



Your Eye Examination



Eye care excellence for over 60 years

Looking after your eyes for life

Everyone needs an eye examination

A regular eye examination is important for everyone as your eyesight deteriorates over time and that's why it is important to have a regular eye test to check your eye wear is suitable for the condition of your eyes and your lifestyle.

This booklet explains how you can keep your vision at its best, with help and guidance from your qualified local opticians. There's advice on frames, information on developments in lens technology, advice about choosing contact lenses and designer sunglasses.

We encourage family visits so your child gets used to going to the opticians just like mum and dad. Plus wearing glasses is made fun with our latest ranges of cool kids eye wear!

It is worth having an examination even if you think your eyesight is fine. For young and old alike, the latest technology at Benjamin's can help identify problems even before you know they are there and then either prevent, or at least halt, further degeneration.

Research has shown that one in five children has undetected sight problems - at school and at play your child may find it difficult to enjoy growing up and may fail to reach their full potential in their formative years because of poor vision. Benjamins are keen to look after your child's eyes and our technology can help detect problems from an early age, so they don't miss out on a full childhood.



As we get older our eyesight naturally starts to deteriorate. From the mid-forties onwards, many people find they may need spectacles for reading and nearly everyone will need them by sixty. In your mature years you are more likely to be affected by medical conditions such as glaucoma, cataracts and macular degeneration. If you have a family history of eye conditions, monitoring your eyes with our new

OCT machine can highlight any potential problems early on.

Since its establishment by Clifford Benjamin in 1953, with the aim of achieving the highest standards of clinical and customer care, Benjamins are proud of our heritage and attribute our success today to those early values and principles.

Your Eye Examination

We start by discussing any problems you may have, your history, any medication which might affect your vision and your lifestyle, before moving onto the physical assessment. Firstly we try different lenses to see how they improve your sight. This checks whether you need an optical prescription and which lenses will give you the best vision. This reveals whether you are long or short sighted, presbyopic or have astigmatism. Your eyesight changes over time and you may have a combination of conditions, all of which can be corrected with lenses. We check that your eyes are balanced and work together at distances, then check the reflex and amount of light reaching the retina at the back of your eye. A light puff of air on the eye will show the intra-ocular pressure which may give an indication of glaucoma. A further early sign of glaucoma is loss of peripheral vision and a visual field test will check your all round vision. Finally your optician will inspect your eyes using a beam of light to look through the pupil.

At Benjamin's we have invested in a pioneering new way of helping diagnose potential eye problems called OCT 3D. This machine uses a light beam to look beneath the surface of the back of your eye where future problems may manifest – highlighting them sometimes years before they come to the surface. Usually the OCT scan is carried out before your sight test and the images sent through to your optician for review at your examination. We recommend a repeat OCT as part of a regular eye examination to all our patients, so we can look out for any ocular changes in your eyes over time. Most importantly, anyone over forty, those with a family history of eye conditions and those with existing health issues are recommended to have an OCT scan.

After your eye examination, your optician will discuss your vision and the health of your eyes and give you a copy of your prescription with recommendations as to what to do next. If you need optical correction, our dispensing opticians will help you choose the right spectacles for you. If contact lenses are for you, our trained contact lens specialist will advise on the best lenses for you. We'll then let you know when you need to return for your next routine examination.





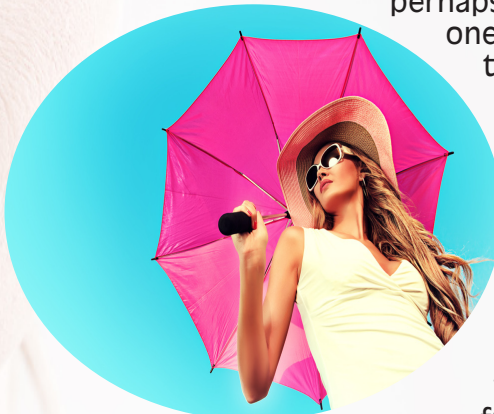
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Spectacle frames for you....

Your glasses make a huge difference to how you look and draw attention to your face. That's why it is important to wear a style that suits you – a bold statement, understated, fashionable or chic – everyone is different and that's why the team of dispensing opticians at Benjamin's will take time to help you choose the best style to suit you. Expert advice that will enhance your appearance and work with your hair colour, facial features and lifestyle.

Benjamins has a wide range from great names such as Tiffany, Oakley, Dior, Ray-Ban, William Morris and Tom Ford. Ask about our easy payment terms. We also stock quality budget frames starting from £20. Great frames at great prices!

If you are looking for something special, perhaps a larger frame or one you are finding hard to track down, we are happy to search our extensive portfolio of suppliers to help. And if you are looking for exclusivity, talk to us about our handmade service, should you wish to replicate your favourite frame or create a specific look.



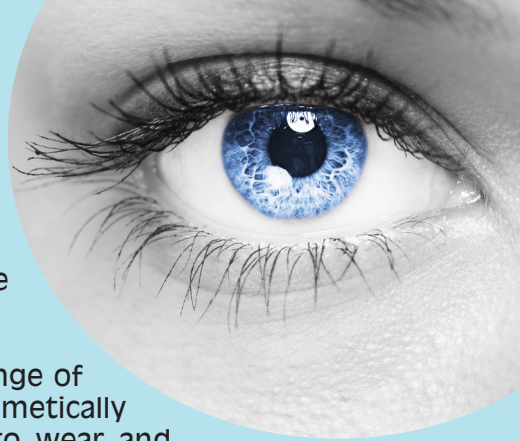
Stylish and practical frames, fitted with the right prescript

**A fully qualified practitioner will advise you on the best t
dispensing optician will advise on the best frames for yo
appearance along with the needs of your job, spo**

Quality Lenses

Near perfection for crystal clear vision

At Benjamins our aim is to help you understand and choose the correct spectacle lenses to suit your lifestyle, needs and expectations and couple them with frames to suit you.



Modern lenses now offer a broad range of options and materials so they are cosmetically better looking, more comfortable to wear and give you much better vision for your individual needs. Lenses can now be made thinner and lighter - no longer thick and unsightly with a limited choice of frames.

For both a near and a distance correction, you may have different pairs of spectacles but this is sometimes inconvenient. We now offer best ever Varilux all distance lenses, which means one pair for all of your activities.

A hard coat helps prolong the life of your lenses and Crizal UV coatings help protect your lenses and your eyes.

For drivers glare is a huge problem. Ask about 'RoadPilot' a new enhanced anti-reflection lens which dramatically reduces night-driving glare.

If you work in an office, you can find reflections from ambient lighting and your computer visually tiring, often leaving you red-eyed by the end of the day. 'Previncia' gives protection against harmful blue light and helps protect your Macular and guards against daily fatigue.

Benjamins offer the latest Transitions photochromic lenses giving a fashionable and practical solution to protecting against the sun whilst outdoors and changing to match the light conditions indoors.

These lenses come with a free, two-year, no-quibble guarantee against minor scratches.

tion lenses for you. A great combination from Benjamin's!
**type of lens for your needs, then a professionally trained
u, taking into account your expectations on comfort and
rts or hobbies, to advise you of the best options.**



Sunglasses

*Style
and UV
protection*

Whether you are looking for an all-inclusive prescription sunglass package or simply top designer shades, Benjamin's offer the advice and selection you need.

We are all becoming more aware of the long term damage that excessive exposure to the sun's ultra violet rays can cause to our skin and eyes. A lens with an ultra violet filter is essential for protection combined with a wide choice of tints to reduce the amount of light, making your vision more comfortable.

For sun protection or as a high fashion accessory, at Benjamin's we offer advice on ultra-violet protection and style. All sunglass lenses contain ultra-violet protection and colours can be tailored to your particular taste and depth of colour required. If you require prescription sunglasses for distance, reading or both combined, we offer an all-inclusive range with prices starting from just £89.00.

Active Sun protection

What ever your sport or hobby, you can benefit from polarised sun protection, which reduces glare and helps with sensitivity; coloured lenses; wrap around frames and Transitions lenses can be tailored to you. For driving, golfing, sailing, fishing, skiing, shooting and many other activities, lenses and frames can be supplied which have been designed specifically for these individual requirements.



Contact Lenses

Making a world of difference to your lifestyle

At Benjamins we don't just fit contact lenses. We go the extra mile to make sure you have the right contact lenses to suit your needs, from the extensive range available to us.

Unsure or never had contact lenses before? Well, thanks to new technologies, today's contact lenses are more comfortable than ever before. Even the most sensitive eyes find them much softer and easier to wear. Recent advances also mean modern contact lenses are suitable for nearly all types of prescription, including multi-focal and astigmatism.

Wear lenses your way

Many of our patients have switched to contact lenses almost completely; others stick with their spectacles and wear lenses for certain sports, work or hobbies and some simply use them for special occasions. The point is, you wear them your way - to suit you. Convenient for active sports, as an alternative to spectacles or just off to a special occasion such as a family wedding; even when it's raining! Even the kids are getting to grips with contact lenses, enjoying a happier, less restricted and most importantly, more fun lifestyle than with traditional glasses alone.

Easy payment plans

Because we recognise that everyone is different and the importance of ongoing aftercare, we have developed care plans to suit individual needs. A hassle-free monthly Direct Debit covers all costs associated with your contact lenses at less than the cost of a cup of coffee per day!

If you would like to find out more on how contact lenses can work for you, please contact us and arrange an information appointment at which we will give you more detailed advice specific to you, entirely free of charge and without obligation.



About Benjamin Opticians

Benjamin Opticians is an independent Optometrists and Contact Lens Practitioners based in Skipton, headed up by Optician Liz Ellis who has over 25 years experience in vision care. Benjamins was started by Clifford Benjamin over 65 years ago and that family tradition continues today, with the same honest values - providing great service, quality eye wear and eye care excellence to our patients.



Benjamins is less than 100m from Skipton's busy High Street. The listed building in which the practice is based has three high-tech consulting rooms each with the latest state-of-the-art optical testing equipment.

We have OCT 3D screening for advanced eye care and Colorimetry to help with children's reading skills - both unique to this area.

Once you have your prescription, our team of experienced Dispensing Opticians will help you choose the best spectacles and lenses to suit you, from the comfort of one of our private dispensing rooms.

There is level access from the rear for clients who have mobility problems. One of our consulting rooms and a dispensing room is on the ground floor for ease of access.

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