



G.T. HARVEY & PARTNERS

OPTOMETRISTS

Your Vision, Our Focus

## Focus on Vision

Winter January 2017

Welcome to our winter newsletter.

**We would like to wish you all a happy and prosperous new year.**

In this edition we will address the following topics:

Our sports vision clinic  
How to protect your eyes in winter  
Etnia Barcelona spectacle frames  
How photochromic lenses work

We hope you find our newsletter interesting and informative. If there is anything in this issue you would like explained in more detail or you have any questions or suggestions please do not hesitate to contact us.

Best Wishes

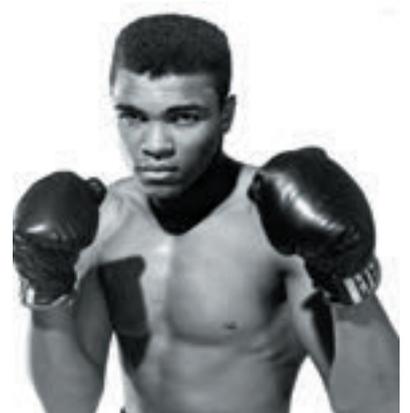
Stuart and The Team

2017

your strength and speed so may high performance vision training enhance your visual system.

It is your eyes that alert and activate your motor system so you can react with split second timing. But there is more to keeping your eyes on an object than merely looking at it. No matter how hard

you concentrate you have to see not only where the object is, but where it is going, how fast it is travelling and how much spin it has on it. If it sounds difficult that's because it is. Some people play sports for many years but never quite manage to get the most out of their eyes. This is a shame because in most cases you can improve your visual system and actually train yourself to see better by means of a fairly simple programme of high performance vision training, or by wearing the appropriate visual correction.



## What's New: Sports Vision Clinic

To paraphrase boxing legend Muhammad Ali "float like a butterfly sting like a bee, your hands can't hit what your eyes can't see!" Ali may have been talking about the speed of his legs but he unintentionally made a more important point about the role of vision in athletes. In fact when it comes to sport, you are only as good as your eyes. Just as exercise and practise can improve

As many of you will be aware our sports vision service has been running for over fifteen years. We have helped sports men and women of varying standards from recreational participants to international competitors. Due to our expansion last year we now have a designated vision therapy room, which was purposely designed to house our sports vision equipment. If you want to ensure that your vision is not hindering your performance or you would like to find out more about developing high performance vision then please contact Stuart or Lesley at the practice.

# How To Protect Your Eyes In Winter

**Winter weather can be extremely damaging to your eyes but we have some useful tips for how to protect them over the coming months.**

## Driving in winter

Make sure your eye examination is up to date so that you have optimum vision for driving. The glare from low winter sunshine can cause driving difficulties so ensure your windscreen is clean inside and out. Allow extra time for your journey as driving in winter can be hazardous and if you are rushing you are more likely to be involved in an accident.

Wearing sunglasses, especially those with polarizing lenses can help to combat road glare and the sun reflecting on ice or wet patches.



## Winter sunlight

Snow and ice are extremely reflective and the sun's rays can cause damage to your eyes from above and below, even if the sun is hidden by cloud. UV exposure is cumulative and your risk of developing conditions such as macula degeneration is increased by not wearing eye protection.

Ensure that your sunglasses, or sports goggles, comply with the safety standard BS EN ISO 12312-1 2013 or that they have a CE mark.



## Dry eyes in winter

Central heating, which is used more in the winter, may exacerbate any pre existing dry eye problems. Using a dehumidifier and opening windows for short periods of time can help with this. At G T Harvey and Partners we also stock a wide range of products which can also alleviate dryness and irritable eyes. It is a good idea to speak to us about the cause of your dry eyes so we can give you the best advice.

Finally, if you use a computer or read a lot remember to blink at regular intervals!

## Interesting Fact

Your pupils grow larger to help you see better in the dark winter skies. However an enlarged pupil actually has a reduced depth of visual field so your depth perception DECREASES in these instances: so take extra care when driving in the dark!

# Focus on Frames

## etnia BARCELONA

We have recently had the pleasure of meeting Catherine Wales who is our UK representative of one of our most original and dramatic frame suppliers: Etnia Barcelona. The range has proved to be incredibly popular and we were very interested to hear more about the ethos behind the company and what new exciting frames we can look forward to seeing in 2017. Here is her insider point of view:



**“Etnia Barcelona is a pioneer in the study and application of colour.** Since our beginning we have wanted not only to manufacture eye-wear but also to make our mark and create a brand that would **revolve around colour.**”

At Etnia Barcelona we work with **natural acetate**, a material that comes from cotton and is known for its **comfort and malleability.** We design a complete range of **textures and colours for each season.** It is important for us to have complete creative control of the process from beginning to end: starting from the sourcing of the raw materials and finishing with a perfect spectacle frame.

**Know-how, technical savvy and perfection** are concepts acquired through experience and can be transmitted across generations or between creators. These small details that personalize our creations are part of the

**savoir faire** we apply to each of our frames and what adds the excellence to each piece. We believe that this is something that only creators can give to their works.

Based on **exhaustive research** of fashion, street trends, the visual environment and other artistic disciplines the Etnia Barcelona team develops the palettes that will dress our models each season. An accurate vision of what's coming balanced with **classic elegance** for every type of person.

Our **colour experts** work to achieve the finest combinations of textures and chromatic ranges. These are all thoroughly studied to ensure they are aligned with the latest trends. Inspiration is drawn from the city of Barcelona and those who work creatively within it. The jewellery of Enric Majoral, the illustrations of Ricardo Cavolo and the architecture of Benedetta Tagliabue all significantly contribute to the finished spectacle frames. They are ultimately the end product of the **influence of Barcelona;** full of art and visual references where the old lives alongside modernity, creating a harmonious mix of chaos and perfection.”

If you would like to see the latest Etnia Barcelona designs please contact us.



# Patient Question & Answers

Q: Mr T Bell of Hebburn asked us...

## "How do photochromic lenses work?"

A: When photochromic lenses are exposed to UV light, trillions of photochromic molecules in the lens begin to change structure. This reaction is what causes the lenses to darken.

These molecules constantly and smoothly recalibrate so the optimal amount of light reaches your eyes whether you are in bright sunlight, under cloud cover or indoors.

If using a plastic lens the process by which the photochromic property is integrated into the lens ensures a uniform colour across the surface regardless of the lens power. With glass lenses the photochromic molecules are distributed throughout the material which means there can be colour variation across the lens surface, depending on the thickness of the material.

Photochromic lenses primarily react to UV light - they change when you are outdoors but remain clear indoors or behind a car windscreen.

Some photochromic molecules however do respond to UV light and visible light - this enables them to darken in the car.

These lenses are available in different colours such as brown, grey and green.

## Staff Profile

### Jan Morris FBDO CL

Jan joined the practice in June 2012, originally to cover maternity leave. However, like many of our staff a temporary position soon turned into a full time one!

Jan's specialist area is contact lenses as before joining us she worked primarily as a contact lens optician. As our contact lens clinic has expanded, especially over recent years, we have

been lucky to have her wealth of knowledge and experience in the different types of contact lenses now available.

In her spare time Jan is a keen runner and swimmer.



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