



## Evans and McMahon: One-Stop Eyecare

Canberra City: 6257-1103 Tuggeranong: 6293-1171

### Eyecare PLUS

Evans and McMahon Optometrists are members of the EyecarePLUS network.

EyecarePLUS is a selected group of independently owned practices across Australia. To be accredited, these practices have met stringent membership criteria to ensure that they provide professional eyecare plus quality optometric goods and excellence in service.

EyecarePLUS practices must be up to date with the latest techniques and instrumentation for vision examinations and offer all treatment options. They must also provide a wide range of quality optical frames to suit all budgets and provide a warranty on all spectacle frames.

EyecarePLUS practices are also inspected on a regular basis to ensure that they maintain the highest standards of quality optometric care and service.

As members, EyecarePLUS practices share resources for staff education, as well as exclusive ranges of good value frames and high technology lenses. We are confident that this will then further improve the services that we provide.

Together with the other optometrists in EyecarePLUS practices across Australia, we will be able to offer the advantages of being part of a large optometric group, yet remain independent and able to provide the personalised optometric service that our patients have come to expect.

### A Face Lift

The Tuggeranong practice underwent a face-lift in early April. While the previous layout of the premises in Tuggeranong had served us well over the years, it was time to address the wear and improve the design to suit the increased number of staff and patients.

So don't hesitate when you visit - just walk right in and make yourself known.

### Welcome Shaun

We are delighted to announce that Shaun Chang has joined our practice as an associate optometrist.

Shaun is a recent graduate in Optometry from the University of New South Wales and will practice at both the City and Tuggeranong practices.

Juliet has reduced her working hours, but continues to work at both practices.

Leon, Michael and Belinda remain unchanged, and all our optometrists continue their long term commitment to your visual well-being.

Our specialised dispensing and optical service remains in the expert hands of Ian and Derek, with Alice and Dylan completing the team.

Jen and Anne continue to look after you in the reception area with the recent addition of Marie to the front-office team. Catherine has left us to begin university studies and Kevin has moved back to Darwin.

### The Bionic Eye

An Englishman who lost his sight 30 years ago has told the BBC that he now can see flashes of light after being fitted with a bionic eye.

Ron, 73, had the experimental surgery seven months ago at London's Moorfield's Eye Hospital. He says he can now follow white lines on the road, and even sort socks, using the bionic eye, known as Argus II which uses a camera and video processor mounted on sunglasses to send captured images wirelessly to a tiny receiver on the outside of the eye.

In turn, the receiver passes on the data via a tiny cable to an array of electrodes which sit on the retina - the layer of specialised cells that normally respond to light found at the back of the eye.

When these electrodes are stimulated they send messages along the optic nerve to the brain, which is able to perceive patterns of light and dark spots corresponding to which electrodes have been stimulated. The hope is that patients will learn to interpret the visual patterns produced into meaningful images.

Consultant retinal surgeon Lyndon da Cruz, who carried out Ron's operation, said the patients were starting to get meaningful visual stimuli from the technology. "The trial remains inspiring in terms of presenting a very real and tangible step forward in treating patients with total vision loss, but with more than two years of the trial left to run, these are early

days and continued testing will be crucial in determining the success of the new technology," said Lyndon da Cruz.

Locally, the Rudd Government has announced funding as a response to last year's 2020 Summit -- to accelerate Australian research in developing a bionic eye.

## Multifocal Lenses

### What are multifocal lenses?

Multifocal lenses enable objects at more than one distance to be brought in focus. They are able to do this by having different sections within the same lens devoted to different visual tasks. Multifocal lenses have an area of greater magnification near the bottom of the lens to assist with reading and other detailed tasks.

### How are multifocal lenses used?

The technology behind multifocal lenses has come a long way since they first became popular in the 1980s.

Most commonly, multifocals are prescribed for people over 40 years of age who have presbyopia. This is the normal loss of flexibility of the lens inside the eye, which makes focusing on close objects and changing focal distance more difficult with age.

Multifocal lenses are also used by young adults and children who have specific focusing or eye co-ordination problems.

### Choosing multifocal lenses

Just as people's circumstances are different, so too are their spectacle requirements. Our staff can explain the advantages and disadvantages of each option and provide you with a personalised recommendation.

## Multifocal Myths

For the wrong reasons, some people think they are unsuitable to wear multifocal lenses.

I tried my friend's multifocal lenses and they were terrible.

*Just because you are the same age, or have eyesight similar to your friend's, does not mean you can swap spectacles. Each pair of multifocal spectacles is made for the individual for whom they were prescribed.*

My mum hated her multifocals.

*The new designs of multifocal lenses have become much more comfortable and clear, and are easier to adapt to wearing.*

I have tried multifocals and couldn't get used to them.

*Your visual ability or prescription may have changed since you last tried multifocal lenses, and technology is always improving to offer better products. One of our staff can discuss your concerns with you and talk about the best available options.*

Multifocal spectacles make me look 'old'.

*It is very hard to tell the difference between some multifocal spectacles and single-vision.. Multifocal lenses look almost identical to single-vision lenses, and round-segment bifocals are inconspicuous. Anti-reflective coatings can help to make the lenses look more 'invisible'.*

## Eye Tooth

Scientists studying an inherited condition resulting in blindness and crumbling teeth have found a single defective gene can affect both eye function and normal tooth development.

A previously undiscovered and unexpected link between the formation of teeth and eyes has been uncovered by researchers from the University of Leeds, through studies in two families living in a village in the war-torn Gaza strip. "Genetic changes were found that disrupt the function of a protein called CNNM4. This protein is present in the cells that lay down tooth enamel and also in the various layers of the retina, the light sensitive 'film' at the back of the eye."

Chris Inglehearn, Professor of Molecular Ophthalmology at Leeds Institute of Molecular Medicine, said that little is yet known about the role of this vital protein but it is possible that it is involved in transporting magnesium or calcium to cells in the body. Both minerals are known to be important in visual function and in teeth and bone formation.

## Keep Your Eyes Safe

It is estimated that 95 per cent of eye injuries treated in the casualty departments of Australian hospitals are the result of carelessness and lack of attention to basic safety precautions.

The vast majority of eye injuries are preventable and can be avoided by taking a common sense approach to potentially hazardous activities.

Nearly half of all eye injuries occur around the home or during leisure activities. If you are aware of potential hazards and follow a few safety precautions, you may save your own or someone else's sight.

- Keep all tools and power equipment in good repair.
- Wear safety goggles when using powerful chemicals or machinery such as power tools or lawn mowers, or when working in the garden.
- Pick up rocks and twigs before mowing the lawn.
- When securing objects with octopus straps, pull the strap to the side of your body rather than towards your face.

## 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.