



EyecarePlus®

OPTOMETRISTS

Evans & McMahon

35-37 London Circuit, Canberra City

CANBERRA ACT 6257 1103

Cnr reed St Sth & Anketell St Tuggeranong Square

TUGGERANONG ACT 6293 1171

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Also you can go to our new Evans McMahon Eyecare Plus Website www.evansmcmahon.com.au

Please have a look at our new site and tell us what you think. We value your feedback.

Macula Degeneration

May 22-29 was Macula Degeneration Awareness Week and as there was a lot of coverage on TV and radio about this we thought that this newsletter was a good time to give you some more information.

Macula degeneration (MD) is the name given to a group of degenerative diseases of the retina that cause progressive, painless loss of central vision.

Your eye works very similar to a camera. The lens at the front of the eye focuses the image onto the retina which lines the back of the eye. The retina acts like the film in the camera. The image is sent from the retina through the optic nerve to be interpreted by our brain.

The macula is the very centre of the retina. You are reading this using your macula. It is responsible for your central, detailed vision. It is responsible for your ability to read, distinguish faces, drive a car and any other activities that require fine vision. MD is when there is damage to this area of the retina.

Although there is no cure for MD, there are treatment options that can slow down its progression, depending on the stage and type of the disease (wet, dry and other forms). The earlier the disease is detected, the more vision you are likely to retain.

The **Major Risk Factors** for Macula Degeneration are:

Age: MD is primarily age related, affecting one in seven people over the age of 50 in Australia.

Family History: People with a family history of MD have a 50% chance of developing the disease.

Smoking: Smokers and people that have smoked are three times more likely to develop MD.



If you are from the 'baby boomer' generation it is important to have your eyes checked at least every 2 years. Keep your macula healthy with a diet rich in lutein and zeaxanthin (kale, spinach, broccoli, and other green leafy vegetables), fish oils, food that is high in zinc (oysters, nuts, legumes), and low GI carbohydrates.

Make an appointment to see one of our experienced optometrists for a macula check and advice on how to look after your eyes for the long haul.

New Lens Technology

From our perspective it would seem that lens designers and manufacturers are bringing out a “new” and or “improved version” of their previous designs every few months. Long term experience and practical trialling of their latest products however quite often proves to us that there is either no improvement or indeed sometimes a backwards step in in the redesign. I am very pleased to say that in the case of Rodenstock, Germanys new Impression Freestyle 3 lens this is not the case. Practical trialling by ourselves has proven that this new design is one of the best that we have used in the last twelve years. This is the first lens in that time which has been able to reproduce the comfort levels of the previous best design, the IPSEO from Essilor France. Sadly the IPSEO was discontinued and never really replaced with an equivalent.

What Makes the Difference

The difference between a premium multifocal and a lesser design is in the complex math that creates a variation at thousands of points across the lens surface correcting the peripheral aberrations. Or in plain language it reduces the swimming effects that some multifocals produce making for a more comfortable and natural experience. Another benefit of this design is that it produces a particularly thin lens in the process.

Here is Rodenstock’s description

This innovative new lens takes progressive spectacles wearers into a new dimension thanks to Rodenstock’s patented Flexible Design Technology, allowing us to perfectly adapt the Impression FreeSign® 3 to the personal requirements of even the most discriminating patient.

Dry Eye Clinic

Do you suffer from dry irritated eyes, vision that seems to blur between each blink, and tired eyes? You might suffer from dry eye disease, which is one of the most common eye problems effecting Canberrans over the colder months.

Dry eye disease is multifactorial and more complex than most people think- it requires specialist care. In order to be able to provide this care we have started a specialised Dry Eye Clinic at our Tuggeranong practice where our experienced optometrists offer treatments that are based on the latest research.

The Clinic runs on Monday and Wednesdays in the mornings from 10 to 11:30am and in the afternoons from 3-4pm.

The cost of treatment will vary depending on the severity of the condition and the number of treatments required.

Stop suffering in silence and call us to make an appointment today, call **6293 1171**.

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**.