

EYELIGHTS

News from C & A Hurst Opticians 2012

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

At C & A Hurst Opticians we always strive to move our learning forward and bring it into our Optometry practise. We have concentrated on three areas this year; dry eye, macula degeneration and our website.

Dry Eye

Do you have sore, gritty eyes? Are they worse in the evenings? Tired eyes when at the computer? All these can be symptoms of dry eye syndrome. Caroline can make a dedicated dry eye assessment for you, and prescribe a regime of appropriate treatments, drops and strategies to help relieve your symptoms and improve tear flow. Please ring Sarah to arrange an appointment or ask Caroline at your next eye examination.

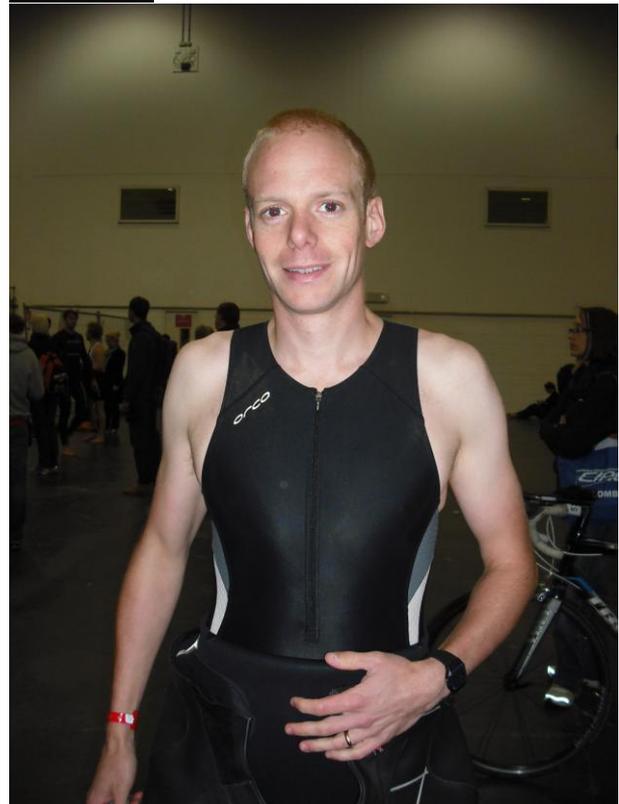
Macula Degeneration



Macula Degeneration (AMD) is the largest cause of visual impairment in the developed world. It affects the central vision, generally both eyes, with one eye often more affected than the other. Peripheral vision remains intact so the sufferer can see to move around, but the central clarity for reading, watching the TV and seeing people's faces is very often lost. There are two forms of AMD, dry and wet. Dry AMD has a slow onset and often causes distortions in vision whereas wet AMD has a quick onset which affects central visual acuity. There are various risk factors for AMD including family history, smoking, and sunlight. The eye has natural defences to protect the macula

including the cornea and lens as well as a layer of yellow pigment in the retina in front of the macula to absorb harmful blue light. Caroline has a new instrument called an MPOD to measure the density of macula pigment, and she can give advice on supplements to improve macula pigment density where needed, and on tints and UV protection. In fact, we are so concerned about macula degeneration prevention that **all** the spectacle lenses we provide now have UV protection to 400nm, and as far as we can we choose contact lenses with UV protection too. It is also important to wear sunglasses in bright weather and we can provide ready made and prescription sunglasses for adults and for children.

Gareth



Gareth has taken up the triathlon this year which includes a 1.5km swim, a 40km bike ride and a 10km run, with transitions between each section. He has trained hard and entered his first event at Ripon, before the main race in London at the end of September. Gareth was hoping for a time of 2 hours 30 minutes but at Ripon completed the event in 2 hours 23 minutes. He then beat his personal best in London and completed the course in 2 hours 18 minutes coming 171st out of 4500 entrants! Well done Gareth.

Alan's Bike Ride



Once again Alan, along with his colleagues, made their annual trek to Newcastle. This time they rode from Lanark down to Gretna Green, and then along the England / Scotland border, through Kielder Forest, finally dropping down to the River Tyne and into Newcastle. The total distance was around 180 miles, and this year they supported Alzheimers Research, Papworth Trust, and Guide dogs for the Blind. Together they raised in excess of £2000 for these excellent causes, and thank you for the sponsorship that many of you gave.

Caroline



Bolzano Cathedral

Caroline has continued to travel and teach this year despite an emotional time as her brother lost his battle against throat cancer in July. Caroline attended a lively Congress in Memphis in July as well as teaching in the UK in March and Denmark in June. But the most challenging of the year was teaching in Bolzano in Italy in September, as her words were translated into German and Italian for the appreciative and friendly audience. Caroline has been invited back to give two, three day courses, one in German and one in Italian during next year.

Website

www.candahurstopticians.co.uk

We have a one page website which was produced in April 2006 before Caroline went to the International Congress of Behavioural Optometrists in Sydney, and it has remained untouched, but 'under construction', ever since!

So, six years later, we have built our website and its official launch date is 1st January 2013. We are very excited by the new website and hope you will have a look, read the information and enjoy the photographs. The website is still being compiled but should include patient checklists to discover if you would benefit from an assessment for dry eyes, your risk of macula degeneration, or for learning difficulties. The website can be accessed at:

- www.candahurstopticians.co.uk
- www.dysvision.co.uk
- www.vision-therapy.co.uk

So do have a look, it may be up already!

Old Unwanted Specs?

We are happy to take any old, unwanted spectacles for you as they can be re-used by Vision Aid Overseas. The spectacles are sorted, checked and cleaned by the Prison Service before being taken to Africa, particularly Ghana, Ethiopia, Zambia and Uganda, by volunteer optometrists.

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 22nd December 2012, and reopen again at 9.00am on Friday 29th December 2012.

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