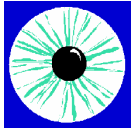


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ADVICE TO SPECTACLE WEARERS

1. When you collect your spectacles, make sure how to use your new lenses is explained. Avoid having them posted or someone else to pick them up for you. It is an important time where advice is given as to what you may experience.
2. Make sure frames are fitted and adjusted initially and kept in this way with periodic checks. If they slip down you may not be looking through the correct part of the lens and so cause variations in your vision.
3. Make sure that the correct spectacles are worn. That is, don't wear reading glasses while walking around. Yes, some people do this and it may cause a problem if done in unfamiliar surroundings. Some persons also mix their spectacles up and are not aware they are wearing their reading glasses around – this involves other visual and mental state issues.
4. You need to be aware that some adaptation is normal and necessary with new spectacles – from a few days to a few short weeks. More often there is no perceivable effect. Again this should be explained at your initial fitting so you know what to expect.
5. Looking down through the reading portion of either bifocals or multifocals will make objects on the floor appear blurred and appear to be in a different position than they really are. This may cause one to misjudge their footing and lose balance. This can be exaggerated by a person who may already be in a stooped posture from osteoporosis and is out of balance anyway. Being aware of this effect puts you on the track to dealing with it.
6. It is always sensible to hold onto railings when going down steps. With stairs we are familiar with we usually don't look at them other than the first step. People with spectacles become fearful of what *might* happen, so they look directly at each step they make which is an incorrect and dangerous practice. If there is an undue difficulty negotiating steps with your spectacles, then merely remove them if possible and then put them back on when you have reached level ground.
7. When stepping on or off the kerb or stairs, make a judgement some four to five steps earlier as to the position and depth of the step. This will make you view through the upper part of the lens which will give you a more correct judgement.
8. We take the act of walking for granted and are not aware of what we actually do. Aside from directly looking at something we use our peripheral vision system to gain information from around us. Coupled with this is information from other body senses. Spectacles can alter the vision aspect giving false information for the brain to interpret. Being aware of this can help us to compensate appropriately. Your optometrist can explain this in more detail for you.