

# #EYEGETDILATED



**SHEILA, Victoria, BC**

"I've worn eye glasses since being a teenager and have visited the optometrist at least every 2 years. Life had gotten away from me in the early 50's (as it can for many of us) and I was behind on my regular appointments by over a year. At night when I was in bed and things were quiet, I noticed flashing lights in the peripheral vision. I've had a sleepy left eye since childhood and wasn't able to discern which eye the flashing was occurring from. Knowing this was unusual, and the fact I was behind in my regular appointments, I made an optometrist appointment where she did the typical comprehensive exam including eye dilation.

Something was spotted behind my eye and I was referred to a doctor of ophthalmology. I visited that office and had several eye scans done. Several days later I was sent to the hospital to see the doctor for an eye ultrasound. This is where I learned I had a tumor on my left eye and was quickly referred to an eye oncologist for ocular melanoma. Who knew this was a thing? I sure didn't!

Three weeks later I was getting several pictures, scans, and another ultrasound on my left eye. That was in the spring of 2019. The eye was monitored every 3 months by the oncologist until November when some change with the tumor was identified.

In mid-December 2019 I was treated with brachytherapy (where a gold cap that has radiation seeds in it was surgically attached to my eye with the radiation precisely directed at the tumor). This 'cap' was worn on the eye for 1 week and surgically removed afterwards. Eye drops were used a few times a day to reduce the chance of infection and reduce swelling. An eye patch/protector was also in place so my eye wasn't bumped inadvertently while the treatment was taking place.

Six months later I returned for a follow up to find the tumor had shrunk. This was good news. Several months later, at the next follow-up, the tumor had shrunk even more! I continue with my appointments every six months to ensure things are moving in the right direction. So far, as precautionary measures, I've had both an ultrasound and an MRI to check for any metastasis on my liver.

I'm very fortunate this is happening in my eye that already has impaired vision. So very lucky. This is such a unique type of cancer and I encourage everyone to have their eyes examined, including dilation, especially if there have been ANY changes to your vision."

## MISSING A CHECK?

Ask your Optometrist about the importance of early detection of Ocular Melanoma



[bc.doctorsofoptometry.ca](http://bc.doctorsofoptometry.ca)

- Doctor
- Dentist
- Dermatologist
- Dilated Eye Exam

For more information contact [ocumelcanada@saveyourskin.ca](mailto:ocumelcanada@saveyourskin.ca) | 1-800-460-5832