

ProVision

your eyes

NEWS FROM YOUR PROVISION OPTOMETRIST



Your Eyes is designed to appeal to your sense of style, benefit your vision and eye health and present you with the latest trends in eyewear.

We are delighted to present you with your complimentary copy.

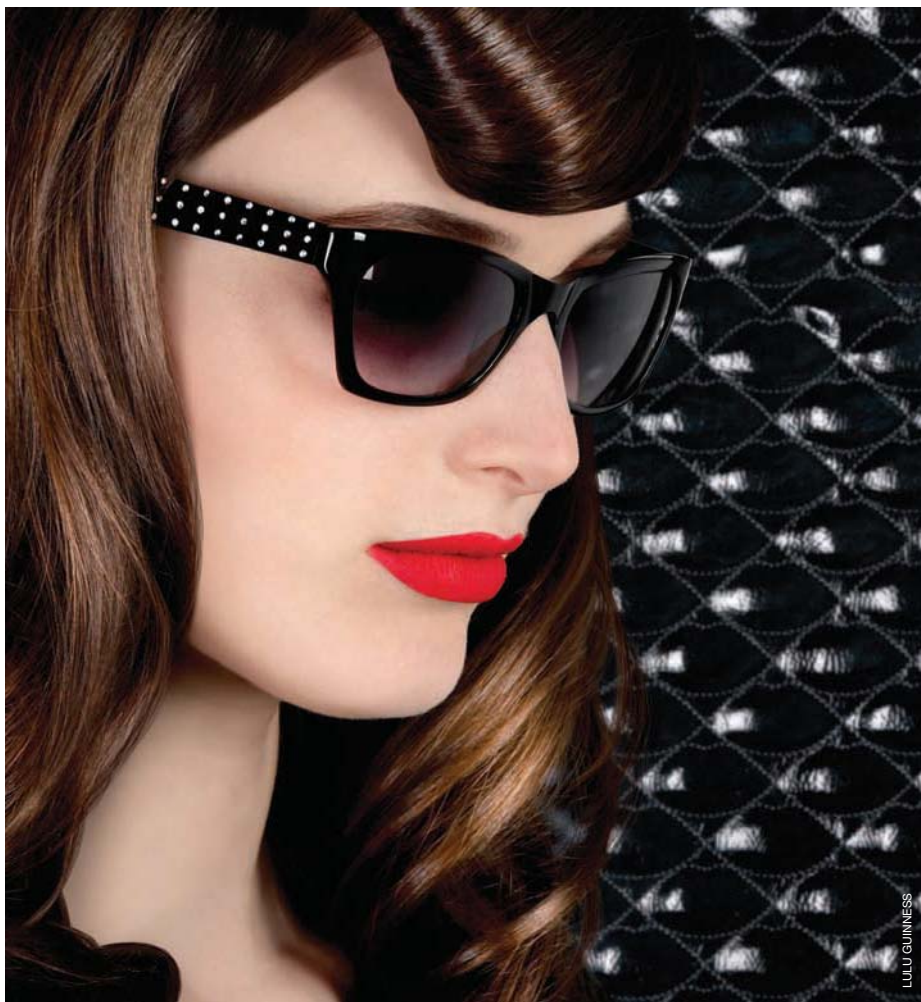
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Contents

Shades of summer	1
Splash into summer with dailies	6
Performance plus	10
Hay fever and your eyes	12



Shades of summer



LULU GUINNESS

This season, sunglass styles bring a fresh perspective to the oversized shapes and exaggerated embellishments of recent seasons. Softer, romantic shapes, understated glamour and smaller flatter styles take centre stage. Think old Hollywood, Audrey Hepburn and Grace Kelly.

More prescriptable friendly than ever before, emerging smaller and flatter frame styles ensure you can carry off the latest looks with clear, crisp vision.

Whether it be 40's influenced aviators, vintage wayfarers, or 70's glam, there are exciting choices to suit every face shape, personality and outfit.

Choose from vintage, retro, geek chic, 40's and 70's inspired sunglass trends to carry off the latest summer looks.



PEPE JEANS



Sunglass styles

Wayfarer

Originally made popular by Audrey Hepburn in the 1950's and again reappearing in the 1980's, this classic sunglass style has once again made a revival. Made for both men and women this flattering unisex shape is available in a range of stand-out colours. Finer temple details including diamantes and motifs also feature.

Geek chic

Cool, contemporary and stylish, this look is fast advancing as another popular trend. Featured in many styles, the sunglass lens is worn clear, both indoors and out. This is a great option for those who wear prescriptive lenses.

Aviators

Originally modelled from pilot's goggles in the 1940's, the aviator is now one of the hottest unisex trends for this season. Traditionally characterised by dark reflective lenses and metal frames, aviators are now being seen in retro styles.

Fun, fresh and funky

Bright and bold, plastic 70's frames are making a big comeback this season. Featured in bright bold hues including red, electric blue, purple and pink, these fashion sunglasses will be a great way to inject your wardrobe with some instant colour.

Long gone are the days when sunglasses were just a beach addition, today you can shift to any look with a different pair of shades.

Sunglasses have evolved into a year round fashion item, that enables anyone to feel like they've just stepped off a Hollywood red carpet. Not only are they a must-have accessory, they are essential for protecting your eyes from the harmful UV rays of the Australian sun.

We can help you to find the summer sunglass look that will suit you best. Visit our practice to see our latest collection.



Splash into summer with dailies

With the Australian summer on our doorstep, the promise of long hot days and balmy nights conjures up images of limitless outdoor fun with family and friends.

Daily disposable contact lenses are the perfect solution for a busy lifestyle, ensuring you spend more time on the things that really matter.



Daily disposable contact lenses are the ideal complement to an active, outdoor lifestyle, enabling you to start every day with a new pair of lenses.

No cleaning solutions or lens care regimes offers you the ultimate in convenience and eye health as you throw each pair away after use. This greatly reduces the risk of eye irritations and infections.

Dailies are developed using the latest contact lens technologies with breathable materials that lock water in, keeping contact lenses comfortable and moist throughout the whole day. They are also safe to wear while swimming at the beach or in the pool teamed with a pair of goggles.

Daily contact lenses are extremely convenient and provide clear and sharp vision at any time during the day. Daily lenses can become part of any simple daily routine, it's as easy as brushing your teeth!

One of the largest and fastest growing types of contact lenses, daily disposables offer wearers convenience, health and comfort even on the longest day.

Team them up with your favourite sunglasses outdoors, and you'll have the complete package – excellent vision, comfort, UV protection and style!

If you're looking for a hassle free alternative this summer to wearing spectacles or maintaining a daily contact lens care routine, then daily disposable contact lenses may just be right for you. Simply make an appointment with us to discuss your options.



Performance plus

Whether you enjoy casual weekend sports or are a budding professional, your eyes play a significant role in how well you perform.

Introducing a pair of sports specific sunglasses to your pursuits will help to optimise your visual skills and abilities and assist you in giving a winning performance.

Sports eyewear offers a range of benefits which include clarity, focus, optimised vision, maximum protection and robustness. Lightweight design and construction on frames can increase comfort and dynamic designs synthesize performance with style.



ADIDAS

Some key features to look out for include:

UV and glare protection

Maintain clear vision and good visual concentration while protecting your eyes from the harsh sun and UV rays.

Frame material

Plastic frames will provide the most comfort as they are lightweight and impact resistant, stable and safe.

Non slip features

Nose bridges and temple grips which are non slip will mean your glasses remain in a stable position on your face during movement and when you are working up a sweat.

Frame design

Wrap around designs are recommended as they not only protect the whole eye area from UV exposure and glare, they guard against loose particles such as dust from entering the eyes.

Lens optics

Look for lenses that offer precise and distortion free vision at all angles in both prescription and non prescription lenses. A polarised coating will help reduce glare and enhance clarity for finer definition and visual depth.

Lens colour

There is a range of sports-specific coloured lenses available to enhance performance. Different lens shades can help highlight colours, alter light levels, enhance clarity and reduce glare.

Talk to our staff about your sports eyewear requirements so we can recommend the ideal performance enhancing solution for you.

Hay fever & your eyes

Hay fever allergy can affect your nose, eyes, throat and sinus. We recommend how you can alleviate the symptoms, particularly in relation to eye discomfort.



Hay fever is the most common form of allergy which affects two in five Australians throughout the Spring and Summer seasons. Mainly affecting the eyes and nose, typical symptoms include sneezing, itchy ears, nose, eyes and throat, a runny or stuffy nose and red, watery eyes.

How symptoms can be relieved

- > Try and identify what triggers your hay fever and avoid these as much as possible
- > Keep windows closed during the pollen season
- > Splash eyes with cold water at regular intervals to flush out pollen
- > Make use of air conditioning and/or air filtering systems in your house and car
- > Stay indoors as much as possible in spring, on windy days or after thunderstorms when pollen counts are at their highest

There are a number of products available on the market which are designed to reduce the symptoms of hay fever. Speak with your local GP or pharmacist to see which would best suit your personal needs.

- > **Anti-histamine medications** can control sneezing and itching and assist in soothing the eyes from irritation
- > **Eye-drops** can relieve itchy, swollen or watery eyes
- > **Nasal spray** can help reduce the inflammation in the nose which is the cause of nasal blockage and other symptoms.

Hay fever and contact lenses

If you suffer from hay fever and are a contact lenses wearer, take note of these useful tips:

- > Avoid wearing contact lenses when outside conditions are hot, dry and dusty, or during hay fever season
- > Wearing sunglasses at the same time as your contact lenses may help protect your eyes from dust and pollen circulating in the air
- > Avoid wearing contact lenses when you are mowing the lawn or gardening
- > When the pollen count is very high, switch to wearing glasses rather than contact lenses to avoid irritation
- > If your eyes become sore and red take out your lenses immediately
- > Take advantage of daily contact lenses; replacing them daily reduces the chance of protein build up that can lead to sore, irritated eyes

Although hay fever can have a large affect on your day to day life, there is relief available. Taking simple precautions and utilising products available on the market to assist with hay fever symptoms can help limit your discomfort and help you enjoy the most out of everyday.