

Clarity Eye Health: Where Vision Meets Expertise and Compassion



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Clarity Eye Health is a leading modern ophthalmic care center that delivers expert vision care through a dedicated, patient-first approach. At the heart of this renowned practice is Miss Zahra Ashena, a

respected Consultant Ophthalmic Surgeon with specialized expertise in complex cataracts, corneal diseases and advanced refractive surgery. Her dedication to clinical excellence and compassionate care positions Clarity Eye Health as a trusted name in vision treatment across London and beyond.

Miss Ashena earned her medical degree with honors in 2005 and completed a Bachelor of Science in Holistic Medicine in 2009. This background allows her to offer a comprehensive approach to care that integrates both medical science and holistic principles. After completing her ophthalmology training in the Severn and KSS deaneries, she became a certified ophthalmologist in 2018. She then undertakes a two-year fellowship in anterior segment surgery at Sussex Eye Hospital, gaining extensive experience in treating complex corneal diseases and performing intricate cataract surgeries.

In 2021, Miss Ashena assumed her current role as Consultant Ophthalmic Surgeon at Barking, Havering and Redbridge University Hospitals NHS Trust. She leads the Cataract Service, performing a high volume of surgeries that restore sight and improve patients' lives. In addition to her surgical practice, she invests in the future of ophthalmology by training junior doctors and students across North East London. She also serves as an examiner for the Certificate of Laser and Refractive Surgery.

With over 35 published studies in peer-reviewed journals, Miss Ashena's clinical research focuses on cataract surgery, premium intraocular lenses, corneal transplants and refractive techniques. Her contributions to scientific literature and ongoing research raise the standard of care offered at Clarity Eye Health. Patients here receive not just treatment, but compassionate, evidence-based care driven by a deep passion for restoring vision.

Services We Offer

Clarity Eye Health provides a comprehensive suite of ophthalmic services tailored to treat a wide range of eye conditions:

- **Allergic Eye Disease:** Accurate diagnosis and treatment that relieves symptoms and prevents complications.
- **Astigmatism:** Customized solutions such as toric lenses and refractive surgery that enhance visual clarity.
- **Blepharitis:** Targeted care to treat eyelid inflammation and improve comfort.
- **Chalazion:** Medical or minor surgical interventions that resolve eyelid cysts effectively.
- **Corneal Dystrophies:** Expert care for inherited corneal conditions, including surgical options when needed.
- **Corneal Ulcer:** Timely treatment of infections to preserve sight and avoid scarring.
- **Dry Eye Syndrome:** Tailored plans to stabilize tear production and enhance comfort.
- **Episcleritis/Scleritis:** Accurate diagnosis and care for scleral and episcleral inflammation.
- **Flashes and Floaters:** Careful evaluation to detect any serious retinal issues.
- **Glaucoma:** Early intervention to manage eye pressure and protect the optic nerve.
- **Hyperopia (Farsightedness):** Correction via glasses, contacts or surgery for clear near vision.
- **Keratoconus:** Advanced treatment including cross-linking and specialty lenses to stabilize corneal shape.
- **Myopia (Near-sightedness):** Comprehensive care ranging from optical aids to surgical correction.
- **Presbyopia:** Age-related vision issues treated with multifocal lenses and refractive options.
- **Uveitis:** Effective treatment to control inflammation and preserve vision.
- **YAG Laser Capsulotomy:** A non-invasive procedure that restores vision after cataract surgery.
- **YAG Laser Iridotomy:** Preventative laser treatment for angle-closure glaucoma to improve

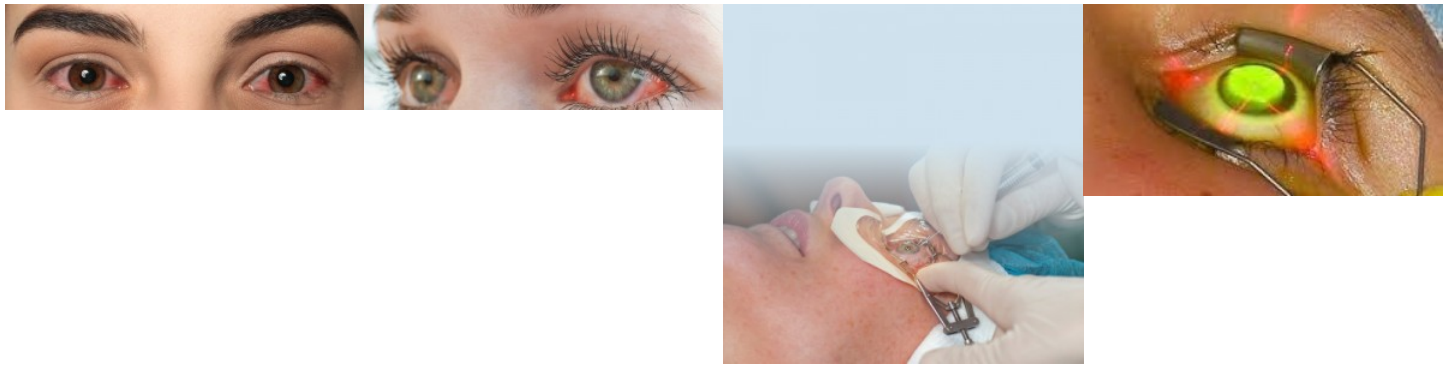
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Every service at Clarity Eye Health is focused on clinical precision and patient-centered care. The goal remains the same-enhancing vision and improving quality of life.

Conclusion

Clarity Eye Health continues to stand as a beacon of excellence in ophthalmic care. With Miss Zahra Ashena at the helm, the clinic combines world-class expertise, compassionate service and a deep-rooted commitment to research and education. From diagnosis to surgery, patients experience personalized care that prioritizes their vision and well-being every step of the way.

For more details, visit us at - <https://www.clarityeyehealth.com/>



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