27 - Tuesday, June 30, 2015

The Chronicle

HEALTH BEAUTY AND YOU

ADVERTISING FEATURE

EYE HEALTH AWARENESS

Early detection key to eye health

New research* from Specsavers has identified that 70 per cent of Australians have no knowledge of their family health histories, leaving many at risk of falling victim to hereditary eye diseases such as glaucoma and macular degeneration.

The stats paint a worrying picture, especially as people with a first-degree relative who has glaucoma have an eight-fold increased risk of developing the disease.

The research also found that many people prioritise blood pressure and cholesterol tests, with only six per cent making optical tests a priority, meaning that many Australians are risking damage to their sight.

Specsavers is calling for people to spend some time with relatives to identify hereditary conditions that could have severe health implications for them and their loved ones, as well as to ensure they get regular eye checks.

Digital retinal photography is offered free of charge at all Specsavers stores as part of every standard eye test, using sophisticated equipment to produce a high-resolution photograph of the retina, optic



Specsavers uses digital retinal photography to screen for abnormalities.

nerve and blood vessels. The technology can screen for abnormalities and helps with early detection of hereditary diseases like glaucoma and macular degeneration.

Each Specsavers store located in the ACT, including Tuggeranong Hyperdome, Canberra Centre, Westfield

Belconnen and Westfield Woden, also offer bulk-billed eye tests.

*The study was conducted by Galaxy Research in September 2014 among a nationally representative sample of 1008 Australians aged 18-64. The research was commissioned by Specsavers.

• For more information, visit specsavers.com.au

Optical care and innovation

Dry eye syndrome occurs when either not enough tears are produced or those that are produced are of poor quality.

Symptoms of dry eye syndrome can be made worse by modern lifestyle activities such as working on computers, working in air conditioning, driving a car and wearing contact lenses. Symptoms of dry eye syndrome include:

- Sore eyes
- Burning eyes
- Scratchiness
- Stinging eyes
- Excessive tearsBlurry vision
- Red eyes
- Grittiness
- Sensitivity to light
- Trouble with glare

With dry eye syndrome on the increase, Mackinley Optical is pleased to announce the arrival of the E-Eye Medical Grade IPL device.

The E-Eye is the only intense pulse light device in the world and is designed to treat dry eye syndrome by stimulating the meibomian glands. The role of the meibomian glands is to secret an oily substance which prevents the evaporation of tears.



Mackinley Optical owner Korina Choundary with the E-Eye Medical Grade IPL device.

The E-Eye treatment stimulates the glands and returns them to their normal tear production. Mackinley Optical is the first Canberra practice to install the E-Eye.

Mackinley Optical is a full service optometry practice with locations in Canberra City and Westfield Belconnen. The dedicated staff believe in providing the highest quality eye care and finding the right frames for each individual.

• For more information, visit the can be rraop to metrist.com.au.







Introductory lesson obligation free Beginners' classes start 20 - 25 July

Experience counts - 32 years in Canberra!

Kambah : Mon 20 July 6.15pm Namadgi School Gym, O'Halloran Cct, opp Caltex Petrol Station

Weston: Tues 21 July 12noon Weston Creek Uniting Church Hall 16 Parkinson St

Woden: Wed 22 July 6.15pm Canberra College Gym (formerly Phillip College), Launceston St **Dickson : Thurs 23 July 6.15pm** Dickson College Gym corner Phillip Ave and Antill St

Aranda: Mon 20 July 6.15pm Sat 25 July 9.30am St. Vincent's Pri Sch Hall

Bindel St

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FREE Digital Retinal Photography

with every standard eye test*

Canberra Centre: (Ground floor, near Dick Smith), 6262 9584 **Westfield Belconnen:** (Next to St. George Bank), 6251 0415

Tuggeranong Hyperdome: (Near Big W), 6293 1590 **Westfield Woden:** (Next to the Food Court), 6281 1365

