



Eyecare Plus®

OPTOMETRISTS

Evans & McMahon

29-33 Northbourne Ave, Canberra City  
**CANBERRA ACT 6257 1103**

Cnr reed St Sth & Anketell St Tuggeranong Square  
**TUGGERANONG ACT 6293 1171**

Find us on 

We are on Facebook! [www.facebook.com/evansmcmahoneyecareplus](http://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.

## THE FUTURE IS HERE – OUR CITY PRACTICE HAS MOVED



The new location is:

**29-33 NORTHBOURNE AVE**

Next door to the Commonwealth Bank and is only 200 metres from where the old practice was. You will still be able to use the current parking in the Knowles Place car park and when the light rail arrives it will be just a block from the Canberra City stop.



## 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**.

## DIGITAL EYESTRAIN



With an increase in digital technology, many individuals suffer from physical discomfort after screen use for longer than two hours at a time. The Vision Council refers to this collection of symptoms as digital eye strain.

Computers, tablets, e-readers, smartphones and other electronic devices with visual displays all can cause tired eyes, digital eye strain and computer vision syndrome.

Computer-related eye problems have become widespread: according to a 2015 survey by The Vision Council, 65 percent of adults reported having symptoms of digital eye strain.

Digital eye strain is becoming a family affair, affecting all age groups.

Eyewear is available with lenses featuring digital eye strain-reducing capabilities. However, individuals don't have to sacrifice style for function when it comes to eyewear. These specialized lenses can be incorporated into virtually any pair of frames, so individuals can choose eyewear that complements their personal look, while meeting their eye health needs.

Many people are unaware of the solutions available to combat digital eye strain – in fact, 71 percent of people surveyed report they have not discussed their digital device usage with their eyecare provider, and 72.6 percent reported they did not know eyewear can be used to protect the eyes from short- and long-term effects of digital eye strain.

The Vision Council recommends individuals and their child(ren) visit a local eyecare provider to discuss their digital habits and what eyewear solutions are available to relieve the symptoms of digital eye strain.

## ESSILOR ENDLESS SUMMER PROMOTION EXTENDED UNTIL 31<sup>st</sup> March

In conjunction with the Essilor Lens Company we are able to offer our best Summer promotion ever and due to popular demand it has been extended until 31<sup>st</sup> March 2018.

Essilor is a world leader in lens design for corrective ophthalmic lenses and is also the home of Nikon lenses in Australia.

**Can't Take My  
Eyes Off Two!**



When you order a pair of spectacles with Essilor/Nikon lenses before the 31<sup>st</sup> March 2018 and order a second pair of Essilor/Nikon lenses on the same day you will get a 50% discount on the less expensive set and subsequent sets of lenses.

If you don't want to order on the same day but decide before the 31<sup>st</sup> March 2018 that you want another set of lenses then we are able to offer a 25% discount.

**Solar Flair Lenses** are the latest in lens technology and mirror tinting for the Sports/Adventure



lens wearer and are now available in most prescriptions.

T&C's:

Offer ends 31/3/18. The first pair of spectacles must be a frame and lens package with a minimum RRP of \$250. Cannot be used in conjunction with any other offer.

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