

Ask the professional



Keeping your eyes healthy

Patients often ask me what can be done to improve their eye health. The nutrition tips to the left are a good start, but beyond that there is a lot people can do to help keep their eyes healthy, and keep them seeing well for the rest of their lives.

Maintaining a healthy lifestyle is an obvious help to the eyes. The retina at the back of our eyes and the visual cortex of the brain require a lot of oxygen, energy and nutrients to perform at their best and self-repair, and a healthy cardiovascular system delivers this. Diseases such as high blood pressure and diabetes compromise the cardiovascular system, and optometrists can see the effects of these diseases when they examine the retina in an eye test.

Sunglasses are recommended for everyone to help block harmful ultraviolet radiation from the eyes. UV radiation can be a risk factor in diseases such as pterygium, cataract and macular degeneration.

If you are working in a hazardous environment, safety glasses are important in reducing the risk of damage to they eyes caused by flying particles. This is mandatory in work environments, but many eye injuries that happen while working around the home can be avoided by wearing safety glasses. Also, flushing your eyes out after working in dusty environments can help to relieve irritation and dryness caused by dust particles caught in your tear film.

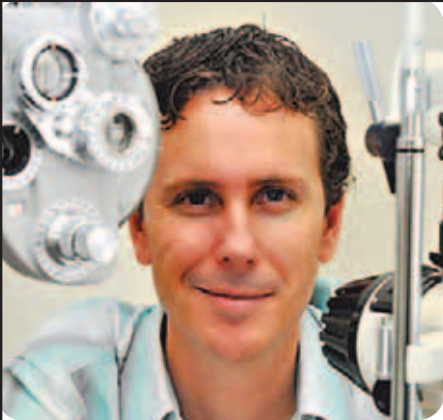
When you spend a lot of time reading, working on a computer or a tablet, or any other close task, remember the 20/20/20 rule. For every 20 minutes you spend looking at something close, take a 20 second break where you look at something at least 20 metres away. This prevents fatigue caused by your eyes focussing on the same focal length for long periods of time.

For contact lens wearers, it is crucial you keep good contact lens hygiene. Always wash your hands when handling your lenses, replace your lenses when advised by your optometrist, use contact lens cleaning solution, and never wash your lenses with water.

Finally, always make sure you see your optometrist every two years, so we can help you keep your eyes as healthy as possible.

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Q What foods keep your eyes healthy?

A Maintaining a good diet is one of the best ways to keep your eyes performing at their optimum and prevent many eye diseases such as cataracts and macular degeneration (MD). Beta-carotene is the precursor to vitamin A, forming a necessary pigment in the retina. Beta-carotene is found in green leafy vegetables such as spinach and silverbeet, as well as orange vegetables like carrots and pumpkin. A diet high in these foods will also provide other essential eye nutrients such as lutein, zeaxanthin and vitamin E. Citrus fruits, capsicum and broccoli all contain vitamin C, an antioxidant which helps guard the eyes against cataracts and MD, as well as repair the cornea. Seafood, nuts and wholegrains provide nutrients such as zinc, selenium and omega-3 fatty acids. These nutrients assist in antioxidant action, and are involved in cell growth, repair and renewal.

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Q Path of insertion and removal for a Partial Denture

A The path of insertion of a partial denture is the direction in which it moves from point of initial contact of its rigid parts with the supporting teeth to its terminal resting position seated around teeth and denture base in contact with the tissue. The path of removal will be exactly the reverse. When the restoration is well designed to have a positive pathway, you may place and remove the partial denture with ease in only one way. This helps create security for the wearer during function, knowing if they work against this pathway the denture will not displace. Retainers or clips are used to maintain the denture in its terminal position.

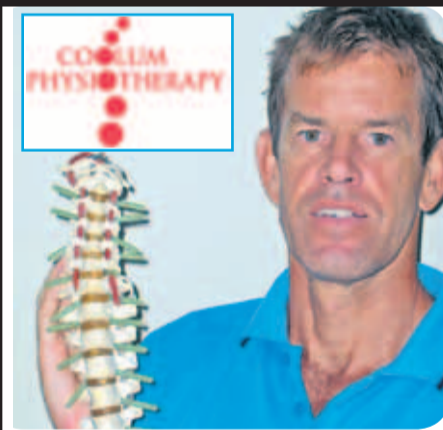
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Q My house has Wi-Fi dead spots. How can I extend my Wi-Fi signal to cover my whole house?

A If you have a multi-storey home or a very long one that is made of concrete, you may find that the Wi-Fi signal from your modem/router doesn't carry right through the house. This can be frustrating as your mobile devices keep switching back to 3g when they lose the signal. There are a couple of options to fix the issue. One is a wireless repeater. This is an access point placed within wireless range that connects wirelessly to your existing router. It boosts the wireless signal from its position. With this solution results vary widely and even change day-to-day. A much better solution we have found is to use Powerline devices. These connect into the 240v power system of your house to work as a substitute for Ethernet (blue cables). Plug one in where your router is and connect it into the router. Plug the other one in out near the dead spot and you will have a solid Wi-Fi connection throughout your house. Powerline devices do rely on the power outlets being on the same phase and circuit. We have Powerline devices in stock and can install and configure them on-site if you are faced with this issue.

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Q 'I'm Falling Apart' – Can Physiotherapy Help?

A John recently said 'I'm falling apart'. This metaphor helps him make sense of and convey the 'thing' that's bothering him-particularly severe pains or problems that happened recently or even years ago. Describing the 'thing' provides a source. This in-turn shares, disperses, then helps manage and treat it. Coolum Physiotherapy's practitioners are uniquely positioned, we talk directly when assessing; then indirectly when treating-discussing things that mightn't be said face to face. This provides insight that helps determine a treatments' effectiveness and ways patients' can understand their problem, that it's real, and how to manage and progress it. The 'physical imagery' and 'physical treatment' helps the brain and body unite, come to terms with the problem, and understand how they respond to life's activities and the treatment provided. Together we then plan and implement their graded progressive recovery. We helped John 'pulling it all together'. Perhaps we can help you!

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Q Can I put signage all over my car and claim it as a tax deduction?

A As a tax agent I am asked a lot of interesting questions about what tax payers can and can't claim as tax deductions. I'd like to discuss some of the more typical questions I am asked with a view to dispel some fallacies that are around. Just because you're using your car as a mobile billboard doesn't make it a tax deduction. For any passenger vehicle the normal rules for tax apply regardless of the signage. Generally a log book needs to be kept for 12 consecutive weeks to record any work related trips. Thereafter a percentage of business usage can be determined and the operating cost the vehicle can be claimed at that rate. Typical motor vehicle costs include: fuel, insurance, registration, RACQ, interest, repair, services, and depreciation. If there is no logbook then the cents/kilometre method may be used, whereby any business usage is claimed at a rate of 64 to 75 cents/km depending on the motor vehicle engine capacity, up to a total of 5000km's. No logbook is needed; however the business use needs to be justifiable. The cost of the signage maybe a tax deduction if it is used in the course of business or to earn business income.

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Q What questions should I ask before appointing a real estate agent?

A 1. How are you going to achieve a premium price for my property? 2. How are you going to negotiate with buyers? 3. Do you have any references I can contact? 4. What method of sale and why? 5. How much should I spend on advertising and why? 6. How will you communicate with me? 7. What selling price do you think I can achieve (what evidence is provided to support this) 8. How long do you think it will take to sell my property and why? 9. What makes you different to other real estate agents? 10. Where are the buyers coming from? 11. What similar properties have you sold in the local area recently? 12. What would you say if a potential buyer asked you "How much will the vendor accept"

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