

Insight

VISIQUE WINTER NEWSLETTER

What is dry eye syndrome and why is it worse in winter?

Dry eye syndrome occurs when there is a significant lack of lubrication and moisture on the surface of the eye.

It means either your eyes are not producing enough tears to keep your eyes moist and help wash away dust and debris, or your tears are evaporating too quickly. Your tears are made up of two layers – water and oil. Most of the time the oil layer is where the problem lies.

The cold winter months can cause our eyes to feel dry and irritated. If you already suffer from dry eye syndrome, spending more time indoors with heating and watching TV or using screens can make your condition worse. The good news is, there are some easy things you can do to help alleviate dry eyes through the winter months.

- Drink plenty of water to keep your body and your eyes hydrated.
- Minimise the use of heaters or lower the temperature so it is not too hot.
- Use a humidifier to prevent the air in your home from drying out. Opening windows, even on cold days, can also help.
- Blink more often. We tend to blink less when using a computer, reading or doing anything that needs a lot of visual focus – and this makes dry eyes worse.
- Try to spend some time outdoors or away from the TV or screens when you can. If this is not practical, consider using lenses with added digital screen protection - even if you do not wear glasses normally. These are designed to relax and protect your eyes from digital screens, all day long. The special lens filters out some of the blue-violet light emitted from digital screens, which can cause premature eye ageing and helps to ease eyestrain.
- Wear quality sunglasses when it is bright outside – especially in windy conditions.
- Remove eye make-up thoroughly from your lids and lashes.

What does dry eye syndrome feel like?

It feels like your eyes are constantly gritty and dry and they can become red, irritated, and sore. Strangely enough, watery eyes can also be a sign of dry eyes, as sometimes excess tears are produced in response to the dryness and irritation. Other symptoms include burning or watering and eye fatigue.

The specific treatment for dry eyes depends on the cause (of which there are many). Make sure you chat to your optometrist if you think you may have dry eyes or if you think your condition is worsening.

3 EASY WAYS TO CARE FOR YOUR EYES THIS WINTER...

1. Relax your eyes with a wheat bag

Using a wheat bag on tired or sore eyes relaxes and rejuvenates them. For sufferers of dry or watery eyes, a heated eye mask softens oil in the meibomian glands which helps increase the flow of oil across the eye surface. **Pro tip:** Apply for 5 minutes, twice a day.

2. Take a supplement designed for dry eyes

A specific combination of Omega 3 and Omega 6 Oils, together with Gamma-Linolenic Acid has been shown to help with dry eye symptoms, increase tear production and improve tear quality. Lacritec helps to reduce the symptoms of dry eyes such as irritation and burning.

3. Cleanse your eyelids the right way

It is possible to manage the symptoms of discomfort and itching caused by blepharitis, dry eye syndrome, meibomian gland dysfunction and rosacea. Blephadex Eyelid Foam Cleanser contains a blend of tea tree oil and coconut oil. It is effective, soothing and easy to use.

CARROT & CUMIN SOUP

Carrot and cumin soup is delicious, and it has a lovely texture, thick yet light and smooth. The flavour is sweet and carrotty with a nice hint of cumin and spice. It's healthy, light and full of vitamins, minerals and fiber. And it's good for our eyesight!

INGREDIENTS:

- 2 Tbs olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 ½ cups of large carrots, peeled and cut into 1-inch pieces
- 2 ½ cups vegetable broth
- ½ tsp ground cumin
- ¼ tsp ground coriander
- ½ tsp sea salt
- Freshly ground black pepper
- 1 tsp freshly squeezed lemon juice
- ½ cup plain Greek yoghurt
- 2 Tbs toasted cumin seeds, for garnish

INSTRUCTIONS:

1. In a heavy saucepan, heat the olive oil over medium-high heat and sauté the onion for 2 minutes, then add the garlic and sauté an additional minute. Add the carrots, broth, cumin, coriander, salt, and pepper. Bring to a boil. Reduce the heat, cover, and simmer until the carrots are tender, about 15 minutes.
2. Puree the soup in a blender or food processor until smooth, then return it to the saucepan. Whisk in the lemon juice and yoghurt. Season to taste. Ladle into bowls and sprinkle with the cumin seeds.

NOW ONLY
\$69
save
\$24.90



The Winter Eye Care Pack you need includes:

- **Wheat eye mask**
- **One month supply of Lacritec**
- **Blephadex Eyelid Foam Cleanser**



Eating to combat macular degeneration

Not only are fruits, vegetables, and nuts good for your heart, these foods can reduce your risk for progressive age-related macular degeneration. This is due to the antioxidant properties of certain carotenoids, vitamins, and minerals. Lutein and zeaxanthin are especially important to preserving vision and as our body doesn't produce them, we have to make sure we are getting them from our diet. These two carotenoid antioxidants collect in the back of the eye, especially in and around the macula, they also function as a natural sunblock.

Below you'll find a list of foods that are especially rich in nutrients that help fight macular degeneration:

Fruit: apples, oranges, kiwifruit, tangerines, avocado, blackberries, blueberries, raspberries, strawberries, grapefruit, guava, persimmons and blackcurrants.

Veggies: garlic, onions, peppers, spinach, kale, carrots, corn, broccoli and dark leafy greens.

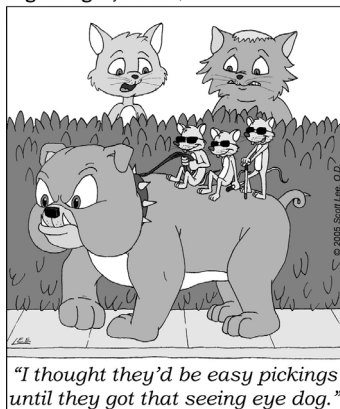
Nuts and grains: almonds, walnuts, flaxseeds, quinoa and brown rice.

Other: salmon, tuna, lentils, chickpeas, tofu, olive oil and eggs in moderation.

Sight Gags by Scott Lee, O.D.



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This Season's Hottest Frames + Sunglasses

Winter season colours – frames

We love these soft, warm colours for the winter season and beyond. Come try them on in-store, our team can help find the right colour and shape to make you feel great in your glasses!



LARA D - GRAZIA

Elegant and feminine, you'll fall in love with these glamorous frames embedded with tiny glimmering crystals. These Italian designed frames will make your eyes light up and add style and class to every outfit!

0424



COCOA MINT - RED MARBLE

Look no further for the perfect chic winter frame. Scarlet marble with flashes of pink, bronze and ruby red makes these glasses a must try! A stunning colour palette for the modern-day woman.

9109 C2



RADLEY - VERITY

This beautiful purple and copper tortoiseshell frame will make any woman look stylish and sophisticated. The acetate frame makes it lovely and lightweight and comfortable to wear.

Colour 161

Polarised sunglasses for winter

A quality pair of polarised sunglasses offers your eyes essential UV protection as well as reducing glare. They are great for those gloomy winter days where regular sunglasses make things too dark.



MAUI JIM KILA

A topline eyebrow angle adds appeal to an already striking plum and dusty rose-coloured frame. The SuperThin glass lenses provide the absolute crispest optics available and the best scratch and solvent resistance. A subtle rose-tinted lens, great for everyday variable conditions, from full sun to overcast. The highest contrast available - excellent for fast moving sports.



BILLBASS ROSA

These stunning green tortoiseshell BillBass sunglasses are exquisite and oh-so flattering. These beauties offer 100% UV protection and quality polarised lenses that block 100% of horizontally reflected glare, which is vital when around the water or driving. Incredible value you won't be able to pass up!