

HOME HELP FOR GLAUCOMA PATIENTS

Submitted by: Bloomsbury Communications

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Success at last! Icare Finland's launch of Icare ONE tonometer (<http://www.icaretonometer.com>), allows eye pressure monitoring (<http://www.icaretonometer.com>) by the patient.

How many people actually know much about glaucoma unless it affects them, or their family, personally? Most people think it is a problem for old people, but this is not necessarily the truth. Early detection and diagnosis of glaucoma are essential to save sight and the good news is that the new easy-to-use Icare tonometers are revolutionising effective early glaucoma detection and control by making the IOP measuring routine quick, effortless and effective.

Icare tonometers have been in professional use for some time and now Icare Finland Oy, an advanced medical technology company based in Helsinki, Finland is launching Icare ONE, the only tonometer for easy self-tonometry for glaucoma patients.

Glaucoma is actually the name given to a group of conditions in which the optic nerve suffers a characteristic form of damage at the back of the eye, which is often associated with a raised level of intraocular pressure. The damage causes patchy loss of vision and without treatment the loss of vision usually gets worse over time.

Screening for glaucoma is usually performed as part of a standard eye examination – undertaken by optometrists and ophthalmologists. Testing for glaucoma should include measurements of the intraocular pressure via tonometry. Tonometry is the procedure eye care professionals perform to determine the intraocular pressure (IOP), the fluid pressure inside the eye. It is an important test in the evaluation of patients at risk from glaucoma.

How does the Icare ONE work? Do you need training to use it?

The Icare ONE tonometer is revolutionizing IOP monitoring by making the measuring routine effortless and effective.

The Icare ONE tonometer is designed for self-measuring of IOP. It is based on a rebound measuring principle, in which a very light probe is used to make momentary and gentle contact with the cornea.

The Icare ONE is easy to use and it requires no drops or specialized skills. Press the button to turn it on (there is only one button) open the probe tube, insert the disposable probe, into the probe base, press the button once again and it is ready to use. Look straight ahead, keeping the Icare ONE horizontal and the probe pointing at the centre of the eye, start measuring by pressing the button. That is it.

Although the Icare ONE indicates only pressure zones to its user, the precise measuring results are stored in the tonometer's memory for easy access. The data includes accurate measurement, its quality and the date and time of each individual measuring. The history of all measurements can be transferred via USB cable to a computer with Icare software.

You do not need training to use Icare ONE but if you would like support the distributors in this country will help. You do not need to have it prescribed by a GP.

Why was it developed?

Raised IOP (intraocular pressure) is the main risk factor in Glaucoma and the treatment is always based on lowering the IOP. To find the best possible glaucoma treatment the IOP should be measured several times per day. This is only possible if IOP measuring can be done by the patient. Constant IOP home monitoring helps the doctor to adjust medication.

The Icare ONE is available from Mainline Instruments Ltd, Birmingham and the cost is £1495 plus vat. Mainline can be contacted on 0121 458 6800 or by email at: sales@mainline.co.uk.

Dr Robert Harvey, a consultant ophthalmologist at the Royal Alexandra Hospital in Paisley, Scotland is keen to encourage more use of the Icare tonometers. "I believe that the Icare tonometer will be especially useful for paediatric patients because no drops are required", he says. Currently GPs have no equipment to measure eye pressure. Dr Harvey suggests sight threatening acute glaucoma can be misdiagnosed as migraine if the IOP is not measured. Dr Harvey explains "Optometrists also find Icare useful in measuring eye pressure in anxious patients who dislike the air-puff method or when doing home visits because the Icare is so portable."

Glaucoma has been called 'the thief of sight' so easier and quicker detection and treatment will be a big step forward. "When patients can take more control with the Icare ONE at home, they will be more involved in their own treatment and more likely to maintain an interest in ensuring that it is going well" says Dr Harvey

Case Study: Trevor Nightingale has been dealing with his glaucoma successfully for some years now and he uses the Icare ONE at home to monitor his condition himself. His optician is pleased because if she wanted to have the same number of readings that Trevor can do with Icare ONE at home, she would have to see him 4/5 times a day which is clearly impossible.

"I set up the Icare ONE at home myself", says Trevor. "It was straightforward to do and I feel very confident now that my monitoring is correct. I went to see the consultant at the hospital, who has the professional Icare tonometer and their reading was the same as mine so I know that I am getting it right. It means that if the readings are high and something has clearly gone amiss, I will find out sooner rather than later".

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Notes to editors: Icare One was developed in Finland in 2012. ICARE Finland Oy (www.icaretonometer.com) is an advanced medical technology company based in Helsinki, Finland. Icare Finland is part of Revenio Group Corporation, a public company listed on the Helsinki Stock Exchange.

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