

## SIGHT LOSS DUE TO UNDETECTED GLAUCOMA

Early detection of glaucoma through routine sight testing is vital for the successful treatment of the condition. National sight charity, the Eyecare Trust, has issued a stark warning that a quarter of a million Brits are at risk of going blind because they are living with undiagnosed glaucoma. This sight threatening eye disease is often symptom-less until vision has been irreversibly lost.

The charity marked World Glaucoma Day on 12 March 2010 with the launch of a campaign to highlight the importance of diagnosing the condition before symptoms become visible. The condition slowly erodes your peripheral vision before attacking your central detailed vision. This gradual deterioration means you can lose as much as 40 per cent of your vision before you even realise something is wrong! At the outset you won't notice a change in your ability to see as your eyes can work together to trick your brain into thinking you can see clearly when, in fact, your vision is slowly but surely declining. Even though you might not see a change in your vision a routine eye examination can!

Damage caused by glaucoma cannot be recovered – worrying news for all drivers who by law must have visual fields of 120°+. Motorists who unwittingly drive around with the condition are also five-times more likely to be involved in a serious road traffic accident.

While anyone can develop glaucoma, the 'Know Your Risks' initiative aims to highlight those who are most at risk. High-risk groups include: people aged 40+; those with a family history of glaucoma; diabetics and people of African-Caribbean origin. The Trust is inviting everyone to take a simple test online at [www.eyecaretrust.org.uk](http://www.eyecaretrust.org.uk) to discover whether they are at high, moderate or low risk of glaucoma. Anyone at high risk of the disease is being urged to take URGENT action to prevent needless loss of vision and the inevitable impact this can have on your quality of life. Iain Anderson, Chairman of the Eyecare Trust explains: "Early detection of the condition through routine sight testing is vital for the successful treatment of glaucoma which, when caught early, can often be easily managed and arrested using eye drops or in certain cases laser treatment. Unfortunately all too often glaucoma sufferers visit their optician when the condition is advanced and it's too late to save loss of vision."

Everyone should have a routine eye examination once every two years and those who are most at risk of glaucoma (for example people aged 40+ with a family history of the condition or with ocular hypertension) are entitled to annual eye examinations paid for by the NHS. Research conducted by the Eyecare Trust has revealed that 40% of us do not have a sight test once every two years as recommended. The 'know your risks' test, fact sheets plus general advice and information about diagnosis and treatment of the condition is available direct from the Trust's website [www.eyecaretrust.org.uk](http://www.eyecaretrust.org.uk) and from optician practices nationwide.



## CELEBRATE ST GEORGE'S DAY

On 24th April 2010, there will be a concert on Trafalgar Square, following on from last year's successful St George's Day concert. With the theme 'Contemporary music-English roots,' this year's event promises a lively mix of London's musical past, present and future. The concert runs from 1pm – 6.30pm and is presented as a 'double bill'. The first half includes performances by young musicians and groups from London's schools, plus the winners of the 2009 'Busking Underground' competition - Jamie West, Christopher Read and duo Kieron Brunt and Patrick Milne - and special guests.

The second half begins with a celebration of Music Hall, an important part of London's musical heritage. Some of its best loved songs will be presented by performers from the Royal Academy of Music and the Player's Theatre.

With songs such as The Lambeth Walk; From Marble Arch to Leicester Square; If it wasn't for the houses in between; Let's



go down the Strand, Berlington Bertie from Bow and I live in Trafalgar Square plus some of the great songs of Marie Lloyd, song sheets will be provided and audience participation is warmly welcomed. Headlining the show in the second half is Joe Brown and his Band. Joe Brown, who grew up in London's East End, celebrated 50 years in the business in 2009. With his 5 piece multi-instrumental band, Joe Brown's exciting blend of rock, pop and roots music is sure to deliver a crowd-pleasing finale.

## THE KINGDOM OF IFE AT BRITISH MUSEUM

A display of West African art is in an exhibition entitled The Kingdom of Ife, which is now modern south-west Nigeria, at the British Museum. The artists from the 12th to 15th centuries were very sophisticated in their casting process with a variety of materials, such as stone, brass, copper and terracotta. "The human figures portray a wide cross-section of Ife society and include images of youth and old age, health and disease, suffering and serenity," explained the British Museum.

The exhibition will be on display until June 6th in Room 35 of the British Museum, with doors open daily from 10:00 to 17:30 (GMT) every day, except Thursday and Friday when it closes at 20:30. Tickets can be purchased online or picked up at the box office for £8.

## WHERE DID YOU LEAVE YOUR TEETH?

Taxi drivers know how many mobiles and other more unusual things can get left behind by passengers. But it seems that it is not just in taxis - a recent study carried out by Airport Parking and Hotels, who provide services at 18 UK airports, ports and Eurotunnel, has discovered that some Brits can become quite forgetful when jetting off on holiday. When APH lifted the lid on their lost property box, almost half of all the items were accessories or clothing. Last year nearly one holiday maker a day left a personal belonging behind at APH. Gadgets were commonly misplaced items, with 17% of APH's total lost items being made up of mobile phones, games consoles, mp3 players and cameras. Luckily, only 4% of travellers lost the most essential holiday item, the passport!

The APH team were intrigued by some of the more unusual lost items including, wheelchairs, odd shoes and even false teeth! They would certainly have been surprised by the urn of ashes that one cab driver found in his taxi and handed in as lost property! Nick Caunter, Managing Director at APH said: "It's amazing to see some of the items that were found. People are quite literally walking away without their crutches and walking sticks!" Other things left behind include a tube of haemorrhoid cream in a ski boot, ski equipment and electric scales, as well as glasses and prams. Nick continued: "APH will go to great lengths to reunite lost property with their owners, particularly when it means our customers get their holiday off to a stress free start. If after six-months an item remains unclaimed, it is then donated to charity."