

## Laser Vision and Night Glare in the Headlines

This past year there were a series of articles in the media citing high risk of night glare with refractive surgery. This is true to a certain extent for older broad beam laser technology, which used small treatment zones. In these cases night glare results when the person's pupil becomes larger than the treated zone. However, with newer technology the risk of night glare is dramatically reduced because the treatment zone is much larger. As a result, the pupil is usually within the treatment zone even at night.

The latest FDA results based on the new treatment zones report the following:

- 100% of patients stated that their night vision was unchanged
- 1.3% noted a mild to moderate night glare 6 months after surgery

(compared to 78% with small treatment zones).

- Night driving vision was unchanged or improved in all patients 6 months post operatively.

This is why it is so important to have your consultation with an optometrist who can refer you to a surgeon who uses the most up-to-date technology with the lowest complication rates.

Washington Post quoted a patient: "My one piece of advice to people considering LASIK: Go to the best surgeon you can find, the one who will take the time to do things right. If you cannot afford the price, don't do the procedure. You only have one pair of eyes, and no 'good deal' is worth permanent damage to your eyesight."

## Hollywood Update

Most of you have already read about our involvement in the fitting of specialty contact lenses for the X-Men movie released in the Summer of 2000. We were excited to participate this year in the fitting of specialty cosmetic contact lenses for actors in the upcoming new releases "John Q" and "K-19 the Widow Maker". Dr Tam Wai was also involved in fitting lenses for the "Mutant X" television series.



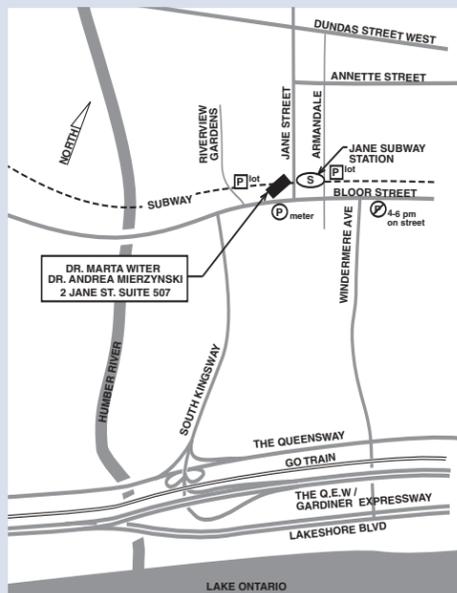
We welcome new patients. If you are satisfied with our service please recommend us to your friends.

On a final note . . .

We extend our thanks to the readers of the Bloor West Villager who voted us "Best Optometrist Office" in the Bloor West Village this Year. Thank you for your vote of confidence.

## Vitamins & Eye Health

Vitamin C and E are concentrated in the lens of the human eye. The lens is found near the front of the eye and allows what we see to be focused on the macula. The macula is found at the back of the eye and is responsible for turning light into image signals the brain can understand. Research indicates that both vitamins C and E may reduce the risk of cataracts. Food sources of vitamin C include citrus fruits, potatoes, broccoli, tomatoes, and strawberries. Food sources of vitamin E include nuts, seeds, oil, fruits and vegetables.



2 Jane Street, Suite 507, Toronto, ON M6S 4W3  
Tel 416-762-7391 Fax 416-769-8166

### Office Hours

Monday .....9am to 5pm  
Tuesday .....10am to 7pm  
Wednesday .....9am to 5pm  
Thursday .....11am to 7pm  
Friday .....9am to 4pm  
2 Saturdays per month\*

Hours subject to change \*(July and August excluded)  
Receptionist: Priscilla Optometric Assistant: Daria



### AUGUST 2001-2002 EDITION

#### Just a Reminder...

Our records indicate that it is time for your regular examination. Please call our office now for your appointment. Evening and Saturday appointments are also available for your convenience.

#### Did you know?

Eyes sometimes appear red in photographs because the light from the flash enters the eye and reflects off the retina, where many small blood vessels give it a reddish appearance.

#### Words of Wisdom:

Before there are four candles on the birthday cake, your child should have his or her first eye examination. Since vision problems can exist without symptoms, the first visit to the optometrist is a very important first step towards lifelong eye health and good vision!

Dr. Marta Witer  
Dr. Andrea Mierzynski  
Dr. Wendy Tam Wai  
Associates in Optometry

## Keep an eye on your eyes...

Any changes in the appearance of your eyes or vision should be discussed with your optometrist. Some examples include:

- Unusual trouble adjusting to dark rooms
- Difficulty focusing on near or distant objects
- Squinting or blinking due to unusual sensitivity to light or glare
- Change in color of iris
- Red-rimmed, swollen or encrusted lids
- Recurrent pain in or around eyes
- Double vision
- Dark spot at the center of viewing
- Lines and edges appear distorted or wavy
- Excess tearing or "watery eyes"
- Dry eyes with itching or burning
- Seeing spots, ghost-like images

exams are recommended, especially for those with chronic health conditions such as diabetes, high blood pressure, or heart disease. Please remember that some eye diseases such as glaucoma can cause blindness with no symptoms. Early detection and treatment can be the key to preventing sight loss.

## Your 40-year 2 million km warranty is up

Time to get your eyes serviced

After 40, it gets harder to see up close. It's a natural condition called presbyopia. Regular visits to the eye doctor can keep things in focus.

ONTARIO ASSOCIATION OF OPTOMETRISTS



### MISSION STATEMENT

Our Mission is to provide you and your family the best possible eye care throughout your lifetime. Communication is important to us, so please feel free to ask questions, or offer suggestions as to how we may serve you better.

Even if you have no symptoms, regular eye

Fish just might be an important player in the fight against age-related macular degeneration, according to an Australian study.

## Macular degeneration

Researchers discovered that people who ate one serving of fish a week had less than half the risk of developing macular degeneration than those who ate fish once a month.

Fish is an excellent source of omega 3 fatty acids, essential for our bodies.

In fresh water fish the essential fat is stored in the liver (remember that Cod liver oil?), while in salt-water fish the fat is stored in the muscle (mackerel, salmon).

Macular degeneration is among the most common causes of

reduced vision in the elderly. The origin of macular degeneration is not well understood, but scientists believe that one cause could be the failure of blood vessels to properly nourish the tissue underneath the retina of the eye. Unhealthy diets, according to scientists, could be clogging those arteries causing degenerative changes in the eye.

According to research, a person with a diet rich in saturated fat and cholesterol is 80% more likely to develop macular degeneration.

Interestingly, the study also noted that more fish was not necessarily better. In fact, nutritionists point out, too much fish may interfere with absorption of vitamin E, particularly in the elderly.

## Protect Your Eyes from Swimming Pools and Hot Tubs...

Swimming pools and hot tubs are fun, but they can also be a breeding ground for bacteria which can cause painful eye infections and even scarring that could impair vision (the same bacteria causes "Swimmer's Ear" and skin infections).

To protect your eyes, wear a well fitted pair of swimming goggles,

particularly if you are in the pool frequently or for extended periods of time.

Hot tubs present an even greater risk because the high water temperature promotes the growth of bacteria. Before you enjoy a soak in the hot tub, remove your contact lenses, and be careful not to dunk your eyes. Follow up with a soap-and-water shower. If your eyes stay red and watery or sting persistently, contact us.



## Ask the Optometrist

*"Can my contact lens slip behind my eye and get lost there?"*

A contact lens that slips off the corneal surface of the eye and moves under the eyelid cannot go far. The conjunctiva, a clear lining that covers the inner surface of the eyelids, forms a small sac or pouch between the eyelid and the eye to contain the eye's tears. The "lost" contact lens can go only as far as the edge of this sac, not behind the eyeball.

Usually you can gently manipulate the contact lens back into place. If the lens is difficult to retrieve, you may need to flush your eye with sterile saline. Your optometrist can advise you on safe methods of retrieving a "lost" contact lens.

*"Will looking at the sun really hurt my eyes?"*

Occasionally glancing at the sun usually does not harm your eyes. However, staring for several minutes at the sun or a solar eclipse can damage visual cells in the part of the retina that allows us to see fine detail. This kind of injury, called solar retinopathy, can cause a blind spot in the center of the field of vision. Loss of vision in these cases can be temporary but often is permanent.

## Sunwear

**Sunglasses are protective devices**

Good-quality sun-wear protects eyes by minimizing the glare caused by intense sunlight reflecting off snow, ice, sand or water. Glare is linked to ocular disorders like keratitis, cataracts, basal cell carcinoma and macular damage. Lenses which cut bright visible light to thirty percent or less of transmitted light are suggested. Today, many experts recommend polarized lenses which cut glare, reduce eyestrain,

## Children & Glasses

**HOW TO TURN THIS UNLIKELY PAIR INTO A SUCCESSFUL DUO!**

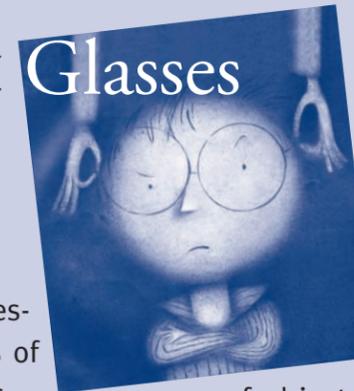
Comfort, look and peer pressure are three big enemies of glasses. If your child does not want to wear glasses for one or all of these reasons, here are some suggestions.

- Give your child a say in the frame selection, and have one or two friends help out. If your child feels that his or her choice is approved, he or she will be more likely to wear glasses.
- Point out one of his or her role models who wears glasses.



increase comfort and enhance visual clarity while brightening colors and heightening contrasts.

In our office we carry a good selection of sunglass eyewear available in prescription lenses as well as non-prescription. We are able to order specialty lenses for you including golf glasses, ski goggles, snowboard goggles, swimming goggles and many others. Please ask our office staff to help you with your eyewear needs.



If Superman / Clark Kent looks good and powerful with glasses on, your child will

feel just as cool and powerful!

- Get some books or cartoons about children wearing glasses. Often reading about a character who is going through the same problem helps.
- Ask the teacher to organize a lesson about the importance of eyecare and seeing well. This might help minimize peer pressure.

## PLAYING WITH GLASSES

Most children think that glasses take the fun out of playing with friends and playing sports. To make sure your child can have fun without worrying about jumpy glasses or injuries, here are a couple of tips:

- You should always purchase impact-resistant glasses, with lenses and frames that have been specifically developed to protect your child's eyes when playing.
- During play or sport, attach a specially designed elastic band to the arms of the glasses. This allows the glasses to stay in place and makes playing with glasses on so comfortable that your child might even forget he or she is wearing them!

## Some thoughts on your birthday...

*A pessimist would say:*

*"You're getting older every day."*

*An optimist would say:*

*"You've got the best years of your life ahead!"*

*...and an optometrist would say:*

*"When's the last time you had your eyes checked?"*