

EYELIGHTS

News from C & A Hurst Opticians 2004

Welcome to the second edition of our 'Eyelights' newsletter. Thank you for all your positive comments on our first newsletter, we are pleased you enjoyed reading our news.

And so to this year.....

Orthokeratology Contact Lenses



Orthokeratology is a new concept in contact lens wear as the lenses modify the corneal curvature so that the wearer can see clearly without lenses in. The Orthokeratology contact lenses are worn at night while the wearer is asleep, and then removed first thing in the morning. The wearer can then see clearly all day, without wearing any contact lenses or glasses. So, there isn't any dryness and irritation at the end of the day, and no restriction on wearing time. Also, swimming without contact lenses is easier. These lenses are ideal for low-mid short-sighted people. Modification of the full correction is achieved in one to three nights wear, depending on the spectacle prescription.

A corneal topographer is used to take measurements across the cornea, and makes a contour map of the corneal shape. This map is used to determine the contact lens fitting.

We hope to be fitting Ortho K contact lenses from January. Please call in for further information and a leaflet.

50th Birthday Celebrations



2004 has been a big year for Alan as it marked his half century! To celebrate we had a gathering of family and friends at Thetford Forest and worked our way round the Go Ape high ropes course. A great time was had by all.

Staff Developments

Our son Gareth has been working in the practice on a Saturday morning for the past two years as receptionist and glazing assistant. He has finished school with four A grade A levels, and is now at Leeds University reading Natural Sciences in Physics and Biology. He is having a wonderful time, and managing to get some work done too!

Our eldest daughter Alison is now settling in to work in the practice on Saturdays, and is studying AS levels in Biology, Geography, Music and Drama.



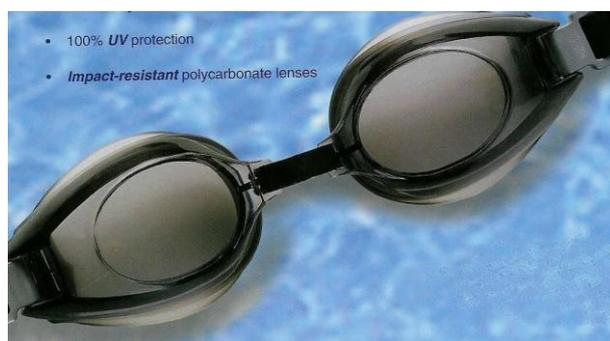
Anti-reflection coatings



More and more spectacle lenses are being prescribed with an anti-reflection coating. This coating not only dramatically reduces glare from computer screens, but also reduces the glare from vehicle lights for night time driving. Reflections are also virtually eliminated and so anti-reflection coating makes your spectacles both more attractive to look at, and more comfortable to look through.

Picture supplied by KODAK Lenses. Kodak is a trademark of Eastman Kodak Company used under licence by Signet Armorlite Inc

Sports Wear



Many more people are taking part in outdoor leisure pursuits, and it is important to protect your eyes from the environment. For cycling, sailing and skiing, sunglasses can be used to give eye protection. Modern wrap – round designs with polycarbonate tinted and/or polarised lenses, can be supplied with or without prescription lenses.

For racquet sports goggles with silicon impact 'shock absorbers' should be worn, with polycarbonate lenses to give maximum protection to the eye and the orbit.

Swimming goggles can increase your enjoyment in the pool, and we hold a stock of prescription swimming goggles, that can be made up for you in a matter of minutes.

Vision Therapy



We continue to offer full Behavioural Optometry Assessments for patients with reading difficulties, Dyslexia and Dyspraxia. In our practice we use Vision Therapy exercises to improve visual skills and automaticity. Caroline is preparing a case study for publication of one of our patients who has improved his reading age by four years in eleven months of therapy. For further information regarding Behavioural Optometry and Vision Therapy please call in for a leaflet, or look at the website of the British Association of Behavioural Optometrists www.babo.co.uk

Opening Hours

	AM	PM
Monday	Closed	Closed
Tuesday	9.00-1.00	2.00-5.30
Wednesday	9.00-1.00	2.00-5.30
Thursday	9.00-1.00	2.00-5.30
Friday	9.00-1.00	2.00-5.30
Saturday	9.00-1.00	Closed

Merry Christmas and a Happy New Year

Christmas Opening

We will close at 1.00pm on Friday 24th December 2004, and will open again at 9.00am on Tuesday 4th January 2005.



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