



NEWSLETTER

SPRING 2015



EyecarePlus®

OPTOMETRISTS

YOUR LOCAL OPTOMETRIST PROVIDING:

- Behavioural optometry
- Specialist contact lenses
- Digital retinal imaging
- Macula testing
- Children's vision
- Fashion and budget frames
- Latest lens technology
- Health fund claims on site

Lighten Up - Lighten Your Spectacles

Everyday pressures can be a drag so why let your glasses weigh you down? Airwear® lenses from Essilor will take the weight out of your glasses and off your face. By combining the lightest plastic (polycarbonate) with a special optical design (aspheric), Airwear lenses are light, thin and very attractive.

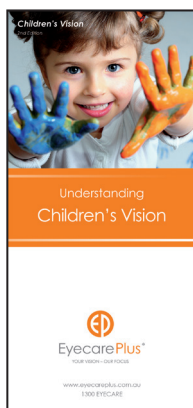
The flexibility of the Airwear material makes it exceptionally tough. In addition, Airwear's built-in UV protection will keep your eyes safe from the sun's harmful rays.

Airwear lenses are ideal for an active lifestyle & kids. Essilor's anti-reflection coating; Crizal is the perfect partner for Airwear as it protects your glasses from smudges, glare, dust & scratches.

So call in and speak to our friendly staff about thinner lenses that also offer more protection for your eyes - they'll be pleased to advise you on the best types of lenses for each situation.



Airwear®
an Essilor Lens



Ask for our booklet

A Problem for 1 in 4 Children

Recent studies have found that one quarter of Australian children have some form of vision problem. GOOD VISION is essential for children to reach their full potential. At our practice, our Behavioural Optometrists examine thoroughly all areas of the visual system. This includes tests for short and long sightedness, astigmatism, tracking and focusing skills.

This check-list may help you to identify problems with your child's vision:

- | | | |
|---|--|--|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Often loses place and misses words whilst reading | <input type="checkbox"/> Not achieving to their full potential |
| <input type="checkbox"/> Blinking & rubbing of the eyes | <input type="checkbox"/> Poor concentration | |
| <input type="checkbox"/> Holds book very close when reading | | |

Ideally all children should have their eyes tested at three, six and nine years of age. There is no substitute for a thorough eye examination.

**YOUR NEXT OPTICAL
PURCHASE RECEIVE \$50 OFF***

Terms and Conditions: Must be presented at Eyecare Plus Canberra or Eyecare Plus Tuggeranong to redeem offer. One voucher per person. Redeemable towards lens and frame package with a RRP of \$250 or higher. Cannot be used to pay an account or in conjunction with other offers. Offer expires 1st Dec 2015.

Eyecare Plus Canberra

35-37 London Cct
Ph: (02) 6257 1103

Eyecare Plus Tuggeranong

Tuggeranong Square
Cnr Anketell & Reed Streets
Ph: (02) 6293 1171

COMPUTERS & YOUR EYES

Computers are normal in most workplaces and they are certainly common in many homes. They have become part of everyday life for most of us. But did you know that more than 50% of computer users experience eyestrain, head-aches and blurred vision? These problems occur along with other visual symptoms related to the increase of sustained near point visual stress that is associated with the use of computer screens.

Visual stress can also magnify complaints of general body

fatigue; reduce work efficiency and an increase your error rate as the day progresses. Most of these symptoms

can be alleviated through a combination of correcting the workstation conditions and using stress relieving lenses prescribed specifically for computer operation. In some cases the situation is also relieved by improving visual skills with visual training. If you would like to find out more about stress

More than 50% of computer users experience eyestrain



relieving lenses or vision training, speak to one of our optometrists, we will be happy to help you.

The workstation can often be improved by lowering the height of the screen, or raising the height of the user. The top of the screen should be about 10 degrees below the user's straight ahead sight line and the viewing distance from eyes to screen should be between 35 and 50 cms (between 14 and

20 inches).

Documents that are being used should be placed as close as possible to the computer screen, perhaps on a document holder. This will minimise tiring large movements by the eyes and head. Regular breaks are also important; and glancing away from the screen every few minutes will also make the work more comfortable.

X-Games - Takes action to the extreme

X-games, the "olympics" of action sports is the ultimate showcase for action sports competition. This freestyle, underground movement combines the art of extreme sports - including skateboarding, inline skating, BMX biking, Moto-X, and snowboarding - with the lifestyle of a rebellious youth generation.

X-games Eyewear reflects the attitude and style of the X-games athlete with progressive shapes and sporty, unique colors. A Flexon nose bridge and spring hinges ensure flexibility and endurance.

The X-game eyewear collection personifies the action-oriented, freewheeling lifestyle and bold attitude of today's young teens.

To find the perfect frame for your little action hero make time to come in and speak to our friendly staff.



Proud Provider for All Health Funds

Eyecare Plus is a Proud Provider for all health funds. This means that we provide special discounts on spectacle frames for health fund members. Unlike some other schemes, this applies to ALL members of ALL funds and can be used with ANY spectacle frame.

Simply show your current health fund membership card when ordering your new prescription spectacles.

We have all the alternatives in frames: From budget to designer. Spectacle lenses that are thinner and lighter and the most modern contact lens options.

Health fund members can also have the convenience of processing their claims directly in our office. So call in and see how we can help you in caring for your eyes.

Discounts for ALL fund members, available on ANY spectacle frame

Most consultations by optometrists in our practice are covered by Medicare

"Coming soon! Young spectacle wearer of the month competition!"



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For more articles on your eye health and vision in general please visit and like our Facebook page

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