

***"My vision had become an issue. Following impartial advice from optometric advisors to the ECB, I had the confidence to undertake laser vision correction at Accuvision. It was painless and quick. My vision is now better than 100%, recorded at 133%, better than ever. I am seeing the obvious benefits of picking up the flight of the ball earlier and can see the seam on the ball. It has worked for me and I was not as straight forward as many."***

**Paul Nixon**  
**England & Leicester**



**ACCUVISION**

The **eye** Clinic

LONDON • BIRMINGHAM • LEEDS

# GET YOUR GAME IN FOCUS

**There are many aspects to an exacting game like cricket. Balance, concentration, physical strength, timing, accuracy and more. However without your EYES they are all rendered useless.**

Over 90 % of our sensory input comes from our visual system, which is the combination of sight (The physical) and reaction (the perceptual). It is not surprising that professional cricketers take care not only to ensure they have maximum vision but also to understand and even train the visual system to ensure maximum visual performance.

Before the visual system can undergo vision training the physical aspect of sight must be attended to. This would entail a comprehensive eye examination to establish if there was a need for a correction to give maximum vision. It was always assumed 20/20 vision was the norm but many people can see substantially better than that.

Following examination it must be decided which option is the best to correct the sight. Traditionally, spectacles were used, which have been superseded by contact lenses and more recently, laser eye surgery. The ultimate aim is to maximise visual perception whilst maintaining comfort, long term health and safety of the eyes.

Spectacles provide very stable vision. However their disadvantages include being uncomfortable under a helmet and tendency to smear and steam up. Scratches can affect the visual performance and there are limitations with sunglasses during play, plus an overall limited visual field.

Contact Lenses mostly provide stable vision and with the advent of high oxygen transmission materials that can be thrown away on a daily basis, provide an excellent solution for visual correction. However, contact lenses can still have disadvantages for some people. Astigmatism is not that easy to correct with lenses. They also require our tears to create equilibrium between the eye and the lens. When that interface is reduced, the contact lens will dry and vision can be affected.

Dry, dusty environments exacerbate this condition, and climatic conditions will affect contact lens performance. Occasionally, lenses are faulty, making them uncomfortable and affecting vision. Although modern day lenses are easy to insert and remove, it is inconvenient and time consuming.

## **Laser Eye Surgery**

Many believe that the next giant step in correcting visual abnormalities is Laser Vision Correction. Modern Lasers deliver an exceptional performance, correcting almost every type of spectacle or contact lens prescription. Many years of development has meant that the procedure is safe and the visual outcomes outstanding. Tiger Woods, Lee Westwood, Padraig Harrington, Ian Harvey, Paul Nixon, Warren Hegg are but a few of the high profile sports people to have found immense benefit from laser vision correction, but the procedure can be of great benefit to most people who wear glasses or contacts.

The laser procedure alters the corneal shape (front window of the eye) within a few seconds. The key to outstanding visual improvement is to ensure the corneal surface is prolate (flattens towards its edge) after treatment, retaining the profile of your cornea as it was before treatment.

The Accuvision Laser is so advanced that it is able to sculpt the cornea perfectly. This not only minimises or completely neutralises your visual error but also ensures the profile of your cornea is perfect. In many cases this leads to far better vision after treatment.

The Accuvision team of corneal specialists led by NHS consultant, Mr Chad Rostron have performed thousands of procedures and our team of Optometrists, with over 20 years of refractive surgery experience will offer the necessary guidance and support throughout your consultation and treatment.

Imagine the freedom of no contact lenses, spectacles, and prescription sunglasses. Imagine waking up and being able to see and the only thing to worry about is that first run...

To find out more, call **AccuVision** on **0330 123 2020** or visiting their website at [accuvision.co.uk](http://accuvision.co.uk)