

At East Quay we believe in providing the best level of care and attention, tailored to meet the needs of each person we see. This philosophy also extends to all our eye care services.

During your visit we take the time to clearly explain the procedures carried out and your results so you understand what it all means.

50% Discount
on a second pair of glasses
throughout January

Driving glasses

The police and insurers are paying more attention to whether people who need glasses wear them for driving. If you have a moderate prescription or more (+ or – 4) think about having a second pair of glasses for in your car. Be sure to ask about our clean and clear anti-glare protective lenses to stop that night driving glare!



NHS identifies 10 year low in the number of children having eye examinations

An NHS Report states that just 19% of children under the age of 16 had an NHS sight test. This is a slight decrease from the previous year, when 20% were tested, and a 5% drop from 10 years ago.

East Quay Vision is continuing its efforts this summer to raise awareness of the importance of children's eye health and vision.

Sarah Farrant, Lead Optometrist said "As optometrists, we all know that regular eye care for children is vital. To learn to the best of their ability and also get the best enjoyment at play, all children should have the very best vision possible, and this will only happen as a result of regular quality eye examinations. We aim for all local children to have an annual eye examination from age 2-3 years. If your child hasn't had an eye exam in the last year – book one now."

Accidents can happen

You want to avoid losing or breaking your glasses. Yet, it could still happen, and that means it is more important to have more than one pair. Otherwise you could be without glasses for however long it takes to get a new pair and if you heavily depend on your spectacles for day to day life – such as driving or work – this could be a major problem and an inconvenience.

Take advantage of our offer during November and ensure you always have a back up!

Driving Tips for Older Motorists

These tips can help you stay safe on the roadways, especially at night:

Don't use your mobile phone while driving. This is a bad idea at any age. But older drivers particularly are slower to react to a driving emergency, even without the distraction of a mobile phone.

Use extra cautions at intersections. According to research cited by the Insurance Institute for Highway Safety (IIHS), 40% of the fatal collisions of people aged 70 and older occur at intersections and involve other vehicles, compared with 23% of the crashes of drivers ages 35-54. The most common reason for these crashes was a failure to yield, especially when making a right turn.

Assess your driving ability based on reactions of others. Honking horns, worried loved ones, warnings from police and blinding headlights suggest rethinking where and how long you should drive. If you are having difficulty, limit yourself to shorter trips, preferably during daylight and when conditions are favourable. Keep your car in good repair, plan extra time for travel, stay the recommended distance behind the vehicle in front of you and follow expert advice for driving safely.

Following these steps can help you maintain healthy eyes and clear vision, along with a good driving record:

1. **Have your eyes examined annually.** Once you are over 60 the NHS will provide a **free** sight test every 2 years, and annually if you are 70 or over. Your optometrist or ophthalmologist can make sure your eyes don't show any serious age-related changes such as macular degeneration. Also, with certain common eye conditions such as presbyopia, your glasses prescription may need more frequent changes to help maintain optimum eyesight.
2. **Consider wearing anti-reflective treated lenses.** Anti-reflective treatments can cut down on glare and harmful blue light and UV rays that can harm the eye.
3. **Diabetes.** If you have diabetes, get your eyes examined at least once yearly and closely follow your doctor's recommendations regarding your diet, medications and lifestyle to reduce your risk of diabetic retinopathy, which can cause severe vision loss without warning.

FUNDUS PHOTOGRAPHY

Modern technology means that your optometrist can now use a special camera to take photographs of the inside of your eyes. This allows us to see any abnormalities very easily, and provides a permanent record of the condition of your eyes at a certain date. This is especially useful if you have diabetes, glaucoma, or many other conditions as we can compare any changes to the 'snapshot' we have on record.

Each time you visit us we can take photographs of the inside of your eyes and compare them to photographs that we took last time. It is much easier to spot problems if we can see how your eyes are changing over time. And the earlier we spot problems, the more likely it is that they can be treated before they cause irreversible damage. The process itself doesn't hurt at all – all that is involved is a brief flash of light as the photograph is taken and the image will appear on the computer screen.

This procedure is currently private as the NHS do not provide for this examination. If you are eligible for NHS there is a charge of £28. If you are a private patient then ask for the private upgrade which will be £49 for the full exam including sight test.