

What's new at Focus Optometrists

At Focus Optometrists we are constantly searching for new products and brands to complement our range of optical frames, fashion sunglasses and sports eyewear. So what's new?

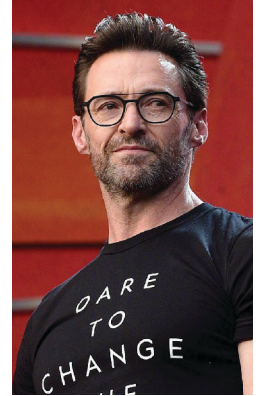
Face-a-Face are a range of ladies' frames designed and manufactured in France and come in a unique selection of shapes and colours.

Fleye frames are Danish and are worn by Hugh Jackman and Chris Hemsworth and are made using beta-titanium and carbon fibre materials to ensure maximum durability and comfort.

ProDesign optical frames are produced in Denmark and use top-quality acetate and metal materials in a selection of shapes and styles to suit all faces and prescriptions.

Rudy Project Slim are a variation on the classic Rydon design used by cyclists all over the world and suit people with narrower faces. They can be fitted with prescription lenses including progressives.

Come in today and have a look for yourself.



When you get two pair of prescription glasses at the same time, Focus Optometrists will give you 50% off the less expensive frame.

Focus Optometrists is 21 years old!

It seems hard to believe but it has been 21 years since Simon Hurwood bought Focus Optometrists. Over that time the business has gone from strength to strength and we look forward to another 21 years serving the local community.



Reminder - donate your old spectacles at Focus Optometrists

The Brian Holden Vision Institute estimates that more than 250 million people worldwide are visually impaired because they don't have access to eye care or spectacles. But you can help! Donate your old glasses at Focus Optometrists and we will forward them to the Oxley-Sherwood Lions Club to make sure they go to someone in need.

Focus Optometrists opening hours

Monday	9am to 5pm
Tuesday*	9am to 5pm
Wednesday	9am to 5pm
Thursday	9am to 7pm
Friday	9am to 5pm
Saturday*	9am to 12noon

*Tuesday & Saturday from 7am by appointment

Booking an eye examination at Focus Optometrists is simple - come in, phone us on 3278 1377 or do it yourself on-line at MyHealth1st (www.myhealth1st.com.au)

Focus Optometrists

Focus on eyes - what sun damage does to our eyes

Just like our skin, our eyes can be damaged by harmful UV rays so it is vital to understand what can happen and how we can minimise the chances that such damage might occur.



What damage does the sun do to our eyes? Prolonged exposure to sunlight can cause a range of problems including macular degeneration (loss of central sight), cataracts (cloudiness of the lens inside the eye which leads to blurry vision), a growth on the front of the eye called a pterygium and cancerous lesions on the eyelids.

It is important to wear sunglasses even when it's overcast as UV damage still occurs on cloudy days

How do I prevent UV damage to my eyes? Avoid the sun during the hottest part of the day and adopt sun-protection measures like wearing sunscreen and a hat, and invest in good quality sunglasses. It is important to wear sunglasses even when it's overcast as UV damage still occurs on cloudy days.

What are the best sunglasses to get? Polarised lenses eliminate glare from surfaces such as roads, water, pavements, snow, sand and other reflective surfaces such as car exteriors, so provide the best protection for our eyes while also giving clearer and more comfortable sight when outdoors.

Focus Optometrists has a wide range of sunglasses which can be used off-the-shelf or fitted with custom-made prescription lenses to suit you so see us today.

Computer glasses to reduce eyestrain

Do your eyes feel tired after staring at a computer all day? Do you get blurred vision, fatigue, sore eyes or headaches when using your iPad or smart phone?

The average Australian spends six hours a day staring at computer screens, smart phone and other digital devices putting immense strain on our eye muscles. More than 65% of those people experience symptoms of eyestrain and now there is a solution - computer glasses.



While it is sensible to take regular breaks from the screen and ensure you have good lighting when on your device, computer glasses are needed by many people. These glasses have lenses specifically designed to reduce eyestrain, making it easier to concentrate for longer periods of time when at work or school and are beneficial even for those who do not normally require spectacles.

Interested? Then book an appointment at Focus Optometrists to discuss your options.

Want more information about Focus Optometrists? Then scan the QR code or find us at [facebook.com/focusoptometrists](https://www.facebook.com/focusoptometrists)

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