

# NEWSLETTER

Happy Easter to all our Patients/ Healthy Eyes and UV



We support Vision  
Aid Overseas and  
St Luke's Cheshire  
Hospice

Please keep  
donating your  
unloved spectacles

Some recent client comments:

Wonderful service, as ever! Lovely people and always good for a giggle! BH, Shropshire

We keep coming back. Great service! MB, Crewe

Always a very kind and professional service RM & BM, Nantwich

Excellent service; very hospitable; lovely atmosphere; great to be a customer 😊 TJ, Cheshire

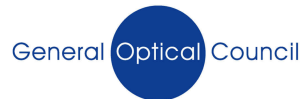
2003 - 2017 a very satisfied customer & I will be back. PM, Crewe

Just the best Opticians! JP, Nantwich

We welcome all feedback as it helps us to provide a better service for our patients

**We offer private and NHS eye examinations, contact lens advice and fitting, diabetic retinopathy screening and shared care for glaucoma referrals and ocular hypertension, cataract referrals and post operative cataract care**

**Appointments available Monday to Saturday**



## WHY UV PROTECTION IS SO IMPORTANT FOR YOUR EYES

With summer approaching, it's time to think about sunglasses. Whether or not you need a prescription for distance vision, we can advise you on the best type of lens for your needs.

Exposure to UVA and UVB rays can be damaging to the eyes and the skin around them. It's not only direct sunlight, but also reflected glare bouncing off light coloured and shiny surfaces, which can be harmful. So sunglasses are designed to shield your eyes from hazardous glare with larger and wrap round styles. Too much UV is linked with cataract and macular degeneration as well as melanoma.

There are several choices of spectacle lens which will fully protect your eyes from harmful UV and glare, from clear anti-reflection coated or reacting lenses to polarising options with fixed tints or photochromics.

The Acuvue range of contact lenses have UV filters and can be worn with sunglasses for extra protection.

