

ANDREW WATKINS OPTOMETRIST

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As the attached flyer tells you, our really big news is that **WE'RE MOVING**. After 20 years in the same

area, the shopping centre has bigger and exciting plans for our area. After lots of 'fun' negotiating a new site, we now have a fantastic new location on City Walk. This is still part of the shopping centre but with an external entrance off the grassy area of City Walk. This is an exciting move for us as it gives us more room for more equipment and more room for more frames. We do hope you enjoy our new location and we invite you to drop in anytime to say hello and check us out. My team and I

would love to see you soon at our exciting new store.

Our other exciting and proud news is that Hong has just completed her studies in Ocular Therapeutics. Along with myself and Belinda this gives her the right to prescribe medications for some eye disease if required.

We are proud of our new practice location and the service we can provide you with. Our attitude is to keep progressing and provide you with the best eye care possible. We look forward to seeing you soon.

Have a great summer.

Andrew

Did You Know That Our Optometrists Can Prescribe Medications For The Eye? If you have a sore, red eye, call the practice to book in with one of our optometrists for assessment and treatment.



ANDREW WATKINS
OPTOMETRIST

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- OPENING HOURS:
- MON - THU: 8.30AM - 5.30PM
- FRI: 8.30AM - 8.00PM
- SAT: 9.00AM - 2.00PM
- SUN: CLOSED

WHAT ARE CATARACTS?

Cataracts are a cloudiness that can form in the lens of the eye. Poor vision results because the cloudiness interferes with light entering the eye.

Most cataracts are age related, which means the older you get, the more likely you are to develop them. Cataracts may also be present at birth or acquired as a result of disease (such as diabetes), trauma to the eye, exposure to radiation or prolonged use of steroids.

Usually cataracts affect both eyes but often develop at different rates in each eye. You may experience difficulty reading, recognising faces and watching television. Generally an eye with a cataract becomes more sensitive to glare.

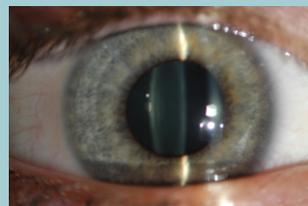
As cataracts progress usually a change in your glasses prescription will help to improve the vision. In advanced cases the cataract-affected lens can be removed surgically and replaced with a clear artificial lens.

Before recommending cataract surgery your optometrist will consider several factors:

- The condition of the eye
- Your general health
- The expected improvement in vision after surgery

Today the removal of a cataract is a relatively simple and minor procedure. Often it is performed under a local anaesthetic, and in most instances, does not require an overnight stay in hospital.

What does a cataract look like?



Normal lens



Early cataract



Advanced cataract

SUN AND UV PROTECTION

It's bright, it's glary, it's almost Summer! Now that the days are getting longer and the sun's intensity is stronger, it's time to update those sunglasses in time for the summer season. Or at the very least wear those sunglasses more!

UV exposure is associated with not only with skin cancer but with changes to your eye health which can lead to irreversible damage to the eyes. Cataract, pterygium, and Age Related Macular degeneration just to name a few.

We stock a large range of sunglasses that cater for many different prescriptions. Come in and speak to one of our qualified optical dispensers about prescription sunglasses. We have a large range from Oakley, Mako, Maui Jim to designers like Gucci and Dior. There is something to suit every budget.

WHAT'S NEW in Daily Disposable Contact Lenses

Have you thought about wearing contact lenses but unsure if it's an option for you? There are many options available now, more than ever.

Daily disposables offer convenience, low maintenance and options to a wider group of patients.

Dailies Total 1 is the world's first water gradient contact lens. What does that mean? The lens is a silicone hydrogel core with a soft hydrophilic surface gel made up of more than 80% water content, which then approaches 100% at the surface, making the lenses comfortable to wear. It is high in oxygen permeability which makes it more breathable.

Feedback from patients has been positive. If you are experiencing dry eyes or end of day comfort with your contact lenses, make an appointment to see our optometrist to see if this lens will suit you.

Do you wear multifocals or reading spectacles and wondered if contact lenses would suit you?

Multifocal Contact Lenses. You might wonder how it would work considering that there is enough compromising in a pair of multifocal glasses let alone a contact lens which is smaller than a 10c coin. New designs like Alcon's daily Aquacomfort Plus Multifocal contact lenses relies on the brain for simultaneous vision, which surprisingly works

quite well. If you've ever thought about wanting to wear contact lenses, even for special occasions, sport like swimming and cycling, and still be able read, perhaps multifocal contact lenses could work for you. Make sure you ask our staff or optometrists for more information.

Daily disposable for astigmatism

Alcon has now released a wider range of prescriptions in the daily astigmatism range. This will allow patients with astigmatism the convenience of daily wear.

*Fitting fees apply.

OPTIMEL: A DIFFERENT APPROACH TO DRY EYE

Dry eyes can be due to a number of causes. Tear film instability as a result of deficiency of the different components of the tears, causing evaporation of the tears; inflammation of the eyelids due to meibomian gland dysfunction or an increased in colonised ocular surface.

Optimel Antibacterial Manuka Eye Drops contains a standardised antibacterial

Manuka honey developed from *Leptospermum* sp. and is preservative free. It uses the antibacterial property of Manuka honey to reduce inflammation and supports eye surface health.

There are no known side effect but does cause redness and



stinging on instillation. It is recommended to be used under supervision of a health care practitioner. If you are suffering from dry eyes and the standard treatment with lubricants is not effective, book in to see one of our optometrist for assessment and discuss if Optimel will be of benefit to you.



Key Eye Health Practices

- Eat fish two to three times a week
- Eat dark green leafy vegetables and fresh fruit daily
- Eat a handful of nuts a week
- Limit your intake of fats and oils
- Keep a healthy lifestyle - control your weight and exercise regularly
- Don't smoke
- Consider taking a suitable supplement in consultation with your optometrist/doctor
- Get your macula checked

**Some foods and supplements may interact with prescription drugs and may not suit your medical conditions; always check with your medical practitioner before changing your dietary intake.*

Our Ongoing Commitment to Keeping Your Glasses in Great Shape

All glasses purchased from Andrew Watkins Optometrist come with our **lifetime complimentary cleaning and adjustment service**. Please come in and see us for this complimentary service at any time, and as often as you like. This service includes an ultrasonic clean of your glasses, tightening of all screws, and replacement of nose pads when required. Of course we also check that your glasses are fitting correctly and make any necessary adjustments. We love to keep your glasses comfortable and looking their best.

NEW BRANDS



Anne & Valentin



TAGHeuer
AVANT-GARDE EYEWEAR

