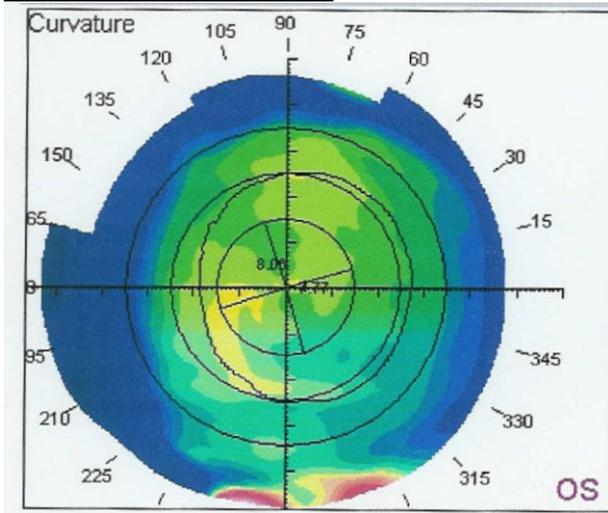


# EYELIGHTS

## News from C & A Hurst Opticians 2005

**W**elcome to the third edition of our 'Eylights' newsletter. Thank you for all your positive **comments** on our newsletters, we are pleased you enjoyed reading our news.

### Orthokeratology Contact Lenses



This time last year we were looking forward to fitting orthokeratology lenses to change the corneal shape overnight, and so be without glasses or contact lenses in the daytime. This is a corneal topography photo that gives an accurate contour map of the cornea so that we can monitor the corneal affects of the orthokeratology lenses. We now have several patients successfully wearing these lenses. Orthokeratology has recently been highlighted by Philip Schofield on GM TV.

### Silver Wedding Anniversary



This year Alan and Caroline celebrated their Silver Wedding Anniversary with a five day visit to Iceland in April. It was a fascinating trip with visits to Reykjavic, the Gulfuss waterfalls, the Geysirs, the Blue Lagoon, and an afternoon whale watching. They followed a humpback whale for half an hour as it came up for air every seven minutes – magnificent!

### Staff Developments



Gareth played double bass and Alison played flute with the Cambridge and Peterborough Youth Orchestra on tour in Paris in July. The rest of us enjoyed the concerts, the sights of Paris and a day trip to Disneyland Paris! Next year's tour will be to Ireland. Alison is now applying to take Music at a University or Conservatoire. Gareth is in his second year at Leeds taking Natural Sciences in Biology, Maths and Physics.



### Retinal Photography

From February 2003 we have offered retinal photography as an extra to the eye examination. We have been so impressed with the improvements in diagnosis and monitoring provided by this equipment that retinal photography will now form an integral part of the private eye examination. For patients whose eye examination is carried out under the NHS, retinal photography can be included for a fee of £10.

## 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. The same exercises can be used to improve sports performance.

Caroline has had her second paper on Behavioural Optometry accepted for publication in January 2006, in Ophthalmic and Physiological Optics, the academic journal of the British College of Optometrists.

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](http://www.babo.co.uk)

## Special Olympics



In July Caroline went to the Special Olympics National Games in Glasgow. She was involved in a team of optometrists, both qualified and students, who were screening and eye testing 950 Learning Disabled athletes in five days. This was especially important for the athletes as they were more likely to have eye problems and high prescriptions, but less likely to visit an optometrist at home. The next event will be the Special Olympics World Games in China in 2007.

## Hi Index Lenses - lenses that are much thinner and lighter than standard lenses



We are using suppliers with advanced technology and materials, and that means we can offer you a range of 'High Index' lenses that are significantly thinner and lighter than standard plastic or glass lenses. Increasing the lens density changes the way light passes through the lens. The result of this is that the lens contains less material, becomes thinner, lighter and more comfortable to wear.

Most high index lenses have the benefit of hard coating, making them scratch resistant, and also anti-reflection (AR) coating. The AR coating improves the appearance of the lens, and also benefits the wearer by reducing glare particularly around car head and tail lights, as well as from computer screens.

For further information please do not hesitate to call in or phone the practice.

## 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 Saturday 24<sup>th</sup> December 2004, and will open again at 9.00am on Wednesday 28<sup>th</sup> December and Thursday 29<sup>th</sup> December. We shall then be closed again until Tuesday 3<sup>rd</sup> January 2006.



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