

EYE HEALTH

Free Yourself From Glasses!

Contact lenses are a fantastic alternative to glasses and provide you with the freedom to enjoy all the activities you love without having to worry about breaking or losing your glasses.

With recent advances in contact lens technology, there is a contact lens to suit just about everyone. And they are easier and more comfortable to wear than ever before!

Whether you are short-sighted, long-sighted, have astigmatism or require vision correction for several different distances, The Eye Practice will be able to prescribe a contact lens to suit your individual requirements.



Contact lenses - Enjoy the Benefits!

- ◆ Contact lenses are an invisible and highly convenient way of correcting your vision!
- ◆ Contact lenses provide you with crisp vision and freedom of movement without glasses getting in the way
- ◆ Contact lenses can be inserted and removed anywhere, anytime
- ◆ Contact lenses eliminate irritating reflections and distortions often encountered when wearing glasses
- ◆ Contact lenses don't fog up like glasses do and can be worn under swimming goggles
- ◆ Contact lenses provide you with better peripheral vision which enhances sports performance and makes driving safer
- ◆ Contact lenses enable you to wear a wide range of fashionable non-prescription sunglasses
- ◆ Contact lenses provide you with the closest thing to natural, perfect vision!

To book your Contact Lens eye exam visit www.theeyeppractice.com.au/bookeyeexam

Choose the Right Contact Lenses for Your Eyes!

With so many different types of contact lenses available it is important that you choose the right lenses for your eyes. The first step is to have an eye exam with a contact lens specialist.

Daily Disposable Contact Lenses

Are single use soft contact lenses. Daily disposable contact lenses are highly convenient as they can be inserted anywhere, anytime and are perfect for first time wearers! They do not require contact lens solution.

Fortnightly/Monthly Disposable Contact Lenses

Are soft contact lenses that are reusable for up to a fortnight or a month and tend to be more affordable than daily disposable lenses. These contact lenses are removed each night, cleaned and stored in contact lens solution.

Daily disposable contact lenses are highly convenient as they can be inserted anywhere, anytime and are perfect for first time wearers!

Extended Wear Contact Lenses

Are soft contact lenses that may be worn for up to 30 days without removal and can be worn when sleeping. These lenses are made of a revolutionary material that delivers high levels of oxygen to the eye allowing it to breath.

Toric Contact Lenses for Astigmatism

Are soft contact lenses specially designed to correct astigmatism. Toric contacts are available in daily disposables, disposables and extended wear.

www.theeyeppractice.com.au



Multi-focal Contact Lenses

Are soft contact lenses, that like multi-focal glasses, focus for many different distances. Multi-focal contact lenses are an excellent alternative to glasses for people over 40 who require vision correction for both reading and distance.

Rigid Gas Permeable Contact Lenses

Are hard contact lenses used to correct greater amounts of astigmatism or corneal irregularities such as Keratoconus, giving better vision than glasses or soft contact lenses.

Custom Made Contact Lenses

Are tailor made to suit your eyes and are generally used for more unique prescriptions. These lenses are replaced annually.

The Eye Practice will help you choose contact lenses that suit your lifestyle requirements and that will fit your eyes comfortably.

Book your Contact Lens eye exam by visiting www.theeyeppractice.com.au/bookeyeexam

Breakthrough Contact Lens - Acuvue TruEye!



Available now at The Eye Practice!

Acuvue TruEye is the world's FIRST daily disposable contact lens that comes in a new breathable, silicone hydrogel material.

This special material is truly remarkable as it delivers 98% oxygen flux to the eye! Its super hydrated and super smooth surface means that patients will still have white, comfortable eyes at the end of the day. This is great news for contact lens wearers experiencing red eyes!

10 Top Tips for Contact Lens Wearers!

1. To ensure the right contact lenses are prescribed for your eyes, have your contact lenses fitted by a contact lens specialist
2. Have a contact lens eye exam every 12 months to ensure your lenses are fitting correctly and comfortably and that your eyes stay healthy
3. To avoid eye infection, it is vital that you wash your hands thoroughly before inserting or removing your contact lenses
4. To check if your soft contact lens is not inside out before insertion, place the lens on the tip of your finger so a cup is formed. If the cup forms a "U" shape it is the correct way around. If the cup forms a "U" shape but the edges are flared out, it is inside-out
5. The wrong contact lens cleaning solution can irritate the eyes and cause discomfort. The Eye Practice can advise you which solution is appropriate for your lenses and eyes
6. Ensure that you clean your lenses as directed by The Eye Practice. Wash your contact lens case daily in boiled water and replace it with a new case each month to avoid infection
7. For dry eyes during contact lens wear, use a preservative free lubricating eye drop or gel such as TheraTears
8. Insert your contact lenses before you apply sunscreen, moisturiser or make-up, to avoid transferring these products onto your lenses
9. If you wear make-up, use non-allergenic products to reduce eye irritation
10. If you think your contact lens is stuck under your eyelid don't panic, it cannot slip behind the eye. Visit The Eye Practice for removal asap

The Eye Practice specialises in contact lens fittings. To book your contact lens eye exam visit www.theeyeppractice.com.au/bookeyeexam

Audio Description: See the Action in Sound!

Do you know someone with low-vision that finds accessing audio-visual media difficult? Many people with low vision feel isolated because they can't enjoy the latest movies or DVDs. Audio description (AD) provides a technical solution to media access for people who are blind or vision impaired and is a growing service in Australia that can help! Thanks to the 'accessible cinema' initiative, audio described movies are now available in 12 independent cinemas around Australia.

Like a narrator telling a story, AD is additional commentary describing important visual elements of a television program, movie, DVD, or live performance. AD guides the listener with concise, objective descriptions of body language, expressions, movements, costumes and settings.

This initiative, a joint effort of Media Access Australia (MAA) and the Independent Cinemas Association of Australia, and funded by the Federal Department of Health and Ageing, works by transmitting the AD track via personal headphones that can be adjusted by the wearer.

If you'd like more information about audio description and where you can find this service visit the Media Access Australia site www.audiodescription.com.au. If you'd like latest on AD in cinemas, including locations and session times, go to www.yourlocalcinema.com.au.

audio description



media access australia

bringing pictures to life

Thank you for subscribing to The Eye Practice's monthly newsletter. We hope you have enjoyed our June 2009 issue and that it has provided you with useful information. If you have any queries regarding any of the topics discussed this month, or have any topics you would like us to discuss, please email us at:

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