



EyecarePlus®

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.

### CHRISTMAS TIME

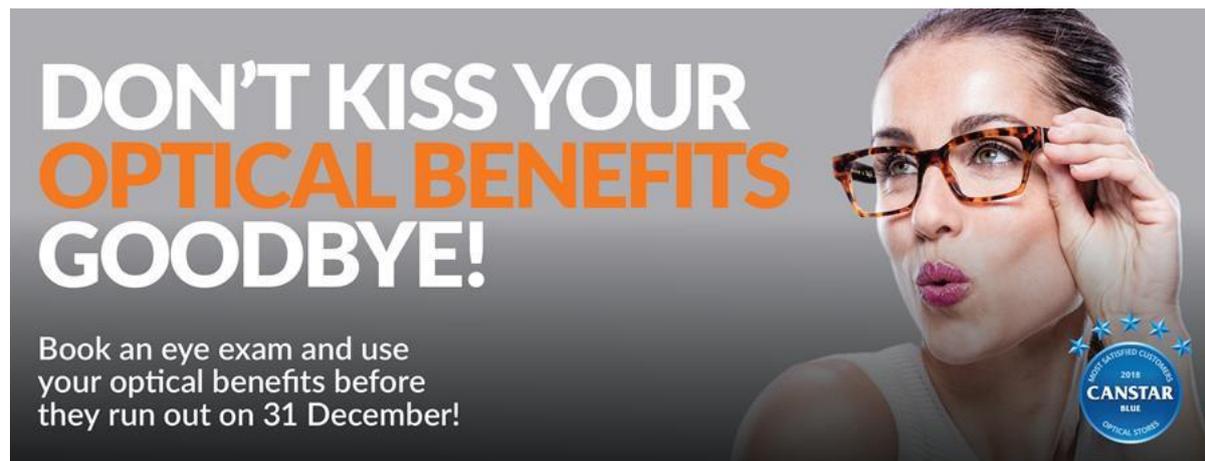


All the staff at Evans & McMahon Eyecare Plus would like to wish all our patients and their families a wonderful and safe Christmas and New Year. We will be closing on the 24<sup>th</sup> December in the afternoon and reopening on the 2nd January at 9:00 am. We thank you for your support in 2018 and look forward to seeing you again in 2019.

### Emergencies

Emergency appointments are available every consulting day during the year 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. However during the holiday period or if something happens on the weekend you should go to The Canberra Hospital and the Emergency Department will arrange a consultation in the Ophthalmology Unit.

## TIME IS RUNNING OUT- IMPORTANT REMINDER



**DON'T KISS YOUR  
OPTICAL BENEFITS  
GOODBYE!**

Book an eye exam and use your optical benefits before they run out on 31 December!

2018  
**CANSTAR**  
BLUE  
OPTICAL STORES

The majority of Private Health Funds work on calendar year for their extras benefits. Therefore if you are eligible to claim any benefits for glasses or contact lenses this year you need to order before December 31<sup>st</sup>

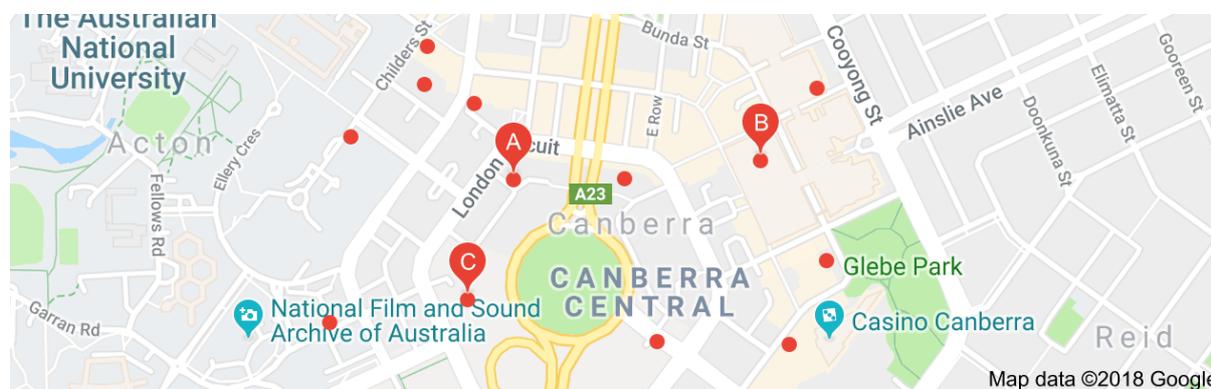
It is important to know that almost all health funds **DO NOT carry over any benefits** to the next year but just restart your benefits on January 1<sup>st</sup>.

If you have not claimed your full health fund optical entitlements for this year don't LOSE them come in and discuss a new look, spare pair or a specialty pair like sunglasses for your favourite sport or hobby. Our five highly qualified optical dispensers on staff will be only too happy to help you.

## PARKING

As the year draws to a close and Christmas fast approaches parking always becomes an issue in the city. 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 has being reconfigured to increase the number of spaces available and the Knowles Place carpark is still available but these street level spaces often fill up making parking frustrating.

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)
- Canberra Centre Carpark entrance from Cooyong St (B).
- Section 63 Carpark London Circuit (B) which is an uncovered parking lot opposite the QT hotel but a bit further away.

## MYOPIA CONTROL

Myopia, also known as nearsightedness, is caused by an increase in eye length or corneal curvature and this condition causes light from distant objects to focus in front of the retina. Light focused in front of the retina results in blurry vision while looking at far away objects but clear vision while looking at close objects.

The onset of myopia at an early age brings with it the likelihood of life-long eye care; there is a significantly increased risk of serious ocular health problems with high myopia, which can lead to vision loss and blindness. It is projected that almost 1 billion people will have high myopia by 2050. High amounts of myopia are associated with an increased risk of sight-threatening problems, such as retinal detachment, choroidal degeneration, cataracts, and glaucoma. Slowing the progression of myopia could potentially benefit many children in the Canberra region. To date, few strategies used for myopia control have proven to be effective.. The most effective methods are the use of orthokeratology contact lenses, soft bifocal contact lenses, bi/multi-focal glasses and topical pharmaceutical agents such as atropine.

At Evans & McMahon Eyecare Plus we have been prescribing myopia control methods for our patients for over 25 years. If you have questions about your myopia control or about myopia in your children or relatives ask one of our Optometrists at your next appointment and they will be happy to discuss it with you.

## ORTHOKERATOLOGY



Orthokeratology or OrthoK is a non-surgical procedure that eliminates the need for glasses or contact lenses during the day. With OrthoK you wear specially designed lenses at night while sleeping. These lenses gently change the shape of your eye so that you can see clearly, with your natural vision, during the day.

This safe and effective technique is mainly used to correct short-sightedness (myopia). It is an alternative to LASIK for those who don't want surgery.

When a person cannot see clearly it may be because the eye is too long so that images do not focus on the back of the eye (the retina). Normally we fix this by refocussing images with spectacles or contact lenses. With OrthoK we refocus images by changing the shape of the front surface of the eye.

To make an OrthoK lens we first map the surface of your eye, using a high tech instrument known as a topographer. Your Optometrist uses this information along with your prescription to design a customised lens for YOUR eye and its unique vision problems.

OrthoK lenses are manufactured on a high-speed computer assisted lathe. They are made of materials that have high oxygen permeability that allow your eyes to 'breathe' overnight while you sleep, maintaining eye health. The back surface of the lens has a number of specialised curves that move the tear film under your lens and reshape the front surface of your eye while you sleep. The result after waking and removing your lenses is clear, sharp vision.

## ACCESS and SAFETY

As the completion of Canberra's light rail approaches the City Renewal Authority is leading the transformation of the city renewal precinct, which includes the area of Northbourne Avenue between the Melbourne and Sydney buildings

The City Renewal Authority is charged with shaping the growth of the central parts of Canberra to make it a great place to live, explore and enjoy.

In partnership with the community, the City Renewal Authority aims to create a vibrant city heart through the delivery of design-led urban renewal with a focus on social and environmental sustainability.

Construction work has commenced this month to upgrade the verges on Northbourne Ave adjacent to the Melbourne building and move the buses to an extended City Bus Interchange.

There will also be construction work on Odgers Lane through the centre of the Melbourne building, the City Renewal Authority is hoping to turn the neglected laneway into a pedestrian friendly area that people can use.

The construction work will not cause any interruption to patient care and there should not be any effect on access to the practice along the verandah of the Melbourne building. Safety fencing has been erected to ensure that patients can access the practice safely.

We would encourage you to take care when crossing Northbourne Ave; the roadworks that are happening with the light rail construction is causing the pedestrian walkways to become very uneven in places and the addition of the verge upgrade works will only add more pedestrian hazards.

## CANSTAR 2018 AWARD



Canstar Blue compared optometrists including Eyecare Plus and the chains Big W Optical, Budget Eyewear, Laubman & Pank, OPSM, Optical Superstore and Specsavers on factors including service & advice, value for money, after sale service, range of products, customer service, accessibility of stores and overall satisfaction.

Consumers were asked to rate the optometrist they most recently visited on a range of important factors and it was found that Eyecare Plus were the only Optometrists to score five stars for overall satisfaction, while also earning top marks in most other research areas.

This proves there is still strong demand for quality eye care and that the public understand the importance of a thorough eye examination in preventative eye health and even though we don't have big marketing budgets but we do have a big commitment to excellence, and it's great to see that being acknowledged by the public. This win for Eyecare Plus is a big win for independent optometry, as every other provider surveyed is part of a large corporation.