

COLE MARTIN TREGASKIS

Newsletter

www.cmt-optometrists.co.uk

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COVID advice

Optometry practices are advised to stay open during COVID. However, before coming to the practice each patient should consider the benefit of attending versus the risk from COVID-19. For a patient with no health problems that represent a risk from COVID-19 who is not seeing as well as they would like, it is sensible to attend for an eye exam. For a patient who is having no problems with their vision and no eye conditions that need monitoring but has a health problem that puts them at risk from COVID-19, it would be better not to have an eye examination at this stage.

If individuals with eye problems or visual symptoms are also in a group at particular risk from COVID-19, a difficult decision must be made about whether to attend. If you wish to discuss this, please e-mail or telephone the practice.

More information about this, and the precautions we are taking to protect you against COVID, can be found on our website. One of these changes is that we are operating two clinics each day instead of three.

Staff news

Ms Khushbakhat Nasim joined the practice in 2020. Khushba finished her undergraduate training at City, University of London, in 2017 and has since been working in clinical practice and undertaking a Masters in Advanced Clinical Optometry and Ophthalmology. This involved studying at a high level, topics relevant to optometry, including glaucoma, medical retina, and advanced contact lenses. Khushba is proving very popular with our patients, who benefit not only from her clinical expertise but also from her excellent communication skills.

Latest frame collections

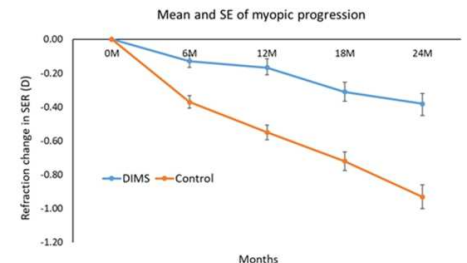
Exciting designer brands that can be seen in the practice include Chloe (picture below), Mulberry, Swarovski, Nike, Police, Lacoste, and Stepper. We also now stock Longchamp, an iconic French brand.



Spectacles slow short-sightedness

Short-sightedness (myopia) has been likened to an epidemic, with over 50% of UK students now myopic. The myopic children of today are more severely affected than their parents. This increases the risk of eye diseases in later life such as retinal detachment and macular degeneration.

Cole Martin Tregaskis have been at the forefront of attempts to slow myopia progression. Until now, this has required specialist contact lenses, popular with many of our younger



patients. A new spectacle lens, Hoya MiyoSmart, is as effective as these contact lenses, slowing myopia progression by 50-60% (see above). Cole Martin Tregaskis are amongst the first practices in the UK to use MiyoSmart. We recommend this for all children with progressing myopia.

Climate change - eye protection

There is growing interest in protecting eyes from sunlight, since protection may slow the development of eye diseases including cataract and macular degeneration.

The latest Transitions Light Intelligent lenses are proving very popular. They automatically adapt to changing light conditions for optimal visual comfort. Transitions have increased the range of colours available, as shown below.

Transitions Signature

OUR BEST EVERYDAY LENSES

Featuring exclusive Chroma7™ photochromic technology, this is our fastest and most responsive lens in all light and temperature conditions. Available in a range of colors, including four vibrant new style colors, our Transitions Signature lenses personalize any frame, allowing you to further express your style. Pick your color, choose your style.

Iconic Colors:

- Graphite Green
- Gray
- Brown

NEW Style Colors:

- Amber
- Emerald
- Sapphire
- Amethyst

*Ask your eyecare professional which color options they offer.