



EYESPY

EYECARE COLLINS PLACE NEWSLETTER ISSUE 06

WEAR CONTACT LENSES WHEN SLEEPING TO SEE DURING THE DAY

Through optometrist John Jennings we are now able to offer you the option of Orthokeratology. "Ortho-K", as it is referred to, is a non-invasive, reversible treatment for low to moderate degrees of myopia, and involves a gentle reshaping of the cornea while you sleep. Specially designed rigid contact lenses are worn at night so that you don't have to wear lenses during the day.

Ortho-K will suit many short-sighted patients such as those who can't wear contact lenses at work, those who have marginally dry eyes but wish not to wear glasses and those who are unsuitable for or not interested in laser surgery.

Ortho-K requires very accurate measurements using special computerised equipment, and trial fitting of contact lenses. Assuming that you are a suitable candidate you would wear the trial lenses overnight and then return for an assessment on the following morning. Your treatment lenses would then be designed and ordered.

Ortho-K is not suitable for everyone but is another option for those who don't want to wear contact lenses or glasses and don't want to have laser surgery. Our Lab Manager Lorinda has been our first Ortho-K patient and is delighted with the results so far.



CONTACT LENSES HIGH ON OXYGEN AND HEALTH

In a previous edition of EyeSpy we wrote about a new contact lens material called Silicone Hydrogel, which allows 6 times as much oxygen to the cornea. Contact lenses made from Silicone Hydrogel can be worn on a continuous wear basis for up to 30 days and nights.

This mode of lens wear is not appropriate for everybody. However, some of our patients are now sleeping in their lenses and enjoy being able to read the alarm clock on awakening. Others only sleep in their lenses for cat naps or in emergencies. Many wear these lenses because they are healthier. Although the major impetus behind the development of this material was to allow overnight wear, in the future we can see almost all lens wearers using this material, even just for daily wear.

Silicone hydrogel lenses are made by two companies, Ciba and Bausch & Lomb, and are for people who are short sighted or long sighted. In February B&L are releasing a silicone hydrogel lens to correct astigmatism, and later in the year they will release a silicone hydrogel multifocal.

It seems that silicone hydrogel will supersede all of the current materials on the market. This is because it has a number of important features. Firstly it allows 6 times the amount of oxygen to the cornea, making for healthier and whiter eyes and reducing substantially the risks of sleeping in lenses. Secondly the silicone hydrogel has a low water content, so lenses do not dry out as much as previously, making them more comfortable in dry environments like air conditioned offices and for people with dry eyes. Finally silicone hydrogels resist the build up of deposits, making the lenses more comfortable and easier to keep clean.

If you would like more information about this exciting new material or if you would like to trial some lenses please call.



iD MULTIFOCAL LENSES LIVING UP TO THEIR PROMISE

We're now gathering significant experience with Hoya's new iD multifocal lenses, and indications so far are that it's living up to its promise. The iD is specially ground for your prescription on both front and back surfaces, whereas standard multifocal lenses are specially ground only on one surface.

What this means for you the wearer is clearer and more natural vision in all directions of gaze, more stable vision, less head movements, a wider reading area and reduced effort to see. Our follow-up surveys returned by wearers so far indicate that all these benefits are being provided. And although the iD lenses are not cheap, the consensus so far is that they are worth this cost.

OUR NEW BABY – THE M300 TOPOGRAPHER

We've taken delivery of our latest piece of high-tech equipment, the Medmont M300 corneal topographer. The topographer provides us with a highly accurate "map" of the shape of the front surface of the eye. For those you remember their high school geography, the results generated by the topographer look a bit like the contour maps that model terrain.

The topographer performs a number of useful functions in the practice. It is an essential piece of equipment for practicing orthokeratology (see

other stories in this issue of EyeSpy about Ortho-K). This has been the main impetus behind our purchase, but the topographer also helps us in other contact lens fittings, in pre-assessment for laser surgery and the diagnosis of keratoconus. It's also a very useful device for ruling out corneal irregularities as a cause of lower than expected vision.

The topographer works by precisely projecting 32 light rings onto the front surface of the eye. This provides the topographer with over 15,000 measurement points for each eye.

THOSE DRY DRY EYES

Dry eye is one of the most common conditions we deal with on a daily basis in the practice, as it commonly affects people of all ages. Perhaps "tear film abnormality" would be a better term, as frequently patients with "dry" eyes will complain of them being very watery.

The tear film is made up of three microscopic layers: an oily layer on the outside to prevent evaporation, a watery layer in the middle (the bulk of the tears) and a mucous layer on the inside to help the tears adhere to and "wet" the front surface of the eye. If the tears are deficient in one or more of these components, dry eye may result.

Typical symptoms of dry eye include sore, stinging eyes; blurred vision; sandy, gritty, scratchy eyes; a sensation of something in the eye; burning, irritated eyes; and persistently watery and/or red eyes. Contact lens wear can frequently exacerbate these symptoms.

There are many factors which can contribute to dry eye such as environment (dry/windy weather, heaters, air-conditioning, cigarette smoke), concentration on visual tasks resulting in less frequent blinking, contact lens wear, aging, hormonal changes, medications (eg the contraceptive pill), eyelid inflammation or disease (very common), arthritis and excessive tear drainage.

Treatment of dry eye usually involves long-term management of the condition rather than a one-off "cure". In many cases this means the use of artificial tears (lubricants) which can usually be purchased over the counter without a prescription. If dry eye is associated with eyelid disease, treatment of this underlying condition is also required. Sometimes plugs are used to block the drainage of tears by the tear ducts.



MAKING THE TRANSITION

It's becoming even easier to move from light to dark with the latest photochromic, or colour-change, lenses. Recently released are the Transitions Generation 5, Suntech and Sungrey 5 lenses, all of which feature rapid changes in tint and no detectable tint indoors and in dimmer light.

These lenses perform so well we now tend to regard them as being premium clear lenses with the bonus of an effortless change in sunnier conditions. Although some patients still prefer a dedicated dark sunglass lens for really bright conditions and for driving, the newer generation transitions lenses cover almost every other situation.

Ask our dispensing staff about these great new lenses when next you're in. Or visit the Transitions website at www.transitions.com/Transitions23/index.asp?id=5.

AROUND THE PRACTICE



At the 2004 Collins Place retailer awards we were very proud to receive the "Best Retailer in a Service Category" gong. Senior staff members CHRIS SHEPHERD-CLARK and LORINDA PENDER (pictured) were on hand to pick up the prize.

Lorinda also headed overseas again just after Christmas to the land of the pyramids. So if her smile is just a little more Sphynx-like the next time you see her, you'll know why.

DAVID HELMERS also headed west for holidays, but not quite as far, back to his home state of WA for a family get-together.

JOHN JENNINGS has had his head in the Orthokeratology texts in the leadup to introducing this as our latest vision correction option.

Once again DAVID SOUTHGATE found himself in the Australian dressing room during the Boxing Day Test as part of providing ongoing vision care to the squad.

In the latter part of last year we also introduced two optometry students, BOON YUEN-TAN and DEBORAH GARDINER into support staff roles into the practice. Boon and Deborah are now doing the fourth year of their 5-year course, and hope to learn how a practice runs to round out their education.

The year 2004 was a very hectic one for new staff as we also introduced locum dispensers HOVIK AZAR and SYLVIA FANARTZIS. To help all staff understand our systems we recently held a training day at the offices of our major lens supplier, Hoya.

NEW FRAME RANGES FOR AUTUMN AND WINTER

Since the Silmo Exhibition in Paris at the end of last year, the latest styles have been making their way to Australia.

Among the exciting new ranges in our practice are those from Danish companies Lindberg and Bellinger, and innovative Italian designers Scappa. We have also expanded selections from Beausoleil (France) and Freudenhaus (Germany). These have been complemented by new collections from local designers Wayne Cooper and Leona Edmiston, and high performance sunglasses from Maui Jim (Aloha!).

Winner of 30 international designer awards, LINDBERG offers simple, attractive and functional frames. If your taste is for vibrant colour, however, BELLINGER is sure to please.

WAYNE COOPER is modern urban in both optical and sunglasses, featuring unisex shapes. Sunglasses are currently a throwback to the 70s with strong aviator influences. Wayne is an extremely successful Australian designer, despite being at times controversial in his personal marketing.

LEONA EDMISTON frames are feminine, modern and feature deeper shapes for multifocal lens wearers for both optical and sunglass wearers. All sunglasses are "prescription-friendly", with strong influences from the 1950s complimented by modern finishes. Formerly part of the Morrissey-Edmiston label, Leona is fast becoming renowned as one of the leading designers of female clothing in Australia.



Frames by Beausoleil

MAUI JIM high performance sunglasses incorporate "PolarizedPlus" technology. This involves a polarizing filter to block reflected glare, a bi-gradient mirror finish for direct glare and anti-reflective treatments to foil bounce-back glare from the lens surfaces. Nine separate layers of lens and coating are required to achieve this. Lenses are available in both glass and shatterproof polycarbonate, and can also be ordered from the manufacturer in your prescription. A variety of tints cope with many different environments. Frames come in high-tech materials such as lightweight titanium and "memory-metal".

For more on these exciting ranges, visit:

www.lindberg.com

www.bellinger.dk

www.eschenbach-optik.dk/test/katalog/Scappa_Fassung_2005N.pdf

www.beausoleil.fr

www.freudenhaus.com

www.mauijim.com

or follow the links from the Suppliers page of our website, www.eyecarecollinsplace.com.au.

Privacy

At Eyecare Collins Place your privacy is our priority. The data we collect and hold about you is handled sensitively, securely, with proper regard to privacy and in accordance with the Privacy Act. For more information on how we manage your privacy, or for a copy of our Privacy Policy, please contact the practice to arrange to speak to one of the optometrists about the issue. If you no longer wish to receive copies of our practice newsletter, please notify us by mail, telephone, facsimile or email as per the details below.

KEEP AN EYE ON OUR WEBSITE

www.eyecarecollinsplace.com.au has many exciting features.

Check out the latest news and special offers. There are many useful links to frame, contact lens and lens suppliers, as well as organisations concerned with vision care.

There is also a section on various eye conditions. You can even request an appointment on-line and soon you will also be able to order and pay for products such as disposable contact lenses on-line too.



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TEXTING ALL PATIENTS

Changes to our practice management software mean that we can now SMS your mobile phone directly from our computer system. So if you prefer to find out that your spectacles or contact lenses are ready, we'll text you rather than phone – but we will first ask you whether you prefer SMS to a personal call. This method will mean faster notification for you, as the message can be left the instant we have checked the appliances off as being ready.

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