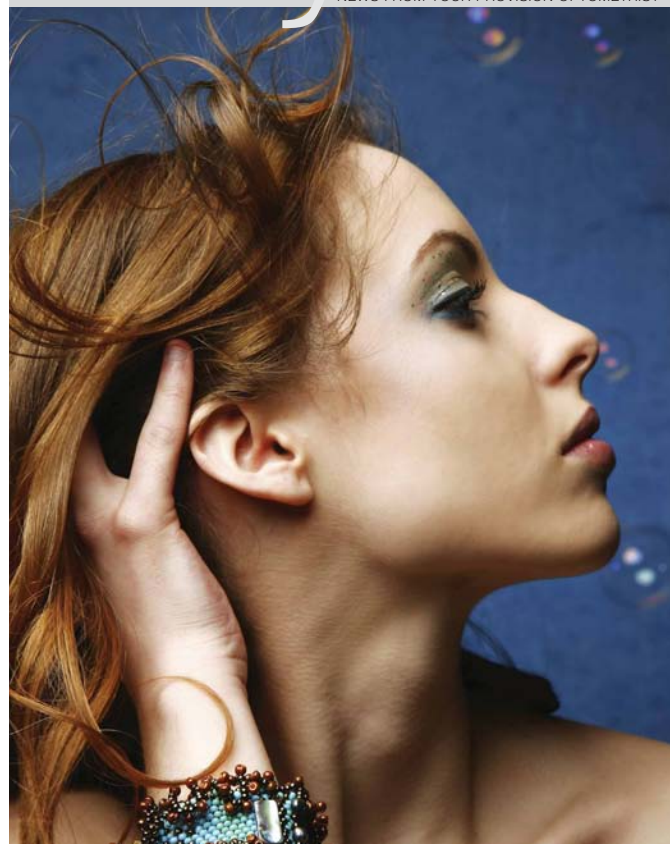
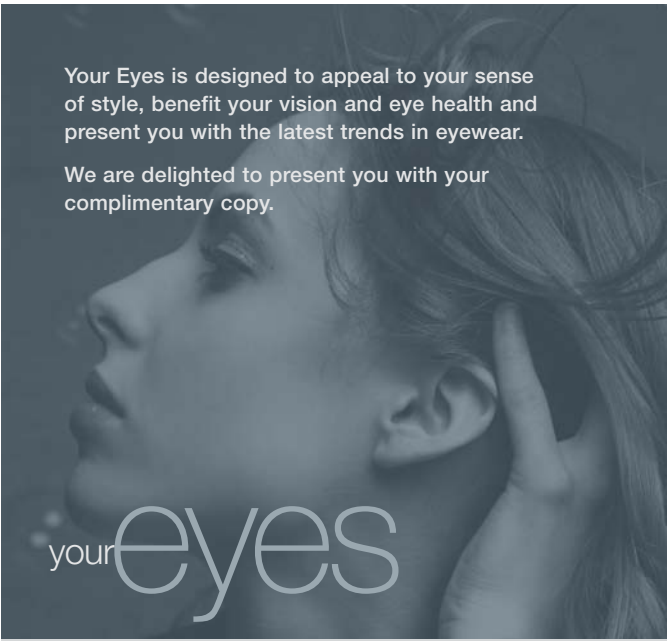


ProVision

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.

your **eyes**

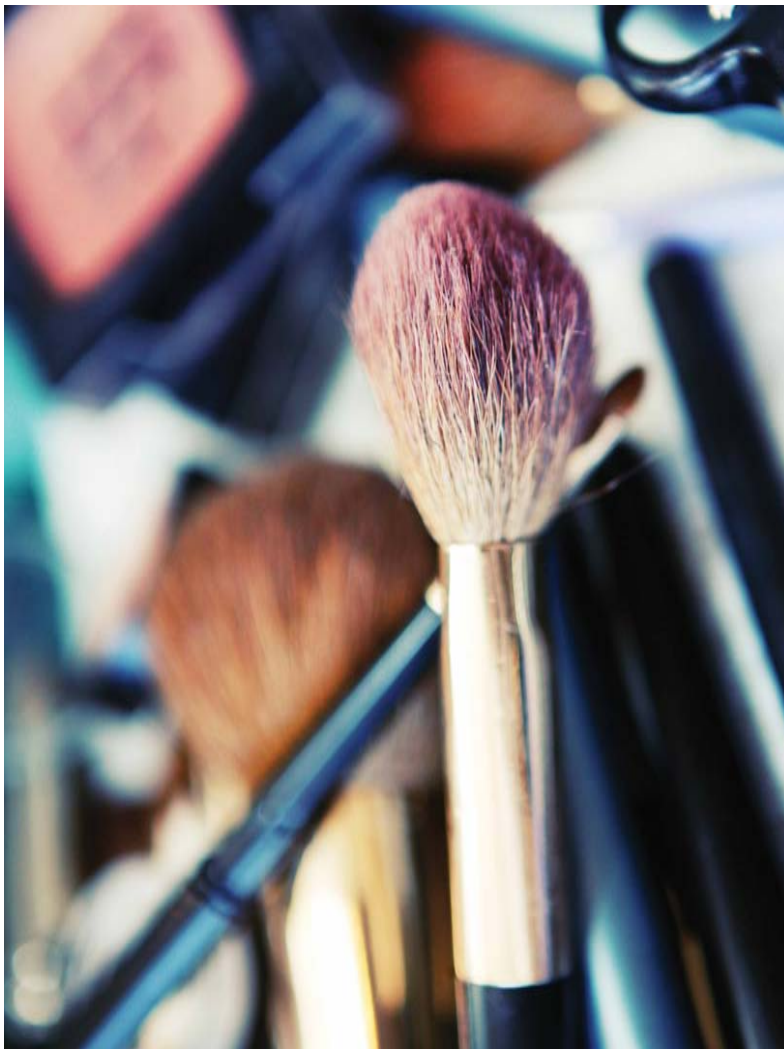
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A fresh **canvas**

Makeup is a great way to express your own personal style and every day your face provides you with a fresh canvas for your creativity.



Whether your makeup style is glamorous or something a little more understated, proper application and care is essential to maintain bright, beautiful and healthy eyes. A recent study in the UK has demonstrated that many women are putting their eye health at risk by using cosmetics and beauty products that are past their use-by date.

Makeup houses bacteria which can cause infection or irritation after application. While most cosmetics contain preservatives to kill bacteria they are exposed to, it is recommended that eye makeup such as mascara is discarded after around six months of use.



Mascaras, eye shadows and eye liners come in literally thousands of different shades and can be used to make your eyes look bigger, brighter and more beautiful by enhancing their natural colour and shape. New colours, looks and products are constantly being released and your options for application are endless, from liquid and powder to pencil, gloss, cream and mousse.



Consider the following safety tips.

Application and use

- > Never apply makeup in a moving vehicle. Scratching the eye with a mascara wand is the most common makeup injury!
- > Do not share makeup or applicators. Cosmetic brushes pick up bacteria from the skin which can be easily transferred.
- > When applying eye shadow, always use a clean applicator brush.
- > Insert contact lenses before applying makeup. Take them out before you begin makeup removal.
- > Avoid using eyeliner on the inside/wet area of the eyelids as this can cause irritation, block glands and cause sties.
- > Remove eye makeup before going to sleep. Sleeping with makeup on increases the possibility of allergic reactions or contact irritations.
- > Hypoallergenic, mineral or organic makeup can help if you are very sensitive.

Storage

- > Discard any makeup that has passed its use-by date, changed colour or developed an odour. Preservatives lose their potency over time and may no longer be able to fight bacteria.
- > Discard mascara after six months.
- > Keep makeup properly sealed and stored out of direct sunlight.



See your optometrist regularly, they are trained not only to test sight and prescribe glasses but also to detect eye problems and treat infections.





Eating for your eyes

Healthy eating is fundamental to good health. Avoiding highly processed foods that are high in fat and sugar and enjoying a diet that includes plenty of fresh fruit and vegetables will benefit not only the health of your eyes but your overall wellbeing.

Everyday living exposes us to free radicals that can cause damage to the cells in our eyes. Free radicals are the by-products created by sun exposure, a poor diet and environmental pollutants and their build-up may contribute to the development of various health conditions. Along with regular eye exams, a nutritious and balanced diet rich in certain vitamins and antioxidants may assist in maintaining the health of our eyes.

Antioxidants

Antioxidants play a key role in defending the health of our vision. They can not only assist in the prevention of disease in the eye, but also in the rest of your body, promoting general health and wellbeing. Antioxidants are found in fresh fruits and vegetables and can help to counteract the effects of free radicals. Choosing vegetables with brighter colours and eating them raw is the best way to obtain their nutrients. Berries, such as raspberries, blueberries and bilberries, are also rich in antioxidants.

Lutein

Dark, leafy green vegetables such as spinach, broccoli and kale contain a powerful antioxidant called lutein that is essential to human vision. Lutein is a natural pigment that reduces the harmful effects of free radicals by protecting the retina.

Vitamin A

It's true that carrots can help your eyes! Loaded with beta-carotenes, carrots, along with sweet potato, squash and cantaloupe, can all benefit vision. The liver transforms beta-carotenes into vitamin A, which then travels to the retina where it is converted into rhodospin, the chemical responsible for night vision.

Omega-3

Found in eggs and oily fish like salmon, omega-3 fatty acids are vital for optimal eye development. Omega-3 provides nutrients that allow your eyes to function at their best and in some cases can prevent or lessen the effects of dry eye.



A recipe for healthy sight

Smoked Salmon and Spinach Frittata

- 200g smoked salmon
- 3 tbsp olive oil
- 4 spring onions, finely chopped
- 300g sweet potato, chopped and cooked until tender
- 2 cups baby spinach
- 8 large eggs
- 2 tbsp ricotta

Heat oil and cook onion and potato until lightly brown.

Stir in spinach and cook until wilted, remove from pan and allow to cool.

Whisk eggs with cheese and add vegetables and salmon, season with salt and pepper.

Spoon into a baking tin and cook in a moderate oven for 30 minutes, until eggs have set and top is browned.

Serve with a mixed green salad.

Stealing sight

Glaucoma

How early detection can help fight this disease



What is Glaucoma?

Glaucoma refers to the group of diseases that affect the optic nerve at the back of the eye causing irreversible damage. Over 300,000 Australians currently suffer from this disease, which has few symptoms and can lead to blindness.

Your eyes contain nerve fibres that transmit information to your brain; glaucoma is the condition where these fibres are progressively destroyed, preventing the flow of information and causing a permanent loss of sight.

What is the cause?

While there are several causes of glaucoma, most cases are the result of a build up of pressure within the eye. This pressure occurs when the fluid (Aqueous Humour) within the eye is over produced or is unable to drain away effectively. Damage to the nerves is slow, and often one eye will compensate for loss in the other, so a sufferer may be unaware of any problem until vision loss has become severe. The longer glaucoma is left untreated, the more damage will occur.

Is there a cure?

There is no cure for glaucoma and damage is permanent, therefore early detection and treatment are essential. Regular eye examinations are important and optometrists recommend a glaucoma test by the age of 40. Tests will usually

involve optic nerve and eye pressure checks and sometimes a visual field assessment (a test that assesses the strength of side vision – the area where glaucoma often strikes first).

What treatment is available?

Early detection means treatment to prevent or slow down any further damage can begin immediately. Depending on how far the glaucoma has progressed, a range of treatments are used, including:

- > Eye drops (the most common form of treatment);
- > Laser treatment (often used in conjunction with eye drops);
- > Surgery (a new channel is created in the eye to allow proper drainage of fluid).

Who is at risk?

Glaucoma can affect anyone, but you may be at higher risk if you are over 40 and:

- > have a family history of glaucoma;
- > have short sightedness (myopia) or eye injuries, or;
- > suffer from diabetes, high blood pressure or migraines.

Ask your optometrist for more information on glaucoma, or visit the Glaucoma Australia website www.glaucoma.org.au

Contact lenses: **A flexible choice**



Almost everyone who wears glasses can enjoy the freedom of contact lenses, and the latest advances in materials and design mean greater health and comfort for your eyes.

Dailies

Disposable lenses that are worn once and disposed of are the ultimate in convenience. Daily lenses deliver eye health benefits along with convenience and flexibility and are ideal for sports or occasional wear as they are simply worn once and then disposed of. They can also provide comfort and clear vision to patients who have previously been unsuccessful in wearing lenses as they are easy to wear.

Daily disposable contact lenses also offer superior comfort, as their soft and thin design means you don't even feel like you're wearing contact lenses. Additionally, the chore of lens cleaning and care is no longer a problem and starting each day with a fresh pair of contacts means greater hygiene for better eye health and comfort.

Extended wear lenses

Lens wear times have extended and now some lenses can be worn continuously for up to 30 days. These lenses are made from a revolutionary silicon hydrogel material which supplies more oxygen to the eye.

Red eyes can be a sign that the eye is not receiving enough oxygen which can compromise normal eye function and cause discomfort during lens wear. This new technology allows your eyes to continue breathing and remain moist and comfortable. More oxygen means healthier and happier eyes!

Whether you would like to wear contact lenses every day or just occasionally, correct design and fitting is essential for comfort, safety and accurate vision. Make an appointment for a consultation with your optometrist. We will assess your suitability for contact lens wear and identify the lens which best fits your eyes, gives you optimum vision correction and suits your lifestyle.