

Group Practice Newsletter

Why do I need an eye test?

People often ask why I need to have an eye test when I can see OK, there are many answers to this question.

Changes to the vision are often slow and it can be difficult to realise when they're happening, it's even harder when this occurs in one eye only. Some eye diseases, (like Glaucoma) don't give any symptoms. With the most common type of Glaucoma, the central vision can remain good for detail and there is no pain. To look for this, opticians test the eye pressure, the visual field (what you're aware of off-centre) using flashing lights on a screen and assess the appearance of the Optic Nerve inside your eye. Sometimes general health issues can be detected e.g. blood pressure can change the appearance of the vessels inside the eye, diabetes can cause leakage on the retina and some people get vessel blockages inside the eye before they happen in the body (causing a stroke).

When should a child be tested?

Opticians are often asked this question. It is wrongly assumed that a test can't be done until children know the names of letters or can read. In reality there are ways of assessing vision using pictures or even by looking at eye movements in babies when presented with a picture.



As the part of the brain responsible for interpreting detailed vision only develops until the age of 7, imperfect vision in one eye can lead to poor vision for life if not corrected well before this - known as Amblyopia. Ideally all children should start having eye tests from the age of 3. These tests will check the health of the eye, test eye movements (to rule out a squint) and look for any glasses prescription in the eyes individually. Simply shining a special light at their eyes and holding lenses in front enables the optician to calculate how much effort is needed for them to see and critically if one eye is worse than the other.

Children's eyes tests are fun, pictures are used instead of letters, 3-D vision is tested and most children enjoy wearing the various types of frames used in the test.

Contact us to book an appointment.

Unlocking your Child's Potential with Colour

Every child who shows signs of visual difficulty when reading should be referred for a full sight test. If symptoms of eye strain and/or visual stress are not helped by glasses or spectacle correction, then the next assessment of coloured overlays should be carried out to see if the visual stress can be alleviated with the help of colour. If the coloured overlays work, then an assessment with the Colorimeter would be the next stage to find what colour of spectacle lens would help.

One of our optometrist can carry out an overlay assessment if this has not already been done in school. The optometrist may suggest that the patient uses an overlay when reading and then return within a few weeks, noting any improvements.

Alternatively, in cases where the benefit from an overlay is clear, the optometrist may suggest moving directly to testing with an Intuitive Colorimeter.

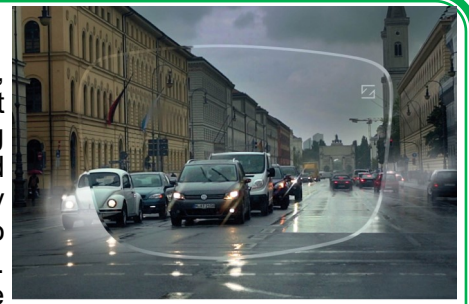
The Colorimetry Assessment may result in special glasses with coloured lenses being prescribed to the patient. The colour will be more specific to each individual's needs. This is much more precise than the overlay and very often a different colour to the overlay. Coloured lenses are also much more convenient than overlays for computer work.

If you want anymore information about Colorimetry please contact the practice.



Zeiss DriveSafe Technology

Many people feel insecure, uncomfortable and stressed when driving, especially in difficult light and weather conditions such as rain and mist, or at dusk or night. On average 83% of spectacle lens wearers* also drive. Driving can be a real challenge for everybody – no matter how long the distance, and good vision is vital for safety. ZEISS has introduced a new lens for everyday use. It is specifically designed to meet the vision needs of people who want to feel safer and more comfortable when driving with their everyday lenses. ZEISS DriveSafe Lenses are available in both single vision and progressive lens types. If you feel you may benefit ask one of our dispensing opticians for more details.



Contact lenses which change colour with the light!

Did you know there is a brand new contact lens on the market which reacts with the light in just the same way as your glasses can to help prevent you squinting on a bright sunny day! Introducing NEW ACUVUE® OASYS with Transitions™ Light Intelligent Technology™, the first-of-its-kind* contact lens that seamlessly adapts to changing light. These lenses are a 2 weekly lens and only come in spherical prescriptions so far. We have tried them and they do not make your eye's go really dark like a sunglass would, it's a very subtle change but it does make it more comfortable outside on a bright day. They are not designed as a replacement for Sunglasses. If your interested in trying them ask us for more details.



Unique frames for unique individuals

Not everyone can pick a frame off the shelf and find it fits, everyone is different, some children and adults struggle to find a 'normal' frame to fit due to their facial features.

Erin's World Frames aim to improve the sight and quality of life for individuals by providing a custom frame, fit for their unique needs as they are Specially formatted to fit individuals with low bridges.



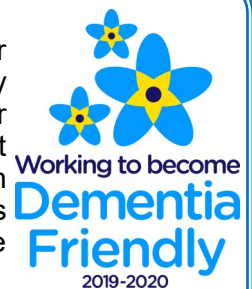
Tomato frames offer a range of comfortable, colourful, practical frames which have been expertly designed with babies and children in mind. All the Tomato Frames have adjustable sides and nose pads and are supplied with head strap which means they can be customised to fit almost any child quickly and easily.

To view either of these ranges give us a call and we can book you an appointment with our dispensing opticians.



Dementia Friends

All of our staff have signed up to be Dementia Friends as part of the local communities plan for the area to be more dementia friendly, we see a lot of our patients both young and old who may either know someone or they themselves live with Dementia and we want to be able to offer them a safe and secure environment when they visit us for their regular eye examinations. Sight and hearing loss are both more common as you get older. For a person with dementia, this can cause extra problems, such as confusion about what's happening around them and problems with communication so we want to help make it easier where to get the support they need to live a normal life.



Microsuction Ear Wax Removal

Earwax is entirely natural and is produced by your ears in order to protect them from infections. That being said, for some people, earwax can be a nuisance if it builds up in the ear canal and blocks the ears. This can be even more problematic if you wear hearing aids. Excessive earwax can cause pain, tinnitus, infection and hearing loss through blockage.

How do you Remove it?

Most ear care professionals will recommend micro suction, as it is the safest, most effective, quickest and most comfortable method of removing ear wax.

Microsuction is a safe, efficient and comfortable method of wax removal; no liquids are used during the procedure. This means that the procedure is clean, and non-invasive. It also allows us to clearly see the ear canal while we work, making it an exceptionally safe procedure. It's quick and painless, often taking no more than a few minutes.

