

Sally French-Teeling Ltd

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NEWSLETTER

Newsletter Revision 15: January 2005 - 27 July 2006

Open Sixteen Years

September 2006 saw the practice celebrate its 16th anniversary. We are currently open six days a week as follows:

Monday, Tuesday, Thursday & Friday - 9.00am til 5.30pm
Wednesday - 9.00am til 2.30pm
Saturday - 9.00am til 5.00pm.

Retinal Imaging

All routine eye examinations should include an inspection of the retina to check for disease and this is commonly carried out using an ophthalmoscope. In addition our TopCon retinal camera offers a digital imaging service. You will be able to see what the optometrist sees.

This enhancement to the screening process enables us to store images of the back of the eye on the computer facilitating the detection of retinal changes. There is a charge of £10 for this service.



How often should I have my eyes examined?

An eye examination or 'sight test' as it is known colloquially, can be a health check - for diabetes and so on - as much as a review of your need for spectacles. How often this should be repeated is a function of a number of factors including general health, age and family background - as well as current prescription. Some people may simply just need spectacles or contact lenses to perform a task in comfort - reading, watching television and so on - while for others they may be needed to meet a legal requirement - for example, driving a car safely. But a sight test can often also detect the onset of illness or eye disease which if detected early after its onset could be successfully treated and managed. An example of this is glaucoma.

When you see an optometrist they will use their professional experience to advise you on when you should next have a sight test. This may vary from anything from a few months to a few years. Although, as with everything, professional opinions will differ, there is in fact a reasonable degree of consensus. Back in 1987 Chris French¹ surveyed professional opinions and found the most frequently suggested interval between tests for the "average person" was two years, with 6 months being typical for spectacle-wearing children and one year for senior citizens. Of course, not everyone is "average" and a person's individual circumstances will often dictate intervals shorter and longer than these modes.

Sally carries out 'Diabetes Eye Screening' in conjunction with Stockport Health Commission. The aim is that every diabetic should be thoroughly screened for early onset of diabetic changes to the eyes at least once a year. This will result in early treatment of any problems and reduce the risk of sight threatening conditions developing.

¹Chris N French, The average interval of time between GOS sight tests, Optometry Today, July 4th 1987, pages 449-453.

Sight tests remain free for...

- (a) those under 16 years of age
- (b) those under 19 and still in full time education
- (c) sufferers of diabetes and glaucoma
- (d) people over 40 years of age with a parent, sister, brother or child who suffers from glaucoma
- (e) those whom an ophthalmologist considers at risk from glaucoma
- (f) people 60 years of age and over
- (g) those claiming Income Support, Pension Credit guarantee credit, Income based jobseekers Allowance, and Tax Credit & who are entitled to, or named on, valid NHS Tax Credit Exemption Certificate
- (h) those prescribed complex lenses under the NHS optical voucher scheme
- (i) those named on a valid HC2 certificate

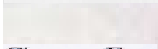
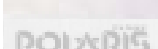
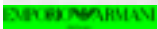
If you do not fall into any of the above but have a low income, a form HC1 can be supplied by the practice which you can complete and return to the DHS for assessment. They will then inform you if you are eligible for any help

Contact Lenses

Many of us have been in the situation - wanting to close our eyes on a long plane journey or doze off in a comfy armchair after a night out. Then we realise that we are still wearing our contact lenses and we have two choices; take the lenses out or pay the price of leaving them in and waking up with red, sore eyes. The thought has often crossed my mind 'Wouldn't it be great if I could just ignore my lenses and go to sleep, safe in the knowledge that I could wake up with clear fresh, healthy eyes'. Well, Bausch & Lomb may now have the answer!



Unlike conventional soft contact lens materials, PureVision contact lenses are... specifically designed to be worn all the time - even



while you're sleeping - for up to 30 days. PureVision™ lenses provide clear, comfortable vision at all times. A major benefit of PureVision™ lenses is that they only have to be taken out and changed every 30 days eliminating the need to clean and handle contact lenses everyday. So if you want a contact lens that you have the ability to live in, sleep in and forget for up to 30 days and 29 nights, ask about PureVision™ continuous wear lenses.

The breathing lens

In the past, one of the reasons you were told by your optician not to sleep in your lenses was because your eyes need oxygen to stay healthy and when you sleep with a traditional lens insufficient oxygen may reach your eyes. Conventional soft contact lens materials are mostly recommended for daily wear. When these lenses are worn continuously, problems can occur due to lack of oxygen to the eye, lens dehydration, lenses not moving properly on the eye and build up of protein deposits. However, the new generation lenses have been designed specifically to reduce the incidence of these problems.



So even when you are asleep your eyes can still breathe and eye health can be maintained.

Choosing Spectacles

We stock all the usual frames from budget to high quality including designer labels like Armani, Bluebay, Chanel, Chloe, Christian Dior, D & G, Gucci, Karen Millen, Max Mara, Moschino, Oliver, Police, Ralph Lauren, Valentino and Vivian Westwood.

Likewise, for children we have a wide selection of trendy frames ranging from budget to designer.

We have an extensive range of sunspecs from all top designers - such as Chanel, Gucci and Police with prices ranging from £45.

And there is the latest piece of camera technology to help patients choose their spectacles.. It is fast and effective. The FrameStore 2000 is a particular boon to the longsighted, but all patients faced with a dilemma find it invaluable. The device can store several pictures at once enabling you to make simultaneous comparisons of yourself wearing different frames.

Lighter Spectacles

There have been a great many developments in spectacle and lens technologies over the last few years. In the past many people have complained about the weight of their spectacles. Lenses can now be made thinner, flatter and lighter using new materials and new design techniques. The frames themselves are now available in materials - such as titanium and stainless steel - which also give a far lighter product. Such combinations of lenses and frames result in more comfortable spectacles which look and feel great.

Quality Lenses

We use quality lenses in our spectacle frames, including those made by Kodak, Nikon, Pentax, Sola, Varilux and Zeiss. Please discuss your requirements with Bryan

Sign Language

Glenys & Sally have passed their Level 1 Certificate in British Sign Language.

Staff

Joan, Glenys, Bryan and Sally.



The Web

Why not try using the Web to search for your ancestors? More and more can be done for free.

Eyes

Our own pages can be found at

<http://www.FrenchFamily.info/sftltd.htm>

UMIST's Optometry & Vision Sciences' page with links to other matters optometric can be found at

http://www.umist.ac.uk/UMIST_OVS/welcome.html

Bausch & Lomb's pages can be found at

<http://www.purevisioneurope.com/default.html>

Ancestors

For **FREE** research, visit the local LDS (Church of the Latter Day Saints). There is one in Manchester manned by volunteers and this provides an invaluable source of information. And no, they don't try and push you into joining the Mormons!

For a modest payment they will obtain Parish Records for you to view. Booking used to be essential: Altrincham Road, Wythenshawe, (0161 902 9279);

RESEARCH FROM HOME using the LDS IGI. Many births, christenings and marriages before circa 1875.

<http://www.familysearch.org/Search/searchigi.asp>

and the **1881 Census**.

The **GMCRO (Great Manchester County Records Office)** in the centre of Manchester (0161 902 9279) has births, marriages and deaths from 1837

<http://www.gmcro.co.uk/>

via which sources you can obtain certificates for around £7 from Southport. Alternatively, many (they are incomplete) of the index entries can be searched online on the **FreeBMD web pages** at

<http://freebmd.rootsweb.com/>

But if you don't mind modest charges (circa 10p/page) you can search the **complete BMD index** from 1837 to 2001 at

<http://www.1837online.com/>

If you can afford around £70 (but look out for free offers!) you can search and print **all the English, Welsh & Channel Islands censuses from 1851 to 1901** for a whole year... and **1841** is promised soon. There are a few gaps and some of the transcribing is not the best but good value! Go to

<http://www.ancestry.co.uk>