

Day in the Life



Jenny Monroe talks to Paul Wright, optometrist

PAUL Wright, 33, is an Optometrist for Ultralase eye surgery in Belfast. He lives in Lisburn with his wife Sarah. The newly weds met in Sheffield where Paul was working at the time. Paul is originally from Derbyshire and he went to university in Cardiff. He then moved over to Northern Ireland where Sarah is from and took up a position at the Royal Hospital before his present role.

I'm awake for 6.45am, have breakfast and then cycle to work. It takes me about 35 minutes along the tow path. The first thing I do when I get in is make a cup of tea, check emails and look over what is booked in for the day.

My job is to meet the patients and find out if they are suitable for laser eye surgery. Vision correction from Ultralase can treat nine out of every ten people wearing glasses or contact lenses. It is a safe, effective and increasingly popular vision correction procedure. Sometimes referred to as refractive surgery, laser eye surgery aims to improve your vision and eliminate the need to wear glasses or contact lenses.

The first patient normally arrives at 9am and usually that person will be a follow up patient who has had surgery. I have to check and make sure their eyes are healthy and that they are happy.

Then I move on to the patients who are interested in the surgery and check if they are suitable by looking at the health of their eyes and their vision, advise them on the treatment available and explain what is involved. A scan of the eyes is taken and I look at the optics in detail so I can get an accurate picture. It is a two-way, relaxed chat. I first check and map the eyes, and then myself and the patient's Personal Advisor will sit and discuss what treatment options are suitable for their unique eyes. This allows the patient to find out more about the benefits, affordability and facts before making a decision. An average appointment could last up to two hours.

There are two main types of laser eye surgery available at Ultralase: LASIK laser eye surgery and LASEK laser eye surgery. There are also a number of alternative, non-laser vision correction treatments, such as lens implants (known as IOL) and treatment for age-related sight problems.

I enter data into the computer which includes patient details, right prescriptions, how big and deep the flap must be. The paper work must be checked and then the surgeon will chat with the patient to make sure they are happy. I help out in the laser room when the surgeon is doing the laser treatment and at this stage I will be getting the laser ready and helping prepare the room. The patient sees the nurses who puts in drops which numb the eyes. Then the sur-



geon will carry out the treatment. It usually takes one minute for each eye and then the patient is left to recover for about 15 minutes. Their eyes are checked and then an appointment is arranged for the next day for them to come in and be examined.

Once a week the staff have a meeting to discuss issues. The team here includes two patient advisors, two opticians and a Manager. Typically I work 9-5pm Monday to Friday and am off at the weekends. When I get home Sarah and I have dinner and relax. In my spare time I enjoy wall climbing, scuba diving and going to the gym. I enjoy my job as it is a little more challenging than before and what we do here really does make a difference to people's lives.

5 things to do round Lisburn this week

1. THERE will be an Ulster Scots Cultural Concert at Drumlough Orange Hall on Friday June 19 at 8pm.

2. ST Columbas Derryvolgie Parish are holding a strawberry fair and kids fun day on Saturday June 20 at 2pm. There will be strawberry teas, strawberries and ice cream, cake stalls, jewellery stalls, free bouncy castle, balloon modelling, face painting and fancy dress.

3. THERE will be a car boot sale and fun day at St Aidan's in Glenavy on Saturday June 20 as part of Glenavy CivicWeek.

4. THE opening of the Orange Arch during mini twelfth parade will be held in Dromore on Wednesday June 24 by Lower Iveagh District LOL Number One. Twelve bands will accompany the lodges during the parade which will begin at the town's Orange Hall at 7.30pm.

5. HALLIDAY'S Bridge Cultural Society will be holding their annual vintage car, motorcycle and tractor run in Hillsborough at 7pm on Thursday June 25. During the event a street collection will be taken up to raise funds for Cancer Research UK.

Pets corner

'Sea' the difference in your pet's health



Max is a lovely 8 year old Border Collie at Dogs Trust Ballymena who is as friendly as he is handsome. Max is a wonderful, energetic boy who loves the company of both dogs and people. He has not been used to children so he is really looking for an adult-only home. If you think you could offer Max a new home, please contact Dogs Trust Ballymena on 028 2565 2977 or visit www.dogstrust.org.uk.



One of the proud mums with her new arrival.

LOCAL pet owners could soon 'sea' the difference in their pet's health thanks to Oceans of Goodness Seagreens Seaweed Pet Granules.

These fantastic granules, which are available from www.oceansofgoodness.com, are suitable for horses, dogs, cats and cattle and can help to improve your pet's temperament, the appearance of the coat, increase energy and reduce bloating. Internally the granules enhance the value of other feed nutrients, regulate digestion and strengthen immunity.

Robert Monteath-Wilson, MD of Oceans of Goodness said: "Many of our customers have given us wonderful feedback on how their pet's daily intake of seaweed has helped eradicate behavioural as well as sometimes severe physical problems such as acute skin conditions."

Having a dog which suffers from a skin condition myself, I have tried her on Seagreens Seaweed Pet

Granules recently and have seen her allergies affect her less, whilst her coat has become thicker and glossier.

Improve

All that is required to substantially improve the health of pets is 1/4 teaspoon mixed into food for cats and dogs, and 2 heaped teaspoons for horses and cobs over 15 hands. Regular daily inclusion can be more effective and less costly than drugs and supplements when health has already deteriorated.

Seagreens Pet Granules are available at £9.95 for 200g from www.oceansofgoodness.com, or telephone 01293 520460.



Jersey has benefitted from Seagreens Seaweed Pet Granules.

Looking Back

NEWS MAKING THE HEADLINES IN JUNE 1968



Girls from Lisburn shops and business soaking up the sun during their lunch break at Castle Gardens in June 1968.

Service ends and 5,000 mile journey begins

A service in Dromore Cathedral ended with a new ambulance being driven off on the start of a 5,000 miles journey. The destination was St Columba's Hospital, Hazaribagh, India, in aid of which Friends' School, Lisburn had organised a re-building and gifts fund.

Open day attracts hundreds to Hilden Mill

Hundreds of visitors went to Barbour Threads when they opened their doors of

its massive Hilden Mill to the public. The tour, which covered only a representative section of the factory, lasted almost two hours. Friends and relatives of the 1,000 workers at the world's largest linen thread producing factory were among the visitors.

Lisburn girls in Burns' country

Over 60 girls, from Lisburn's Convent School, Sacred Heart of Mary, made a lighting trip to the home of Scotland's Robert Burns. At Alloway, the poet's home town, they saw the cottage where he was born and visited several places connected with him.

Making a noise for itself in Scotland

A well known Lisburn band made a noise for itself in Scotland. It was Lisburn Silver Band which was also the Staff Band of the North Irish Militia. The band had been at camp at Garelohead near Glasgow. One of the features of the camp was a Beating of Retreat by the band together with the Pipes and drums, at a £10 million naval base near Garelohead.

Exams go into extra time

Sixty three girls from Princess Gardens School and Richmond Lodge School, Belfast, were given extra time to finish their GCE examinations because of a fire in a vacant garage beside the examination hall. The fire occurred shortly before the girls were due to take their seats at desks in the Martin Hall of Finaghy Presbyterian Church for the mathematics papers.

Belfast Zoo is celebrating three new arrivals

BELFAST Zoo is celebrating the arrival of three sea lion pups which have been born at the zoo within one week of each other.

Stella, Holly and Ariel are proud mums to three healthy pups,

whose arrival brings the total number of Californian sea lions in the zoo to 14.

Proud Dad, Wesley, is 19 years old and was brought to Belfast in February 2007. The mothers have

been pregnant for around 12 months and give birth to a single pup throughout May or June.

Andrew Hope, Curator said: "We are delighted to have three new pups in the zoo."