



where eyecare comes first

Spring/Summer 2016

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- 2) Children's Eyes
- 3) Cataract
- 4) Nutritional Supplements for Eyes



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Frame Fashion

Frames are changing and at *eyecare opticians* we can advise you on modern styles and fashions from suppliers who only sell to independents like ourselves. Colour is popular again this year and frame sizes are bigger again. The use of new materials such as special acetates and titanium at *eyecare opticians* results in lightweight spectacles. We promise to provide friendly helpful expert advice in an relaxed environment.

Children's Eyesight

A baby's eyes are not fully developed at birth, even though they are already three-quarters of the size of an adult's eyes. If a baby is developing normally and is shown different shapes, sizes and colours, by six months old he or she will be able to focus on fine detail and have developed co-ordinated eye movements.

A squint (or turn) happens when the eyes are not co-ordinating. There can be more than one reason for this, but the most common is that it runs in the family or the child has a high spectacle prescription. The most common age of onset of a squint is between two and five years of age. A full eye examination by our Optometrist will show if a squint is present (this may require eyedrops). David Dowley has the higher level specialist qualification in orthoptics (squint/lazy eye assessment) and helped run a special child clinic at Manchester University throughout most of the 1980's. Early detection and treatment will give the best results. Uncorrected squints can lead to permanent eyesight problems (a lazy eye).

As well as squints and lazy eyes, many eye defects can run in families, such as long or short-sightedness and astigmatism (astigmatism is when objects look distorted). Taking children for an eye



examination is the best way to make sure that any defects are picked up and treated.

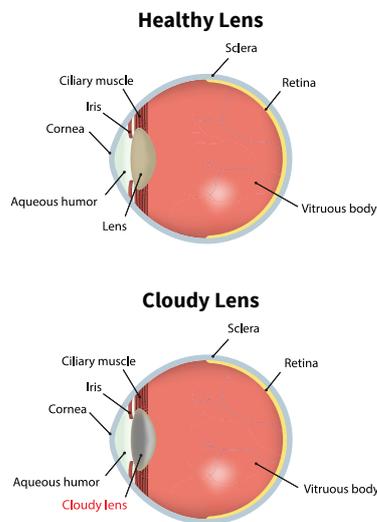
If glasses are required a wide variety of comfortable and practical frames are available at *eyecare opticians* for children. They look stylish, modern and colourful and they also include spring hinges to make them last longer, adjustable nose pads or saddle bridges to suit the smallest of noses and lighter, stronger safer lenses for no extra charge. Many are available completely FREE for children at *eyecare opticians*.

Cataract

A cataract is where the lens of the eye becomes cloudy, so it becomes difficult to see through. Objects may look misty or blurred, bright lights dazzle and you may see double in certain directions. The most common cause is ageing, occasionally they happen because of injury, or as a complication of other conditions. In the early stages of cataract spectacles may help you see clearly enough and we will monitor its progress regularly.

When your vision has become so poor that it seriously affects everyday life - such as driving, watching TV, or reading we will refer you to an eye specialist in the hospital and guide you through the NHS procedure. We can also arrange this privately if required. There is no need to visit your GP as we will contact them for you.

Surgery is often carried out under local anaesthetic, and usually as a daycase procedure (no overnight stay). The cloudy lens inside your eye is removed and replaced with a new, clear lens made of special plastic. Afterwards, you will need a further eye examination because the surgery always alters your spectacle prescription.



Nutritional Supplements

It has been shown recently that there is a significant reduction in the risk of neovascular macular degeneration in patients taking specific supplements (at *eyecare* opticians we can advise you). Beta-carotene should not be used in any formulation as it increases the risk of lung cancer in smokers (smoking is linked with macular degeneration). Certain retinal carotenoids (lutein & zeaxanthin) reduce the risk of advanced macular degeneration and should be used in formulations



Top Ten tips to help keep your eyes healthy

Good vision is vital for an active independent life but poor vision is recognised as a factor in falls, depression and isolation. Look after your eyes - you won't get another set.

1. Be aware of any changes in your vision. Don't ignore them.
2. Take regular breaks from computer screens. Remember this includes games consoles.
3. Protect your eyes from hazards both at work, through DIY or during sports.
4. Get regular eye tests. Don't wait for a vision problem before you go. The eye test isn't just about specs but is an eye health check as well. You may be entitled to a free NHS eye test. Enquire with an optician.
5. Keep your glasses clean and in a good state of repair.
6. Wear sunglasses. Long term exposure to UV increases the risk of damage to the eyes.
7. Try to obtain good quality print to read or increase the font on your tablet for easy reading.
8. Ensure you have good lighting for reading.
9. Stop smoking. Smokers are 4 times more likely to develop eye problems which can lead to blindness. The risk is as high as that of lung cancer. If you stop smoking, the risk reduces.
10. Eat well with a diet rich in fruit and vegetables. Drink plenty of water to keep hydrated to help prevent sore dry eyes.

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