

# SEE YOUR WORLD

Issue 10, December 2010



## Season's greetings

*"Christmas! The very word brings joy to our hearts. No matter how we may dread the rush, the long Christmas lists for gifts and cards to be bought and given - when Christmas Day comes there is still the same warm feeling we had as children, the same warmth that enfolds our hearts and our homes."*

- Joan Winmill Brown

To all our loyal clients may this Christmas be blessed in every possible way and may 2011 stand out as a year of peace, love, success and happiness.

Merry Christmas and a blessed new year!

**The Vision Team**

## All about pterygia



Summer is upon us and the most important thing to remember when spending more time outdoors is your sunglasses. We all know the sun can be very damaging to our eyes. By using a good pair of protective sunglasses which block harmful UV - YOU can help to protect them!

A fibro-vascular conjunctival growth, known as a pterygium, can result from **excessive UV exposure and radiation**. Men and women of all ages are at risk of developing pterygia, especially if spending many hours outdoors.

By **wearing your sunglasses and a hat** you can reduce the amount of UV reaching the eye and so help prevent further growth of existing pterygia or formation of any new pterygia.

The most common sign and symptoms associated with pterygia include red eyes, inflammation, foreign body sensation, burning, tearing, dry and itchy eyes. Artificial tear supplements such as Teargel can give symptomatic relief.

A pterygium is a benign growth which doesn't usually require surgical removal, unless it encroaches the corneal margin or covers the pupil, thus preventing light from entering the eye. This process can take years before it actually threatens sight. When it happens, surgical removal will be the only effective treatment. Surgery can be done by means of irradiation, conjunctival auto-grafting or amniotic membrane transplantation. Even though surgery holds minimum risk you can experience substantial discomfort afterwards and recurrence is possible.

But even though a pterygium is seen as benign, you still need to have it examined by your optometrist as it might be more than just a superficial growth caused by sun damage. If the growth shows any discoloration, sudden increase in size, discharge, causes blurry vision or if not positioned at the nasal or temporal conjunctiva, you need to consult with your optometrist or ophthalmologist for advice.

Visit [VISION Optometrists](#) to have your eyes examined.

## Vision news



- We had our **Christmas dinner** on the 3rd of December. Thank you to all our staff and customers for a wonderful 2010, we look forward to an ever better 2011!
  - It is with sadness that we **[say goodbye to John Schubach](#)**. You have been part of this team for many years, and you will be greatly missed by all!! But we wish you all the best for the future!!
  - Welcome to **[Davor Jadrijevic](#)** – he is a qualified Optometrist, and have been in private practice for the past 9 years.
  - We are also celebrating VISION Optometrists **Zambezi**, 3rd Birthday! Hip – hip – hooray!
  - Welcome to new staff: **René @ Cresta** and **Surette @ Zambezi**
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# Introducing the latest specialised sunglasses from Jeep

...A bio based “green” sunglass Collection. The frame material is derived from castor seed oil, which is renewable and recyclable. The polycarbonate lenses are de-centred and polarised, thus providing ultimate protection for your eyes.

Enquire about the special on this unique collection.

Jeep Live without limits

For more info visit [www.livewithoutlimits.com.au](http://www.livewithoutlimits.com.au).



## Useful articles this month



### [UV Rays Facts from Jeep](#)

Scientific evidence has proven that prolonged exposure to ultraviolet rays can cause damage to your eyes...



### [Farewell to John Schubach](#)

It is with very mixed emotions that I write this email informing you of my departure from private Optometric practice...

## Get in touch



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