Cardiff Vision Centre



"Comprehensive Eye Care for the Whole Family"

126 Albany Road, Roath, Cardiff, CF24 3RS
Tel: 029 2049 7890 | Email: appointments@cardiffvision.co.uk
www.cardiffvision.co.uk | Emergency: 07555 123 456

GOC Registered Practice | NHS & Private Eye Care | LOCSU Accredited

Patient Information		
Name:	Mrs Linda C. Roberts	
DOB:	14/03/1972 (53 years)	
NHS Number:	567 890 1234	
Address:	89 Penylan Road Cardiff CF23 9EU	
Phone:	029 2078 9012	
GP Practice:	Penylan Medical Centre	
Last Eye Test:	15/08/2023	

28th August 2025

Dear Mrs Roberts,

COMPREHENSIVE EYE EXAMINATION COMPLETE

Examination Date: 26th August 2025

Your annual eye health assessment has been completed successfully

Thank you for attending your comprehensive eye examination at Cardiff Vision Centre. This letter summarises your eye health status, vision assessment results, and our recommendations for maintaining optimal eye health.

■ Vision Assessment Results

Distance Vision

Eye	Unaided	Corrected
Right	6/18	6/6
Left	6/24	6/6
Both	6/15	6/6

Near Vision

ted

Updated Prescription

Your prescription has changed since your last visit - new glasses recommended

Right Eye (OD)

Sphere (SPH): -1.75

Cylinder (CYL): -0.50

Axis: 180°

Addition: +1.25

Previous: -1.50 / -0.25 x 175° Add +1.00

Left Eye (OS)

Sphere (SPH): -1.50

Cylinder (CYL): -0.75

Axis: 015°

Addition: +1.25

Previous: -1.25 / -0.50 x 010° Add +1.00

Pupillary Distance (PD): 62mm | Prescription Valid: 2 years from examination date

Eye Health Assessment

Intraocular Pressure

Right Eye: 16 mmHg ✓ Normal Left Eye: 15 mmHg ✓ Normal

Retinal Health

Optic discs: **Healthy**Maculae: **Clear**

Blood vessels: Normal

Anterior Eye Health

Cornea: Clear

Lens: Early cortical changes

Conjunctiva: Healthy

Visual Field

Central field: Full

Peripheral vision: Normal

Blind spot: Normal

Key Findings:

- **Prescription Change:** Your myopia (short-sightedness) has progressed slightly, and reading addition has increased
- Early Cataracts: Very early cortical lens changes detected common at your age, no treatment needed currently
- Dry Eyes: Mild symptoms reported recommend artificial tears and lifestyle modifications
- Overall Assessment: Good eye health with normal retinal and optic nerve appearance

Personalized Recommendations

♥ Vision Correction

- New progressive lenses recommended for optimal vision
- Consider anti-reflection coating for computer work
- Blue light filtering may help with digital eye strain
- Prescription sunglasses for UV protection

Eye Health Maintenance

- Use preservative-free artificial tears 2-3 times daily
- Take regular breaks during screen use (20-20-20 rule)
- Maintain good lighting when reading
- Stay hydrated and maintain healthy diet

Lifestyle Advice

- Wear UV-protective sunglasses outdoors
- · Include omega-3 fatty acids in diet
- Eat foods rich in vitamins A, C, and E
- Maintain healthy blood pressure and cholesterol

▲ Watch For

- Sudden changes in vision
- Flashing lights or new floaters
- · Persistent eye pain or redness
- · Halos around lights at night











Follow-up Care

Next Comprehensive Eye Exam

Recommended Date: August 2026 (12 months)

Reason: Routine monitoring of early lens changes and prescription stability

Earlier review recommended if: Vision changes, eye discomfort increases, or new symptoms develop

Contact Cardiff Vision Centre

Our experienced team is here to support your eye health needs



Appointments

029 2049 7890 Mon-Sat 9:00-18:00



Emergency

07555 123 456 Out of hours support



Online

cardiffvision.co.uk Book appointments



Email

info@cardiffvision.co.uk General enquiries **Our Services:** NHS eye tests, private consultations, contact lens fittings, specialist referrals, children's eye care, and comprehensive frame selection from leading brands.

Thank you for choosing Cardiff Vision Centre for your eye care needs. We are committed to helping you maintain excellent vision and eye health throughout your life.

Mr. Andrew J. Davies

BSc (Hons) Optometry, FBCO, MCOPTOM Specialist Optometrist Cardiff Vision Centre GOC Registration: 12345678 Examination: 26/08/2025 Report: 28/08/2025 Ref: CV-LR-2025-0826

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