



## Seeing spots or floaters?

The eye contains a jelly like substance, known as the vitreous, which fills the central cavity of the eye. As we grow older, the vitreous can shrink, thicken, or become more fluid. This can result in people seeing spots, strands, or specks in their field of vision. These are commonly known as spots or floaters.

Floaters can also be associated with certain eye diseases, and with conditions such as migraine and high blood pressure. They can also occur following eye operations.

People with floaters will notice they are more apparent when looking at a plain background or blue sky. They will also notice that they seem to be on the front of the eye, when in fact they are actually floating inside the eye. Floaters are not imaginary and can be viewed by an ophthalmologist using specialist equipment.

Sydney Eye Hospital recommends that people who develop floaters should have their eyes examined by an optometrist or ophthalmologist as soon as possible. Whilst the floaters themselves are harmless, the changes that are occurring in the eye can potentially be causing damage, which if untreated, may lead to loss of vision.

If you have any flashes in your field of vision, consult your ophthalmologist or optometrist and/or your local hospital immediately.