



PRESS RELEASE

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Enhance your holidays by looking after your health

WE ALL look forward to our summer holidays and having some time off to relax, but imagine how upsetting it would be to have it ruined by some easily preventable health problems.

So while you kick back and relax on the sand or plunge into the pool to cool off, remember these simple tips to look after your eyes and ears from Specsavers chief audiologist, Gordon Harrison, and Specsavers clinical spokesperson Dr Nigel Best ...

Flying

When jetting off to an exotic destination dry eyes can often become a problem on board your flight. The temperature and pressure-controlled cabin can easily dehydrate you, which only makes dry eyes worse. Applying some eye drops is a good idea to help with lubrication.

Air pressure changes can also cause ears to 'pop' which can often cause severe pain and hearing loss.

A simple solution is to introduce as much air as possible to the ear via swallowing or yawning. Sucking on a hard boiled sweet, chewing gum or drinking through a straw during take-off and landing all help.

Swimming

Holidays wouldn't be complete without a splash around. For most, a little water in their ears won't be a problem but extra care should be taken for those susceptible to ear infections or swimmer's ear.

Rather than missing out on all the fun, try swimming earplugs which can lower the risk of trapped water in the ears.

Alternatively, be sure to dry your ears thoroughly afterwards by placing a paper tissue over your ear while you shake out as much water as possible. And always steer clear of polluted or dirty water to avoid infection.

Sunbathing

While we all know we need to protect our skin from harmful UV rays, our eyes are often forgotten about.

Specsavers clinical spokesperson Dr Nigel Best says: 'Prolonged exposure of your eyes to UV has been linked to cataracts, macular degeneration and even some types of eye cancer. So it's particularly important that in the height of summer, you wear a pair of sunglasses which offer high levels of UV protection.

'Sunglasses don't need to be expensive but they should always conform to agreed safety standards. Look out for a CE (European Community Standard), BSEN1836 (British Standard) or UV400 markings and aim for a pair that offer 80 percent light reduction.'

Seeking hearing help abroad

If your sight or hearing becomes a concern while you are abroad then your first port of call should be to visit a local doctor.

Your eyes and ears can reveal a lot about your general health and so it's really important to have regular eye tests – once every two years, or more often if recommended by your optometrist. And those over 55 should have their hearing checked once a year. To book your next appointment visit www.specsavers.co.uk.

-ENDS-

Issued by Beattie Communications on behalf of Specsavers

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For more information please contact the Specsavers press office team on:

E: anna.verdon@onlybeattie.com

T: 020 7053 6010

Specsavers notes to editors

- Specsavers is a partnership of almost 2,000 locally-run businesses throughout the world -all committed to delivering high quality, affordable optical and hearing care in the communities they serve.
- Each store is part-owned and managed by its own joint venture partners who are supported by key specialists in support offices
- More than 28 million customers used Specsavers in 2014 and the partnership had a turnover of more than £2bn.
- More than one in three people who wear glasses in the UK buy them from Specsavers.
- Specsavers is a champion of the National Health Service – of its 19.2m customers in the UK, 60% are from the NHS and the company is the largest provider of free NHS digital hearing aids
- Specsavers supports several UK charities and is in partnership with RNIB for a public awareness campaign to transform the nation's eye health.