



EyecarePlus®

OPTOMETRISTS

## Evans & McMahon

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

### THE FUTURE

You may have noticed the large sign on the building next door to our City practice advertising The Capitol Apartments. The new development of more apartments for the city will take the whole city block with our current location becoming the foyer of the new complex. The time frame for this development to begin is mid year 2017. However nothing is definite as yet.

The only thing we know for certain is that we will be moving and that we will be staying in the current vicinity. We will take this opportunity to revitalise the practice so that we can provide the best possible eye-care for all our patients.

### 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 on **6293 1171**.

## Diabetes related Vision Loss rising at an alarming rate

A new study has shown that instances of visual impairment due to diabetes increased more than 60 per cent worldwide in the span of two decades.

The team running the study included Australian researchers from Sydney's Brien Holden Vision Institute and the NHMRC Centre for Clinical Eye Research at Flinders University in Adelaide.

An analysis of published population studies from 1990 to 2012 found that blindness and visual impairment due to diabetic retinopathy (DR) increased significantly in the 20-year period.

In 2010, one in 39 blind people was blind due to DR, which increased 27 per cent since 1990. Of those with moderate or severe vision impairment, one in 52 people had vision loss attributed to diabetes, an increase of 64 per cent since 1990.

The researchers indicated that poor control of glucose levels and lack of access to eye-health services in many parts of the world likely contributed to the increase. They also recommended public policy planning in the regions most affected by DR, including improving control of systemic risk factors such as glucose and blood pressure among people with diabetes.

## Spectacles

A recent UK study comparing spectacles purchased from optometrists against those acquired online suggests most consumers still prefer practice staff expertise.

The results showed participants ranked physical practice-bought spectacles dispensed by qualified practice staff significantly higher overall than those bought online, particularly for more complex prescriptions.

In addition, a higher rate of spectacles purchased online was classed as unacceptable or unsafe due to incorrect measurements.

Even though the average cost of the online spectacles studied was significantly lower than their Optometrist counterparts, 79% of participants said they would purchase their next pair of spectacles from an optometrist.

The UK study was commissioned by The College of Optometrists, and director of research Mr Mike Bowen claimed it was the first of its kind. He also noted that the research was important due to the rise of online retailing.

“Patients need to understand that it's not just the prescription that's important in selecting a pair of spectacles but that a specialist such as an optometrist or qualified optical dispenser can also guide you on the shape, fit and appropriateness of a certain pair of spectacles over another,” Mr Bowen explained. “Patients need to understand the possible adverse effects if spectacles are not supplied correctly.”

## 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**.