



SPRING 2016

Although the winds are still quite cold, the sun gives us a promise of warm weather to come as we slowly approach the summer. Now is as good a time as ever to dust off your sunglasses and if you don't have any, then to think about getting a pair.

Why wear Sunglasses?

As well as making your vision more comfortable in the sun, sunglasses protect your eyes from UV light. We are exposed to UV radiation even on an average cloudy British day and this can cause short and long-term damage. UV damage to the eyes is accumulative and can affect all parts of the eye. Just as we are good at protecting our skin from sun damage, we need to use good quality sunglasses to protect our eyes. Importantly the sunglasses should fit well ensuring that the lenses block out light from all angles. Polarising lenses are especially effective when driving. There are different categories of sunglasses to choose from, including everyday wear, as well as frames for specialist sports. Hayfever sufferers gain great relief from glare protection, wind and allergies when wearing sunglasses.

* Exposure to UV when young does most harm, so protect children with sunglasses, as well as a hat and sunblock.

Dates for your diary - -

Saturday 14 May - Contact lens taster day

Tuesday 24 May - Coffee morning

Saturday 11 June - Sunglass promotion





What a difference a year makes!
This time last year we were in the final throes of our re-furbishment. How quickly one year has flown by - but the novelty of seeing the surprise on your faces when you see the new practice for the first time has not worn off yet. Here are a couple of pictures of before and after.....

Expo East in New York

Linda and myself attended a Trade Show in New York two weeks ago. The US has a different market to us but we used it as an opportunity to see new products. We met a couple of our European suppliers in the International Area and they were as surprised to see us as we were to see them. Needless to say we did some great sight seeing too as the weather was amazing.



Our local MP Dr Rupa Huq campaigning for young children to have regular eye tests.



On Tuesday 29th April, Rupa visited Hynes Optometrists in her constituency to meet with some of the practices younger patients, and chair of the Ealing and Hounslow Local Optical Committee, Joy Hynes, to discuss why it's so vital for children to have sight tests. Recently published research, jointly funded by the University of Ulster and the College of Optometrists, highlights the increasing prevalence of myopia – or short-sightedness – in children in the UK. The research shows that myopia is now twice as prevalent among children as it was in the 1960s.

The research highlights that it's more important than ever for children to have a sight test, to pick up any eye problems at an early age. Rupa Huq MP said: "Of course, it is important that everyone has a regular sight test - every two years, or more often if your optometrist recommends – but I am here to particularly encourage parents and guardians to make sure that if their child has not had a recent sight test, then book them in for one. Undiagnosed sight problems can have a negative impact on a child's ability to perform well at school."

Contact Lens Update

Acuvue 1 day Moist Multifocal was launched nearly one year ago and continues to be very successful.

Johnson & Johnson have added another lens to their portfolio of daily lenses - 1 day Oasys - particularly good for people with dry eyes. As one of our patients who has changed to these said - "I am very happy with the new contact lenses. I can put them in early in the morning and they last all day. They don't make my eyes dry"

New treatment in our Dry Eye Clinic

Asif who runs our dry eye clinic is pleased to report great success with the new Blephex treatment for blepharitis and Meibomian Gland Dysfunction. Call us for more information or to book an appointment.

New Frame ranges

The Dispensing Team are always on the look out for new frame designers. In New York we saw a beautiful new range called Woow which will be in the practice in a few weeks time. For the Autumn watch this space for Orgreen from Denmark and Cutler and Gross from the UK.

Recently we have had patients enquire about Sports glasses: prescription and non-prescription. In response to this the Team are putting together a range of frames for different sports.

For more information please call into the practice and speak to one of our Dispensing Opticians.

A recent review on Google:

I had a broken frame and was looking to get a new one.. I was trying my luck to see if this optometrist would fix it. I walk in to be politely greeted with a big smile. My frames were fixed in a jiffy and was not even charged but was given an option to donate to the optometrist charity. I gladly did and was so happy that I decided my next spectacles would be from this place. They really value customers and it is evident. Special shout for Suzanne and Lynda who took care of this fantastic experience... Big thumbs up...

We would love you to leave us a 5* review on Google. But if for any reason you feel that we have not come up to scratch, please speak to us so that we can do whatever we have to to put it right.

Thank you for taking the time to read our Spring newsletter and we wish you all a good summer.

Joy Hynes and the Hynes Team

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