treating real world patients since September 2019 is that we are seeing results that mirror those of the clinical trials with a slowing down in progression of the disease and a significant proportion seeing measurable improvements in retinal function.

**You may be already aware from the published trials that LumiThera recommend a treatment every four months in order to maximise effectiveness in slowing down the progression of your disease. This is based on the recently published LightSite III trials carried out in the U.S. and optimum results are obtained by having three treatment cycles in a year - see the attached links below with the latest published results.

The assessment and treatment protocol is as follows:

1 - **Initial assessment** - The initial appointment allows us to investigate your eyes current functional and structural status and enables a baseline to be established for both function and structure allowing both you and us to monitor the effects of the treatment over time.

Please allow up to 2.5 hours for the initial appointment - you are able to have your first treatment immediately following your assessment.

(Unless you have a previously un-diagnosed condition that precludes treatment or have wet macula degeneration you can normally commence the first treatment on the same day.)

Appointment fees £250, payable at the time of booking to secure your appointment.

2 - **Treatment sessions** - after you have completed the assessment you will have 9 treatments administered. The first session can be booked immediately after your baseline assessment. Ideally, the treatments are scheduled every-other-day. The practice is open seven days per week to allow this. Each session takes approx. 15 mins. This is the schedule that is recommended by [LumiThera Inc.](#)

3 - **Post-treatment assessment** - undertaken ideally six to eight weeks after your last treatment session. The post-treatment assessment can take up to 2 hours.

4 - **Data analysis** -Following the post treatment assessment your results will be analysed by the optometrist and a copy of the report will be sent to you normally by email. Due to the complexity of the analysis please allow 4 to 6 weeks to receive your report.

We would be delighted to see you in our clinic, however we understand that travel and the time commitment is quite large so we have included the link to the Valeda locator so that you can easily find a centre closer to your location if necessary.

<https://eu.lumithera.com/contact-us/valeda-locator/>

Also please find a short link to the news about the work done on behalf of the NHS by Prof. Ben Burton for the LightsiteII trials : clinical lead at James Paget Hospital and President of the Royal College of Ophthalmologists who is a great advocate of the Valeda device and has been using this for the past two years for his NHS patients privately at the hospital.

<https://www.jpaget.nhs.uk/education-research/research-development/research-news/2021-research-news/april-2021-research-news/research-study-shows-positive-results/>

Professional Fees

£1650 for 1 cycle of treatment for both eyes

£1450 for 1 cycle of treatment for one eye only

Special offer - Every time you schedule your Valeda treatment you will receive 5 complimentary sessions on the [NovoThor Whole Body Light Pod](#). This is not part of the LumiThera treatment but is a whole body light pod that reduces inflammation and promotes healing in the whole body - as there is increasing evidence that inflammation in the body also effects the eyes and brain the light pod may enhance the effects of the Valeda treatment.

Kind Regards,

John Rose Eye Care

0208 546 9292

info@johnroseeyecare.co.uk

Please find below more detailed information regarding the assessments



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 – 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 – these are not usually assessed in a routine sight test.

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 – i.e. when it has already started to affect the cones, the receptors responsible for high contrast, central and colour vision.

We are constantly surrounded by artificial lighting, headlights, streetlamps etc., hence are completely unaware of changes in our 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.



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.

Assessments

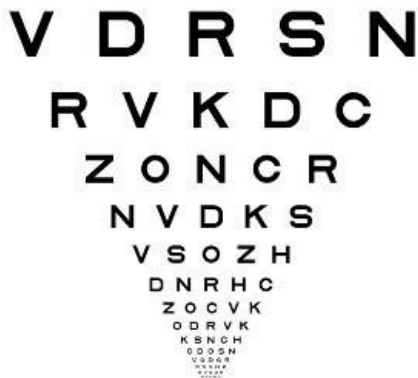
We will investigate this in a unique way that is completely different to any other eye examination and any assessments that you may have experienced to date.

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 OCT Angiography scans and images of the retina and Macula (sometimes it may be necessary to dilate your eyes at the initial appointment). These assessments facilitate the close monitoring of your progress and the ongoing effects and benefits of the Valeda LDS treatment over time.

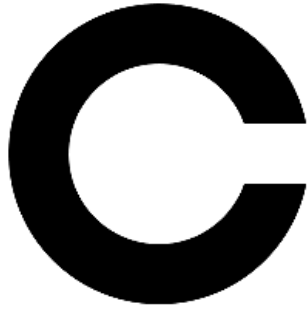
Assessment itinerary:

Visual Acuity

EDTRS chart

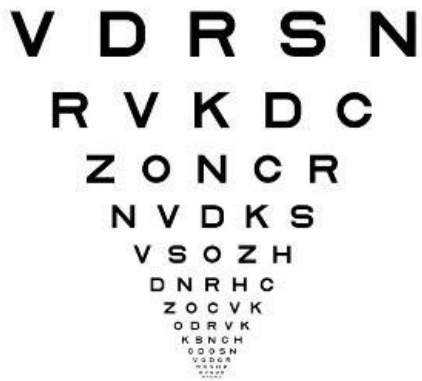


Landolt C



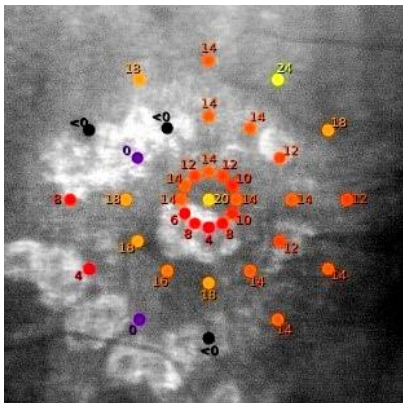
Contrast Sensitivity

EDTRS chart Pelli Robson test



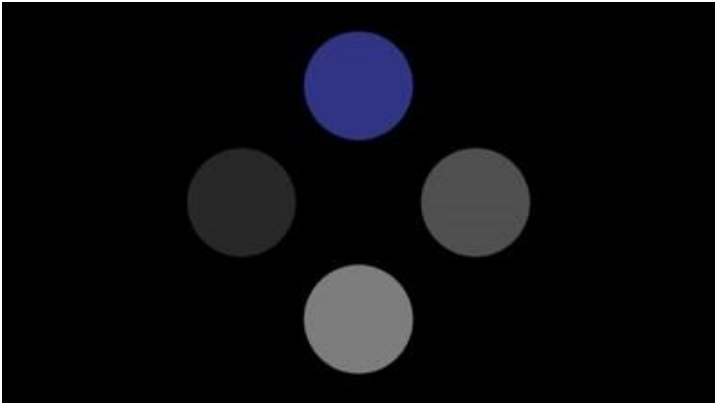
Macular Integrity Assessment (MAIA)

Measures sensitivity of Retinal Function in central 10degrees of retina- (now regarded as Gold Standard for AMD monitoring)



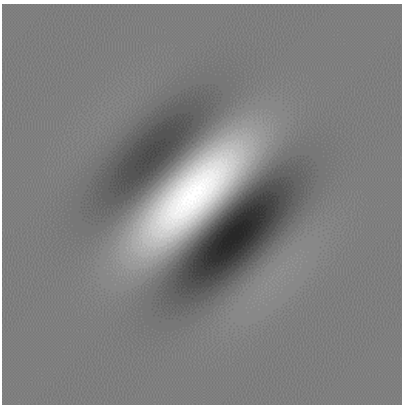
Colour Discrimination

Cambridge Colour Assessment - Colour contrast sensitivity



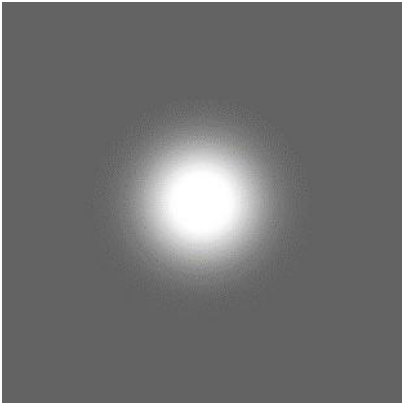
Spatial Contrast Sensitivity

Gabor patches



Temporal Contrast Sensitivity

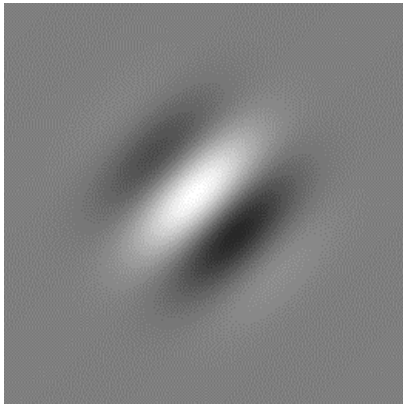
Gaussian blob



Dark Adaptation - This is one of the first areas of functional loss seen in AMD

Depending on how advanced your AMD is, we may try and measure the function of your rods which are the cells responsible for night vision.

Gabor patches



Ultra-wide field imaging with CLARUS 500

Optical Coherence Tomography – 4D HD optical imaging with Heidelberg Spectralis OCT

It takes up to 2 hours to complete all the 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.

If further diagnostic appointment is required after initial assessment to establish a reliable baseline then this will be done at a reduced fee £150 instead of £250

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 (up to 2 hours and may include dilation): this will be preferably undertaken with your best visual correction (spectacles or contact lenses).

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.

VALEDA TREATMENT

Immediately after your second assessment you can proceed (if convenient) with the first Valeda LDS session. Overall, you will have 9 Valeda LDS sessions (15 minutes appointment). We recommend appointments are undertaken every other day.

9TH VALEDA TREATMENT SESSION

For international/long-distance clients. This appointment will take up to 2 hours as it will incorporate a final assessment (may include dilation). This comprises a repeat of the initial diagnostic steps ([Assessments](#)). Once the treatment cycle is completed, the results will be analysed and after completion the results will be sent to you by email.

Local clients attend a 9th Valeda LDS treatment session as previous sessions. You will be invited for a final assessment four to six weeks after your 9th Valeda LDS treatment session. This appointment will take up to 2 hours (may include dilation). You will repeat all initial diagnostic steps ([Assessments](#)).

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

Follow-up assessment and treatment schedule

Based on the most recent clinical trials LumiThera Inc, the manufacturer of the Valeda LDS recommends repeating the treatment ideally every 4 months. However, in early stage cases it may only be necessary to undertake treatment on a yearly or 6 months basis.

VALEDA TREATMENT

Follow-up treatment cycle usually consists of one baseline assessment session ([Assessments](#)), up to 2 hours, may include dilation. Your 1st Valeda LDS session can be scheduled on the same day of the baseline 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 booked in advance in order to guarantee availability.

Professional fees

First treatment cycle and diagnostics

£1650 for treating both eyes or £1450 for treating one eye only

Follow-up treatment cycle

£1350 for treating both eyes or £1150 for treating one eye only

Follow-up treatment cycle if member of our Loyalty Programme

£1090 if treating both eyes or £860 if treating one eye only

Payment is due in full at the time of booking.

If for any reason you are unable to proceed with the treatment after the initial appointment or you decide not to proceed, a fee of £250 is payable for the diagnostics, and the balance will be refunded.

If further diagnostic appointment is required after initial assessment to establish a reliable baseline then this will be done at a reduced fee £150 instead of £250.

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.

The treatment is currently not funded by the NHS.

Kind Regards,

John Rose Eye Care

02085469292



Open Mondays to Saturdays 9:00 - 19:00

Sundays 10:00 - 17:30