

ANDREW WATKINS OPTOMETRIST

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Welcome

Welcome to our Spring Newsletter. We have now been in our new location for nearly 12 months. The new bigger location has allowed us to incorporate new technology into the routine of our normal eye examination. The Optos retinal camera captures a full 180° photo to ensure your eyes are healthy and to give us a baseline for future comparison. This has proved to be an invaluable tool and we look forward to sharing it with you, if you haven't already been in.

We are modifying our opening hours slightly. Friday nights we will close at 7:30pm and Saturdays we will open earlier at 8:30am and close at 1:00pm. In doing this, we

will be able to have extra staff on the Saturday and offer a better service.

We will continue to print this newsletter and if you would like us to continue to post it to you please let us know and we will happily post it to you. Otherwise, we will email future newsletters to you.

On a sad but very happy note, Ailsa is about to leave us as she is about to have her first child. Ailsa has been an invaluable member in our team and we will miss her wit and wisdom (well, at least her wisdom).



EMAIL NEWSLETTER



After trialling an email version of our newsletter we have decided to send future newsletters via email. If you would like to receive a digital version of this newsletter, please let us know your email.



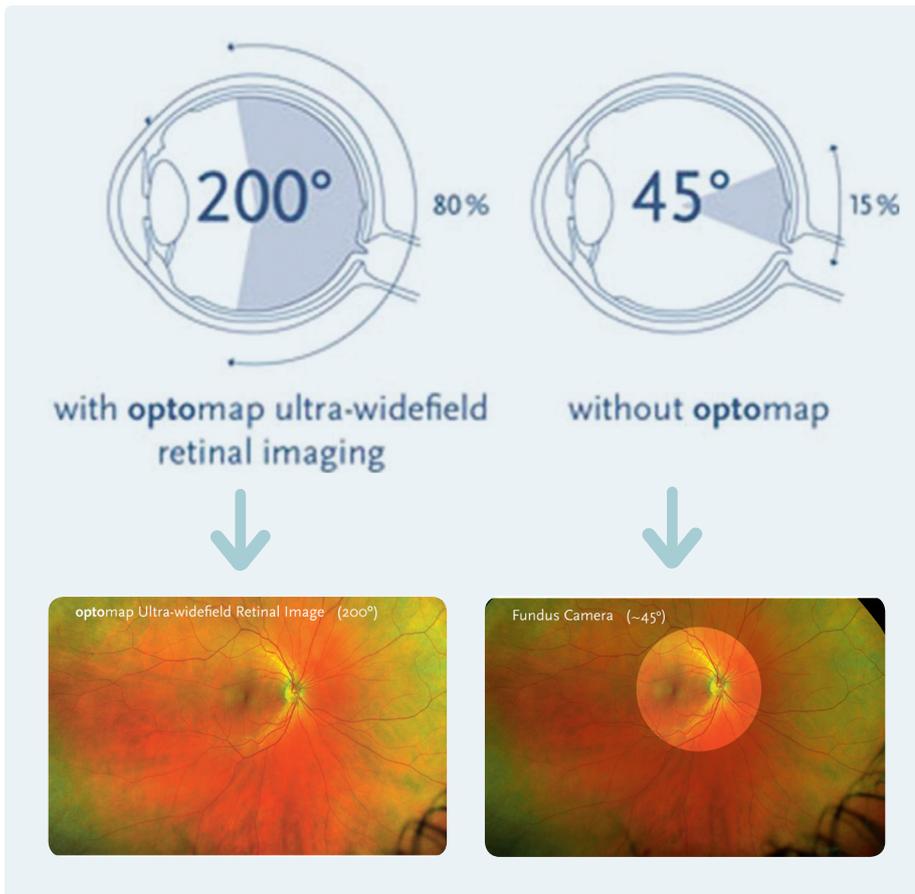
ANDREW WATKINS
OPTOMETRIST

- SHOP CG05, CANBERRA CENTRE
- CANBERRA ACT 2601
- P: 6247 7705
- E: enquiries@andrewwatkins.com.au
- W: www.andrewwatkins.com.au

NEW OPENING HOURS:

- MON - THU: 8.30AM - 5.30PM
- FRI: 8.30AM - 7.30PM
- SAT: 8.30AM - 1.00PM
- SUN: CLOSED

Better Diagnostic Tools



The window to your eye health is now available at Andrew Watkins Optometrist.

We have an Optomap ultra-wide digital retinal imaging device, which we offer as part of your comprehensive eye examination.

Traditionally, optometrists can view about 15% of the retina without dilating the pupil. With the Optomap technology, we are able to view approximately 80% of the retina without dilating the pupils, which makes it a fantastic baseline and screening tool to help assist in detecting and monitoring for retinal diseases.

Diabetes Screening

Calling all diabetics.

When did you last have an eye examination? All diabetics should have yearly retinal eye examinations to detect for early diabetic changes.

Did you know that the eye is one of the few places that blood vessels are visible? This allows optometrists to monitor changes to the small blood vessels in your body, which diabetes can affect.

This is the reason why it is so important for diabetics to have regular reviews

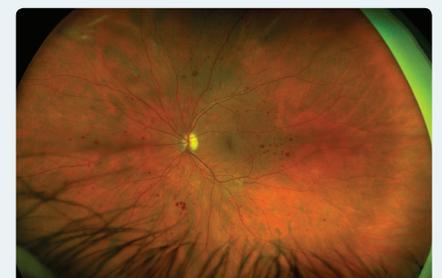
so that should there be any changes to these blood vessels, we can refer you back to your endocrinologist, GP, ophthalmologist to manage your diabetes and slow down these changes to your body.

With our Optomap ultra-wide digital imaging device, we can photo-document a wider view of the retina that most other retinal cameras cannot, allowing for better monitoring of changes to the retina.

What does a diabetic eye look like?



Healthy retina.



Diabetic retina.

Update: One Day Contact Lenses



Contact lenses have revolutionised over the past 10 years, offering patients more options to suit lifestyle needs. We love high oxygen daily disposable lenses.

For those who occasionally wear lenses to full time contact lens wearers, this is a great option that offers convenience and hygiene benefits.

There is no need for solution for disinfecting and storage; always a fresh new pair the next time you want to wear contact lenses, it is so convenient!

Johnson and Johnson (J&J) has released a new silicone hydrogel daily disposable lens, called **OASYS 1 Day**, it belongs to the same family as the OASYS fortnightly lens but the difference is in the design of the lens. It also comes in a large

range of prescriptions (not yet available for astigmatism or multifocals corrections), catering for many patients.

If you have had problems with your contact lenses or would like to start wearing contact lenses, book in for a consultation to discuss this further with our optometrists who will be able to discuss options best suited to your lifestyle and eye care needs.

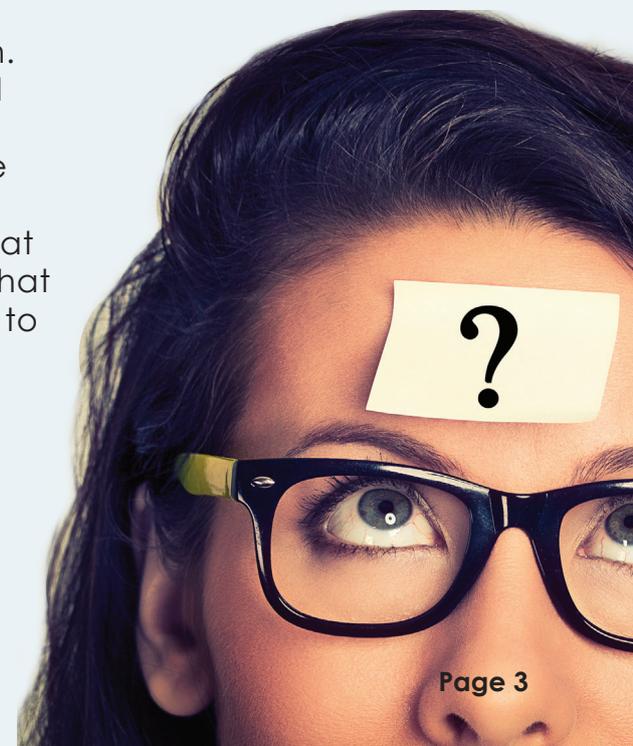
How often should I have my eyes tested?

Just because you can see does not mean that the eye is healthy. Vision is only one aspect of your eyes. Eye diseases such as glaucoma, macular degeneration, diabetic retinopathy and others, are "silent" diseases.

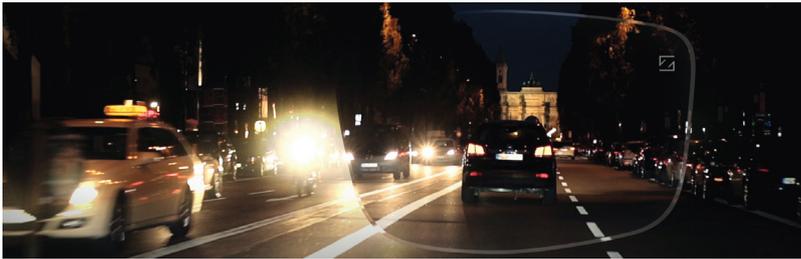
There may be significant changes before you will notice symptoms. The earlier the detection, the more of your vision we can preserve and maintain

good overall eye health. Having your eyes tested every 2-3 years or even yearly for those over the age of 50 will allow the optometrist to ensure that the eye is healthy and that you are using your eyes to the best of its ability.

Although we are no longer a bulk billing practice, you are still able to claim a rebate from Medicare for most eye examinations.



New lens: CARL ZEISS Drive Safe



CARL ZEISS have developed a new lens to make driving safer and more comfortable by reducing the glare from night-time lights.

In traffic, many people find the glare caused by the headlights of approaching vehicles, streetlights or reflections extremely irritating. This is particularly the case when driving in twilight or at night when the pupils of our eyes are dilated. Market research and scientific evidence both

indicate that perceived glare in traffic is linked to modern car lighting technology, and in particular to LED and Xenon HID light sources. In DriveSafe, ZEISS has used a special new coating to take into account the many different situations during driving when our visual system are confronted with glare.

If you are experiencing flare at night, come in for a chat with one of our qualified dispensers to see if this is the solution for you.

A Wearer's Perspective

“ Does the flare from car head lights or other lights at night bother you? It does me.

I am test driving a new lens from Carl Zeiss which claims to reduce flaring considerably. I had my doubts that a lens would do as the manufacturer claimed. I have been wearing this lens now for about eight weeks and I can report that the lenses actually does reduce flaring and therefore makes driving at night much more comfortable for me. ”



Bill Tankey,
Optical Dispenser

Jono Hennessy Eyewear

The new range of Jono Hennessy frames have been designed using fabric which is inlayed into the frame creating beautiful patterns and colours. Each frame is totally unique, which means that whoever wears one of the LIMITED EDITION FABRICS is assured they have in their possession an absolute one off frame.