



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**

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## 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 children visit a local eyecare provider to discuss their digital habits and what eyewear solutions are available to relieve the symptoms of digital eye strain.

## MYOPIA CONTROL

Myopia, also known as near sightedness, 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.

## ACT Spectacle Subsidy Scheme

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 Gold 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.

## MEDICARE EASYCLAIM

In most cases, patients can claim consultations with our optometrists through Medicare and receive a significant rebate. Our practices can make the claim through Medicare on your behalf, which saves you a separate trip to a Medicare office.

After full payment for the consultation by cash, eftpos or credit card there are two ways we can claim your Medicare rebate at the time of your consultation.

If your bank details are registered with Medicare we can send the claim through to Medicare online for you and the rebate will go directly into the account you have nominated with them.

If your bank details are not registered with Medicare, we can simply swipe your Medicare card and a debit/eftpos card to return the rebate to your cheque or savings account.

This service complements our well used service of on-the-spot claims for contact lenses and spectacles, through electronic claiming terminals available for the majority of health funds.

## PARKING

In recent weeks many patients have commented that parking has become an issue. As we approach Easter and the school holidays parking will become more of an issue in the city. 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.

## THE CANBERRA CITY PRACTICE



If you haven't been to the city practice since we moved the 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.

The rejuvenation of the walkways outside the Melbourne and Sydney buildings is now complete and with the barriers down we are much more visible and easy to find.

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 has only added more pedestrian hazards.



## 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**.