



Eyecare Plus®

OPTOMETRISTS

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Find us on 

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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.

## IMPORTANT NOTICE

### ACT Spectacle Subsidy Scheme

The ACT Government recently announced the **Seniors Spectacles Scheme** will be abolished from 1 July 2018. ACT Seniors Card holders will still be able to access the Seniors Spectacles Scheme up until 30<sup>th</sup> June 2018. The ACT Government will pay \$35 towards the cost of new spectacles up until the 30<sup>th</sup> June. So if you have an ACT Seniors card and haven't accessed the scheme in the last 2 years you will be eligible for the rebate providing that you order your new glasses by the 30<sup>th</sup> June and give us your Seniors Card to make the claim on your behalf.

The ACT Spectacle Subsidy Scheme for ACT residents with a Pensioner Concession Card (PCC) or Health Concession Card (HCC) from Centrelink will remain unchanged, the first \$200 is paid by ACT Government and you only need to pay any excess. The Government will only grant this once every 2 years.

If you hold a Department of Veteran Affairs card, DVA will pay a portion towards your spectacles.

If you think that you may be eligible for one of these Government rebates could you please bring your card with you and notify one of our staff when you arrive for your appointment. They will assist you in accessing the Government rebate to reduce your out of pocket expenses when purchasing your new spectacles.

### 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**.

## 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.

## PARKING

In recent weeks many patients have commented that parking has become an issue. The Canberra Theatre carpark has become a construction site and those spaces will be missing until the new buildings are constructed on the site. The Bailey's Corner carpark is being reconfigured to increase the number of spaces available, however while this work is being carried out it seems that more cars are being channelled into the Knowles Place carpark making finding spaces difficult.

There are a number of multi-storey carparks that you can use if the Knowles Place carpark (A) is full.



City West Carpark at 1 Allsop St

Secure parking 121 Marcus Clarke St (entrance from Childers St)

(B) Canberra Centre Carpark entrance from Cooyong St.

Also (C) Section 63 Carpark London Circuit which is an uncovered parking lot opposite the QT hotel but a bit further away.

## **VARILUX X – The New Generation**

Varilux X series: the 8<sup>th</sup> generation of the Varilux progressive lens.

The Varilux progressive lens has been through a great variety of innovations since it was first introduced by Bernard Maitenaz in 1959. Seven generations have already come and gone, and each one – from Varilux 2 (1973) to Varilux Comfort (1993), Varilux Panamic (2000), Varilux Physio (2006) and the Varilux S series (2012) – brought improvements that reflected the accumulated experience of previous years. Varilux lens has always been at the cutting edge of innovation and represents a high standard against which other lenses are measured. The 8<sup>th</sup> generation is no exception and introduces two major innovations: an expanded field of near vision that includes “arm’s-length” vision and the ability to customize the lens progression based on the wearer’s near-vision behaviour.

Historically progressive lenses have only allowed wearers to see at any one distance throughout each specific point in the lens. For modern day behaviours, where patients are utilizing several digital devices at once, or looking at multiple screens at varying distances, this type of lens technology often required the need to move the head around to see optimally. Simply put, modern lifestyles have led to frustrated patients who struggle to find “just the right spot” for specific viewing tasks.

New Varilux X Series lenses are designed with Xtend Technology, which allows the patient to see multiple distances through each point in the lens, extending wearers’ vision within arm’s reach so they no longer have to search for “just the right spot” to see sharply at any distance. This allows for significantly improved vision at distances within arm’s reach, a critical working zone for most patients.

The Varilux X series lens has just been launched in Australia and is now available. Members of our team are trying out these new lenses and if we feel that they are significantly better than your current lenses, we will be offering them to you at the best price we can arrange.

If you would like more information on these New Generation lenses asked one of our qualified dispensers.

## **MAY IS MACULA MONTH**

The national Macula Month campaign will be heavily promoted on radio, television, newspapers, online and social media platforms and will cover a whole host of topics. The campaign launch will include the release of consumer survey results into macular disease, age-related macular degeneration and diabetic eye disease. The spotlight will be on eye health and nutrition with the release of the “Macula Menu” e-cookbook; and wrapping up the month will be the release of research into age-related macular degeneration.

Macula Month 2018 will raise awareness of all macular diseases, including age-related macular degeneration, diabetic eye disease and other less common diseases of the macula.

Macula Month and the perfect time to learn if you’re at risk of macular disease. If you’re over 50 you are at higher risk of age-related macular degeneration, and everyone with diabetes is at risk of vision loss through diabetic eye disease. By adopting the healthy habits below you will help minimise your risk of vision loss from macular disease, whether you have been diagnosed with the disease or not.

How many of these “healthy habits” can you tick off?

- I don't smoke
- I eat a healthy, well-balanced diet
- I eat dark green leafy vegetables and fresh fruit daily
- I eat fish two to three times a week
- I choose low glycemic index (low GI) carbohydrates instead of high GI
- I eat a handful of nuts a week
- I limit the intake of fats and oils
- I keep a healthy lifestyle by maintaining a healthy weight and exercising regularly
- I have a regular comprehensive eye test and macula check

If you ticked all nine healthy habits – well done! If you didn't tick all the boxes, or you're overdue for an eye test, now is the time to make changes to reduce your risk or delay progression of macular disease.

## 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.