

Can I come and see you?

**why its
important to
have a regular
check-up
with your
optometrist**

Routine examination of your eyes is a vital part of maintaining your overall wellbeing. The human eye is a finely tuned instrument which requires expert attention on a regular basis, enabling you to maintain clear, comfortable and efficient vision. Because most eye diseases have no symptoms, it's important to have regular optometric check ups, so that any serious eye conditions can be detected before they do you any permanent damage. Most people aren't aware that common health problems can affect your eyes: Hypertension, Diabetes, and other chronic disorders often damage circulation within the eye and require preventative care and monitoring. Some patients who have had cataract or retinal surgery, or laser vision-correction treatments require close monitoring of their condition as their eyes heal. Prescription drugs can cause side-effects or discomfort to the eyes also. These are the types of problems which can often be treated if they're examined during a routine optometric consultation. Such check-ups can also uncover any hereditary eye problems, as well as those disorders which are caused by environmental factors such

as computer use, exposure to ultraviolet light and subjection to smoke or vapours. If your working environment is hazardous to your eyesight, George Amaro Optometrists can advise you on how best to neutralise the situation.

Remember, vision is our most important learning sense. Eighty percent of the information we gather from our surroundings is drawn in through what we see. All of us, including young children, need to be aware of the condition of our eyesight in order to get the best out of life. Prevention is better than cure, so if you haven't had a check-up for a while, this could be the time to seize the day.



The logo for George Amaro Optometrist. It features the name "george amaro" in a lowercase, serif font, with "optometrist" in a smaller, lowercase, sans-serif font underneath. A pair of glasses is integrated into the design, with the frames forming the letters 'o' and 'a'.

The logo for glebe eyewear. It features the name "glebe eyewear" in a lowercase, sans-serif font. A pair of glasses is integrated into the design, with the frames forming the letters 'e' and 'e'.