

Insight

VISIQUE SUMMER
NEWSLETTER 2022

3 reasons why kids should wear sunglasses

- 1. Sun damage builds over time**, so the sooner you start protecting your little one's eyes from the sun, the lower their risk will be of developing eye problems in the future. Cataracts and macular degeneration are both associated with sun exposure.
- 2. Children under 10 years old are at a high risk of skin and eye damage** from the sun's ultraviolet rays. The skin on their eyelids and around their eyes is more delicate and vulnerable than adult skin.
- 3. Until about age 10, the lens of a child's eye is clear**, which allows the sun to get in more and increases their risk of sun related vision changes. As they get older, the lens starts to become more opaque, providing better protection.

MUST HAVE SUNGLASSES THIS SUMMER!

ROCKET EYEWEAR RANGE FOR KIDS

from
\$16.95



\$339

MAUI JIM READERS - POLARIZED



\$199

O'NEILL CORKIE - POLARIZED



\$309

OROTON EBONY



\$249

RADLEY FIONN



\$275

OROTON PIPER



\$289

OROTON SUTTON



\$179

CAT CORBAL - POLARIZED



\$249

SPY DISCORD



\$249

WILLIAM MORRIS 10020

PUPDATE!

Meet York, the Pupstar of 2021, representing guide dog puppies in training. Playful guide dog puppy York is so far showing huge potential. He's loving life and having as many experiences as possible to prepare him to one day work as a guide dog for a Kiwi who is blind, deafblind or has low vision.

From tiny puppy to lovable giant, York has not lost his lovely puppy ways as he has matured. Almost 12 months old now, York's puppy raisers report that he displays wonderful manners and a calm demeanor at all times – an excellent sign that he has a good temperament and great potential as a guide dog.

It is always important to have dogs that will suit different humans, York will most likely suit someone who is tall and walks at a faster pace – just like him!

York adores his beach walks and the opportunity to explore the beach on a long lead. During the day he loves to laze around with his foster brother dog Danny, who is also a guide dog puppy in training. He's become so big so quickly that he falls over his feet when he's playing, galloping around like a puppy and not realising just how big he has become.

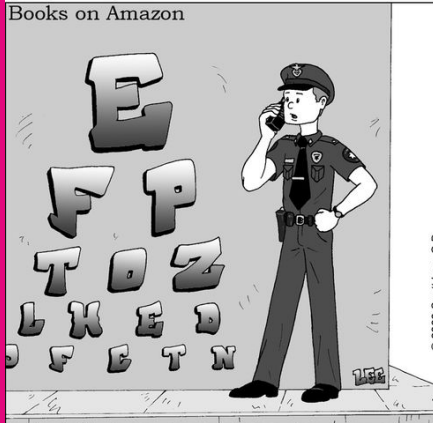
Play is important to a guide dog's development, both physical and mental. They need to develop good social skills and know that when their harness comes off, they can go and have fun. So far, York is performing like a true champ!



NO VACCINE PASS REQUIRED HERE...

At Visique Greerton, we are a 'designated premises' which means a vaccine passport is NOT required for you to access our services. However, everyone that comes in our door must wear a mask and sign in. As healthcare professionals, our staff are required to be vaccinated. You can rest assured that we are taking all precautionary measures to keep you and our team safe.

Sight Gags by Scott Lee, O.D.
Books on Amazon



"Be on the lookout. That gang of optometrists is back in town."

COMING SOON...

Soon, you'll be able to order your contact lenses online through Visique Greerton.

And the best part?

You'll SAVE money by ordering online! Keep your eyes peeled for more info.



THE FIVE BEST WAYS TO TAKE CARE OF YOUR EYES THIS SUMMER...

1. Invest in a good pair of sunglasses

Sunglasses are not just a fashion accessory, but a sun smart necessity. Sunglasses with UVA and UVB protection are essential all year round, but especially during the summer season. They help to cut down the over-exposure of UV rays to the eyes. Opt for polarised lenses if you are into water sport activities as these reduce the glare from the reflective surfaces.

2. Avoid the scorching sun

The time between 10am to 3pm is peak time for UV radiation. Wear glasses when going out or if possible, avoid being out during this period.



3. Protect your eyes under the water too

Many pools are treated with chlorine which can cause eye irritation. To protect your eyes it's a good idea to wear eye goggles when swimming to avoid any harsh effects on your eyes. After swimming wash and rinse your eyes with fresh water.

4. Best excuse to shop for a hat

A stylish broad brimmed hat can complete an outfit and add excellent protection for your eyes and face. The great thing is the right hat deflects sunlight from all sides and provides relief to your eyes.

5. Stay hydrated and eat healthy

Hot summer days can see your body stripped of all the hydration it needs. Keep yourself adequately hydrated at all times to ensure the well-being of your eyes (and whole body!). Bonus: staying hydrated helps maintain sparkly eyes.