



## Eye Care Update

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## Get your Eyes Checked! Your Eyes Deserve an Optometrist.

As your optometrist, we understand the changes that occur in your eyesight throughout your life, the importance of early detection of eye disease and the implications of medication you may be taking. Annual eye health assessments are important to identify your individual needs, assist you in understanding your condition, and to make recommendations to manage your eye condition.

### Serious eye disease can come without warning or symptoms

- 20/20 vision does not rule out the presence of eye disease. Almost one out of every 7 patients presenting for a routine eye examination have asymptomatic eye disease.
- In the first 20 years after a diagnosis of diabetes, almost all individuals with type 1 diabetes and more than 60% with type 2 diabetes, develop some form of eye disease. In spite of this only 66% of Canadians with diabetes get regular eye exams.
- A quarter of a million Canadians have glaucoma and half of them are unaware of it
- Canadians want to see clearly yet only 37% of Canadians get their eyes checked.

### When was the last time you had your eyes checked?

### Good vision can help your child do well in school. Make sure children are prepared to succeed by having their eyes examined before they start school.

Young children don't have to know the alphabet or even speak to have their vision tested by an optometrist. Many vision tests use pictures or symbols familiar to preschoolers, and children can respond by naming, matching or pointing. Other tests are done objectively, so young children don't have to be able to communicate well to be evaluated. A comprehensive eye examination includes assessment of ocular and medical history, visual acuity, eye co-ordination, refraction and eye health. This thorough evaluation ensures that any eye problem will be identified. Vision screenings through public health or at school usually include only one or two vision tests, and cannot detect all vision problems. Up to 40% of children with vision problems can pass a vision screening.

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- 86% of Canadian children under the age of six have never had a comprehensive eye exam despite the fact that annual eye examinations are covered by OHIP for children 19 years of age and under.
- 80% of learning is done through the eyes.
- Children with poor vision often find it difficult to focus on their work and may be misdiagnosed as having a learning or behavioral disability.
- One in six children has a vision problem that makes it difficult to learn and read.

## WE HAVE MOVED!

After more than 30 years in the Arbor Memorial Building, we have outgrown our space. We are excited to announce that we have moved to a larger location where we can provide enhanced diagnostic services and technology. We now have a store front on the south side of Bloor. Phone number is still 416-762-7391 so call before you book your next appointment for details or visit our website at [www.isee2020.ca](http://www.isee2020.ca)



### New Patients Welcome!

Saturday & Emergency Appointments Available.

## Raw Kale Salad

1 large bunch kale  
½ cup (125 mL) fruity extra virgin olive oil  
3 tbsp (45 mL) red wine vinegar  
1 clove garlic, finely chopped  
½ tsp (2 mL) salt  
¼ cup (60 mL) pine nuts, toasted  
½ cup (125 mL) oil-packed sun-dried tomatoes, drained and chopped  
Grated Parmesan cheese to garnish

- 1 Trim and discard the thick centre rib from each kale leaf. Stack the leaves and cut into thin strips across the width.
- 2 In a large bowl, toss leaves with the olive oil, vinegar, garlic, salt, pine nuts and tomatoes. Let salad stand at room temperature for 15 minutes to allow the flavours to blend and the kale to soften slightly. Check for seasoning and finish with a generous handful of freshly grated Parmesan cheese.

## NUTRITION UPDATE

In our last issue we went over the benefits of omega 3 fatty acids derived from fish. This time we are focusing on **lutein**, a carotenoid that occurs naturally in plants. Many studies have shown increased dietary intake can increase macular pigment density and protect against age related macular degeneration or AMD.

We think you will enjoy the following recipe by Christopher St. Onge taken from the summer 2011 edition of LCBO Food and Drink.

This is a favourite of Dr. Mierzynski! Kale is a great source of lutein. Supplementation of 10mg of lutein per day can improve visual function in people with age related macular degeneration.

For more tips on how you can eat well for your eye health, please check out a book called **“eyefoods: A Food Plan for Healthy Eyes.”** This gives readers an in depth look at the powerful role nutrient rich foods like green vegetables, cold water fish and orange vegetables have in promoting eye health and fighting eye disease. A copy is available in our reception room as well. [www.eyefoods.com](http://www.eyefoods.com)

## Free iTunes App Gives Window into the World of Eye Disease

iSimulator is a new iPhone app developed by CNIB to provide users a way of experiencing vision problems through our four eye diseases: Cataracts, Diabetic Retinopathy, Glaucoma, and Age-related Macular Degeneration.

This app allows you to experience the world through the eyes of people experiencing eye diseases. The app uses your device's camera and applies the vision filter for each eye disease on top of it. A control is provided to adjust the intensity of the selected eye disease. You can read more about each eye disease in the same control as well.

The app makes it easy for you to save and share your photo through email, Facebook or even Twitter. You can also access CNIB's resource centre to learn more about the organization or about the eye disease.

This app was developed for CNIB and in celebration of CNIB's Vision Health Month in May 2012. The intention for developing the product is to allow users to develop a deeper understanding about the four eye diseases. **Download the app for free today on iTunes.**

“Thank you for selecting our office for your eye care needs. We are proud to have served the Bloor-West community for over 30 years.”

**Our mission is to provide you and your family with the best possible eye care throughout your lifetime. All of our doctors and staff are continually upgrading their knowledge and skills as new research and technologies become available.**