



Eyecare Plus®

OPTOMETRISTS

Evans & McMahon

35-37 London Circuit, Canberra City

**CANBERRA ACT 6257 1103**

Cnr reed St Sth & Anketell St Tuggeranong Square

**TUGGERANONG ACT 6293 1171**

Find us on 

We are now on Facebook! [www.facebook.com/evansmcmahoneyecareplus](http://www.facebook.com/evansmcmahoneyecareplus)



If you would like to be kept up to date with informative articles, new technologies in optics and our special promotions and competitions please give us a like.

We have also launched the new Evans McMahon Eyecare Plus Website.

[www.evansmcmahon.com.au](http://www.evansmcmahon.com.au)

Please have a look at our new web site and tell us what you think. We always value our patients' feedback.

## ESSILOR CRIZAL UV LENSES

The dangers of Ultra violet radiation are greater for us in Australia than most other places in the world due to our outdoor lifestyles. In the Canberra region it is even more of a concern due to our higher altitude and hours of sunlight.

Fortunately Essilor in conjunction with Cancer council of Australia have released the UV Crizal lens.

A lot of lenses will block harmful ultraviolet radiation from going through them, however a large percentage of UV is reflected off of the back surface of the lens and in to your eyes and soft tissues surrounding them.

Crizal UV Forte is the only lens certified by the Cancer Council.

## THE DANGEROUS TRUTHS ABOUT UV RADIATION

The skin around your eyes is extremely delicate. UV radiation can damage the skin causing premature aging, sun spots and wrinkles, and can even lead to the development of skin cancer.



**Protecting your eyes and the skin around your eyes every day is essential to safeguard your long-term vision and eye health.**



UV rays are harmful, in clear or cloudy weather. UV damage is cumulative, meaning that it builds up over time without you even being aware of it.

Every purchase of Crizal UV lenses includes a contribution to the Cancer Council and their work into cancer research support services and educational programs.

## DRY EYE CLINIC



Do you often notice that your eyes feel sandy, dry, watery, or like they are burning? Does this worsen when you are outdoors in the wind or when you use the computer for prolonged periods? You probably have one of the most common eye conditions that we see in Canberra - dry eye disease.

In the last 5 years there has been a massive amount of research into the causes and treatment options for dry eye, and we now know that it is a complex and multifactorial disease. Severe and chronic dry eye is best managed with a combination of tailored in-office treatments, prescribed daily treatment routines at home, and for some cases- medicated eye drops and plugs that fit in the tear duct of the eye.

Our optometrist Jenny Wu specialises in the treatment of dry eye and runs a dry eye clinic in our Tuggeranong practice. Don't suffer in silence- call us to make an appointment.

## Leon's Retirement

*Dear Patients,*

*I have decided to take at least a 2 year break from Optometry practice, effective from 1 December 2015. I am viewing this as my "first retirement" to attend to personal matters and spend time with my family, and decide on my priorities for the future. I have not ruled out returning to optometry in a part-time locum capacity after that absence.*

*I have been very fortunate to meet so many lovely people as patients over the years, and will greatly miss this relationship; however I am happy in knowing that you will be looked after well by my colleagues at the practice. Thank you all for the opportunity to care for your vision needs, and to get to know you at the same time.*

*Wishing you health and happiness,*

*Leon*

## Emergencies

Emergency appointments are available every day for patients with urgent problems.

If your eyes are suddenly red or sore, especially if only one eye is affected, or should you have any sudden reduction of vision, please contact us immediately on **6257 1103**.