

DO YOU SPEND A LOT OF TIME DRIVING IN THE DARK?

Through winter we end up driving in the dark much more than in the summer months. And while we might be able to see fine during the day, sometimes driving at night can feel harder on our eyes. This is because the low light levels at night accentuate blur and diminish contrast. Glare from headlights can also be temporarily blinding.

Here are our top tips on how you can be safer on the roads this winter:

- ▶ **Make sure you have an anti-reflective coating on your glasses**
An anti-reflective coating on your glasses reduces reflections which improves your night vision – reflections reduce the contrast and clarity of your vision and they can also be quite distracting. An anti-reflective coating is also great if you work with computers for the same reasons.
- ▶ **Keep your windscreen and mirrors clean**
Streaks, smudges and road grime on your windscreen or mirrors refract light, increasing glare and reducing detail - make sure you clean the inside as well. It is also good to get into a habit of cleaning your wipers at the same time.
- ▶ **Clean your headlights**
Dirt and grime can build up on your headlights over time and this can significantly reduce the light output restricting your vision. Also check your headlights are aligned properly to help you see better and reduce glare for oncoming drivers.
- ▶ **Have your vision checked regularly**
It's important to get your vision checked regularly – we'd recommend every two years for most people. As we age our eye focus can change and some eye diseases become more common. Cataracts particularly can cause difficulties with night vision due to blur and glare. Other diseases may have no symptoms at all. If you do wear glasses or contacts already, it is an opportunity to make sure your lenses are in good condition and your prescription is up to date.
- ▶ **Key night driving habits to get into:**
 - ▼ Flip your rear-view mirror to the night setting.
 - ▼ Take regular breaks when driving at night over long distances.
 - ▼ Don't look directly at the headlights of oncoming vehicles.

EVER SAT ON YOUR GLASSES?

An unlucky customer of ours walked out of the shop with their new glasses and accidentally sat on them as they got in the car and broke them. They lasted all of 10 minutes! Luckily we offer all adult customers "Surety" for accidental damage. We repair or replace any glasses which accidentally break within the first 12 months (this is in addition to the usual manufacturer warranties). What's more, it's completely free!

This means you won't have to claim on your contents insurance or use money out of your own pocket should you sit on them, drop them or even drive over them. We are the only optometrists in Tauranga to offer this unique benefit to our clients. (T & C's apply).



Check out these gorgeous winter frames from Cocoa Mint



Blue Marble
CM9096 C2



Red/Pink
CM9927 C1



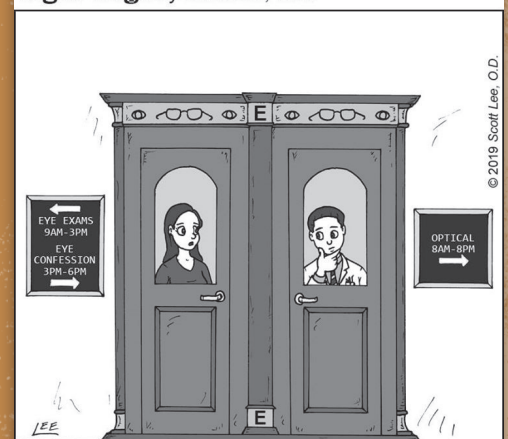
Cocoa Mint Brown
CM9944 C2



Cocoa Mint Teal
CM9924 C2

Call in today to
check out the range!

Sight Gags by Scott Lee, O.D.



"Forgive me, Doctor, for I have sinned. I haven't used my eye drops, I used paper towels to clean my glasses, and I've been wearing my sister's colored contacts."

EFFECTIVE BUT OFTEN OVERLOOKED WINTER EYE CARE TIPS

Winter brings a particular set of challenges for eye care...low light, more time indoors and inclement weather. Here are our tips for caring for your eye health (and the eye health of your family) during this season.

1. Hitting the slopes? Don't forget your eye care!

Snow and ice are reflective, so the sun's ultraviolet rays can reach your eyes from below as well as above – and not just when skiing or snowboarding. That's why it's especially important to wear sunglasses or goggles if you're hitting the slopes, so make sure you invest in good quality eyewear that has UV protection.

2. Dry eyes worse during winter?

Using heating throughout winter may exacerbate dry eyes. The treatment for dry eyes depends upon the individual cause, so speak to us if you are experiencing any dry eye related discomfort.

3. Remember the 20:20:20 rule on winter days spent indoors

People tend to watch more television and spend more time using computers during the winter. Remember to take breaks and operate the 20:20:20 rule; every 20 minutes, take a 20-second break and focus your eyes on something at least 20 feet (6 metres) away.

4. Getting the lighting right in winter

The winter months bring low levels of light which can make close tasks more difficult – especially if you already have existing vision difficulties. Make sure you have a decent amount of light when reading or doing anything which requires close work and focus. Even better, use lights that you can manoeuvre and direct exactly where you need them (you may need more than one).

5. Elderly fall rates increase during winter

Many people don't recognise the link between poor vision and falls in the elderly, which is especially important in winter when the nights are longer. Regular eye tests are important as we get into our golden years as vision changes can be detected earlier and referrals or spectacle updates arranged sooner. It may just save you from an unnecessary fall!

SAVE 15% on lenses and frames!

DO YOU HAVE A GOLD CARD?

Visique Greerton are now offering a 15% discount off lenses and frames for Gold Card Holders.

We also give Gold Card holders a **FREE Eidon Retinal Scan**, which helps with eye health monitoring by giving us the best retinal images available.

Book now for a **free** retinal scan with your eye test by visiting:

www.visiquegreerton.co.nz/make-an-appointment

or call and schedule a consultation today!

07 577 0113



INTRODUCING OUR NEWEST MEMBERS OF THE TEAM - CELESTE AND RACHEAL!

Celeste

Welcome to the team! Celeste recently joined our friendly reception team. Please give her a warm welcome next time you're in store.

What do you like about working at Visique Greerton? It's such a privilege to support the optical professionals at Visique Greerton. Being part of this team that truly believe in providing the ultimate best service, eye care and all-round experience to its customers is amazing.

What part of your job gives you the 'warm fuzzies'? The near miracles that are performed on a daily basis! It's just fantastic to watch people's lives being improved through the introduction of specialist services (neuro, behavioural, etc).

Briefly outline your experience in the vision/optometry industry?

Does this include sticking contact lenses on my eyeballs? I'm new to the optometry industry, however, I love that I am rebooting my years of experience and working in the hospitality industry.

Thanks Celeste!

Do you follow us on social media?

We have active Facebook and Instagram accounts and often announce or launch news, new frame ranges or initiatives on our pages. Follow us to keep updated on what's happening at Visique Greerton!

Racheal

Racheal has been a member of the team for many months now and supports the team in a receptionist and Optical Assistant capacity. She is a valued and friendly member of the team who thoroughly enjoys her role!

What do you like about working at Visique Greerton? I am passionate about helping others and I love to learn new things and will give anything a go.

What part of your job gives you the 'warm fuzzies'? In my role at Visique I love making sure customers are helped and feel happy when they leave. I also love having the opportunity to learn every day.

Briefly outline your experience in the vision/optometry industry?

The best part about my job is making our customers happy and seeing their faces when they try on their glasses – especially kids, you can really see so much emotion on their faces.

Thanks Racheal!

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