

EYE-NOVATION

Protecting and preserving your vision is essential. Helen Summers Optometrist uses the latest innovation and research and has the passion and skills to provide exceptional quality vision care. A multiple national award winner and Australian training practice for the latest eye health technology, they make a difference in the lives of others.

PHOTOGRAPHY MARK AND TIM
WORDS NANNETTE HOLLIDAY

Helen Summers Optometrist, a 20-year-old family-owned and operated Territory eyecare business, operates Mon-Fri 8am to 5pm and after hours by appointment; at Shop 105, The Avenue, 12 Salonika Street Parap, NT. T: 8995 9595 E: admin@helensummersoptometrist.com.au



Cerium lenses have an extensive range of colours for testing.

Territorians of all ages may suffer from visual stress, digital eye strain, dry eye, anterior disease, glaucoma, macular management, neuro-optometry conditions, or reading inefficiency. These conditions require assessment for health management, preserving sight, managing work demands, study or improving visual comfort for daily lifestyle.



Helen capturing high resolution images used to assess eye health.

COLOURIMETRY

Clinical research shows that visual stress and light sensitivity can be reduced by the use of coloured tints, in the form of overlays, or more effectively coloured lenses. The selection of the tint is specific to the individual and accomplished using an intuitive Colourimeter. Visual stress is common with those with reading difficulties, light sensitivities, ocular migraines, head injuries and epilepsy. Symptoms of visual stress include movement of text, pattern glare or patterns in print, blurring of print, letters changing in shape or size.

DIGITAL RETINAL IMAGING

Digital retinal imaging helps with the early detection of eye diseases and health conditions such as glaucoma, diabetes, and macular degeneration. This quick and easy procedure takes high-resolution images of the inside of your eye. Finding retinal disorders as early as possible is critical to potentially preventing serious disease progression and even vision loss. The results also provide a permanent historical record of any changes in your eye, and images can be compared side-by-side, year after year, to discover even subtle changes and help monitor your health and wellness.



TRANSITION LENS
Transition* lenses add convenience, comfort and UV protection when stepping outside by continuously adapting to changing light they optimise the amount of light your eyes receive, reducing glare, eye fatigue and strain. New technology Nikon lenses are now available in a range of colours including green, grey, amber, sapphire, and variable polarisation. Selection can be purely personal, or specific for sports.



Helen and Sarah discussing lens options.

'IT'S NO CRYING MATTER.'

Dry eye occurs when not enough tears are produced, or the quality of the tear is poor. Dry eye can be associated with allergies, rosacea, hormones, ageing, contact lens wear, hydration, computer usage, lengthy exposure to air conditioning, side effects to medications, or Sjogren's, Blepharitis and Meibomian gland dysfunction. Dry eye treatments vary depending on the type and tear film deficiency. Dry eye management requires an anterior eye assessment and advice on lubricants, gels, ointments, heat, lid management/scrubs, and a discussion regarding diet and omegas 3.

BLUE LIGHT LENS

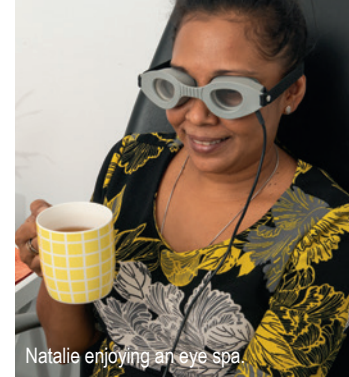
Blue light or High Energy Visible (HEV) light is all around us. It's in sunlight, computer screens, and smartphones, and while it is necessary for energising us, and regulating our circadian rhythms, it can also cause eye strain and light sensitivity after prolonged exposure. Blue Light Lenses are specially designed for our technology-driven life and help filter 25 per cent of the blue light spectrum.



It's no crying matter; Preparing for IPL treatment.

BLEPHASTEAM GOGGLES

'Don't run out of steam.' Just sit back and relax while the Blephasteam lets off some steam. It is the first eyelid-warming device to provide moist heat therapy that naturally enhances tear film quality. Blephasteam maintains a stable warm temperature during the treatment session that effectively melts the Meibomian gland secretions without harming eyelid skin.



Natalie enjoying an eye spa.

IPL is a revolutionary treatment and relief for dry, itchy eyes caused by skin and eyelid inflammation, which is often the cause of dry eye. IPL targets the pigment on the surface of the skin or the blood vessels below. The warm, pulsating, IPL treatment is safe and comfortable, taking around 15 minutes.

ARE YOU EXPERIENCING WATERY, ITCHY, BURNING, OR DRY STINGING EYES? YOU COULD HAVE DRY EYE SYNDROME.'

VISUAL FIELD ANALYSER

HFA is the gold standard visual field 'threshold' analyser that assesses the sensitivity and efficiency of your peripheral and central vision. It calculates a map of your visual field. The information is then used to assess or monitor specific conditions like glaucoma, macular degeneration, migraines, head injuries, diabetes or suspicious changes in the eye. The test explains the integrity of the optic nerve that takes information from the eye to the visual cortex in the brain.



Visual field testing.



Topography and anterior eye analysis.

TOPOGRAPHY

Topography maps the contours of the cornea. It is used in pre-Laser Surgery assessment, contact lens fitting, myopia (short-sightedness) progression, and Ortho K. Myopia progression, which is a current global issue caused by the increased use of digital devices. Current research techniques allow these to be managed with multifocal spectacle lenses, multifocal contact lenses or Ortho K. Ortho K is a process of reshaping the cornea to slow, or cease myopia progression through wearing rigid contact lens at night and allowing for normal vision during the day.