



EyecarePlus®

OPTOMETRISTS

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We are now on Facebook! 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 also have the Evans McMahon Eyecare Plus Website. www.evansmcmahon.com.au

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

SPRING and ALLERGIES

Your eyes are an easy target for allergies all year round, especially in Spring. When exposed to airborne irritants like pollen, dust, grasses, perfumes, animal hair and spores, your eyes can become red, puffy and itchy. They may feel dry and gritty or excessively watery and there may be some clear discharge.

Fortunately, most allergic eye conditions are more inconvenient than dangerous, although severe allergic reactions can lead to vision problems if left untreated.

Over the counter eye drops may provide short-term relief of symptoms but it is always a good idea to see your optometrist for the right diagnosis, treatment and advice. Your optometrist can prescribe drops that can effectively prevent the onset of seasonal allergies as well as treat an existing allergic response.

Forms of allergic reactions include an inflammation of the eyelid similar to eczema or dermatitis, often the result of using toiletries or make-up products. Some contact lens wearers might experience an allergic reaction to a cleaning solution. Your optometrist can give you advice on products that will work for you.

If you are an allergy sufferer, here are a few tips:

- if no treatment is immediately available, cold compresses may help with sudden allergic reactions and swollen eyes;
- avoid scratching or rubbing your eyes as it will make the symptoms worse;
- if your allergic reaction is seasonal, minimise outdoor activities at these times;
- artificial tears products provide a lubricant for dry eyes and relief from irritation. If you keep the drops refrigerated they will feel more soothing on application.
- Oral antihistamines can reduce tear production and cause the eyes to dry out more. Your optometrist may prescribe lubricant drops to treat the dryness or prescribe more targeted anti-allergy drops to reduce the dependence on oral antihistamines.

ESSILOR CRIZAL PREVENCIA LENSES

Blue Light is:

- Naturally produced by the sun, whatever the season
- Used in fluorescent light bulbs
- Emitted by LEDs present in computer screens, tablets, smartphones, etc. Blue-Violet, “harmful light”
- close to UV
- penetrates deep into the eye
- dangerous

Essilor’s Crizal® Prevenicia™ clear lenses use an exclusive technology to selectively filter light.

UV rays and harmful blue-violet light are virtually eliminated while essential Blue-Turquoise light passes through.

Harmful Blue-Violet light damages the retina, the part of your eye where images are formed. Long-term damage can lead to serious eye conditions, including Age-related Macular Degeneration (AMD), the leading cause of visual impairment in the Western world.

Blue-Turquoise, “essential light” is less energetic and contributes to well-being.

Why do you need Blue-Turquoise light? Like all visible light, Blue-Turquoise helps you perceive colours and shapes. Blue-Turquoise light is also a natural form of light therapy that is essential for your body. It helps regulate your everyday sleep cycle, keeping you energised and alert. Furthermore, it triggers your pupillary reflex, one of the eye’s natural safety devices. This means exactly the right amount of light enters your eye.

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.

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**.