



Dr. Andrea Mierzynski
Dr. Wendy Tam-Wai
Dr. Marta Witer
Dr. Kalyn Burroughs

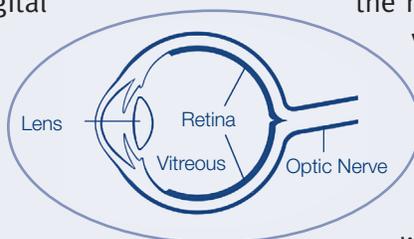
2 Jane Street, Suite 507, Toronto, ON M6S 4W3 Tel 416-762-7391 Fax 416-769-8166

e y e c a r e u p d a t e

JANUARY 2008 EDITION

Regular eye exams are the best insurance policies for a lifetime of healthy sight

We have been using Digital Retinal Screening since March 2006 as an improved technology in which we can take high-resolution digital photographs of the interior portion of the eye called the retina. This new technology can greatly aid your doctor's ability to accurately diagnose and document many diseases. It also provides a baseline for comparison with previous and future visits, which helps in monitoring disease progression and response to therapy. The colour photograph,



taken by means of a specialized retinal camera, shows detailed images of the various structures of the retina including the optic nerve, blood vessels, nerve fibre layer and the macula. It can show abnormalities that may threaten normal vision.

Your images are available immediately, allowing for quick diagnoses and an appropriate management. You can even view the images instantly at the time of your appointment.

Check out our new website at www.isee2020.ca

On the Political Front ...

The spring of 2007 was a milestone for Ontario Optometrists with the passage of Bill 171, The Health System Improvements Act which includes amendments to the Optometry Act permitting Ontario optometrists to prescribe therapeutic pharmaceutical agents. The regulations designating the drugs that may be prescribed must still be put in place and the College of Optometrists is currently working with the Ministry of Health and Long-Term care on draft regulations. We expect that this process will take 12 to 24 months. We are excited that we will finally be able to practice to the full extent of our training. This will also provide our patients with more timely, cost effective care. Ontario is the last province in Canada to achieve this goal.

On a personal note...

Dr Burroughs and her husband are pleased to announce the birth of their daughter, Sophie, in February 2007. Dr. Burroughs has returned to the office on a part time basis as of September 2007.

The University of Waterloo School of Optometry held a groundbreaking ceremony in June of this year to mark the beginning of its expansion project. The new pavilion will make it possible for the School to welcome more students and to offer more teaching space. As part of the event, Dr. Marta Witer and her husband Ian Ihnatowycz, president of Acuity Investment Management were recognized for their generous \$500,000 donation. The school will name the new pavilion's student centre the "Witer Learning Resource Centre" in their honour.

Drs. Mierzynski and Tam-Wai, continue to be involved in fitting specialty contact lenses for the movie industry in addition to a busy schedule of patients. Both doctors have recently completed extensive continuing education courses in preparation for the new therapeutics law.

Your child and “20/20”

Remember... even if your child had a vision screening test at the pediatrician's office and was found to have “20/20” vision, he or she may still have a vision problem which can make it difficult for them to learn and read. A professional vision examination by an optometrist involves more than 20 tests. It can help detect other problems, such as blurred vision, eye strain, headaches or fatigue while reading, due to problems with eye coordination or focusing up close. The same applies to you, even if you passed your “vision test” when you applied for your driver's license.

Don't Forget Your Shades in Winter

Though many people think of sunglasses as a summer accessory, it is important for you to wear your sunglasses in winter too. Ultraviolet radiation is harmful to your eyes no matter the time of year. In winter, UV is reflected off the snow, as well as beamed directly from the sun! Remember, the first thing to look for in sunglasses is protection from ultraviolet light. The second is protection from glare. Be sure to ask us for the best type or lens to suit your needs.



Breakthrough in Macular Degeneration

In June 2006, the U.S. Food and Drug Administration (FDA) approved Lucentis for the treatment wet AMD (age-related macular degeneration). Lucentis is designed to bind and inhibit VEGF-A, a protein that is believed to play a critical role in the formation of new blood vessels. In wet AMD, these blood vessels grow under the retina and leak blood and fluid causing rapid damage to the macula, the portion of the eye responsible for fine, detailed central vision. Lucentis has been shown to stop visual loss and is the first drug to show a 30-40 % chance of visual gain. It is administered by monthly injection by an ophthalmologist specializing in retinal diseases. Please speak to your doctor if you would like more information.

Ask the Optometrist:

Q: Why should I get my contact lenses from an optometrist?

A: You may have read about specials offering contact lenses at rock-bottom prices. But there is a lot more to contact lenses than just a “proper fit”. Contact lenses are a health device, not a commodity, and wearing them is serious business. Their use can affect the well-being of your eyes and only an optometrist or an ophthalmologist is legally qualified to assess the health of your eye. The contact lens

“specials” do not include the cost of the follow-up care necessary to keep eye tissues healthy.

To ensure safe and comfortable use of contact lenses, your optometrist will schedule a series of follow-up visits to assess your eye health, as well as the fit of the lenses. Your healthy vision is our first priority. Contact lenses are great, but they are not for everyone. We can help you decide if they are for you. Most importantly, your optometrist will work with you to make sure your eyes stay healthy and your vision stays clear.

DID YOU KNOW?

- Owls have the largest eyes of any species. If our eyes were proportional to that of the owl, our eyeballs would be the size of grapefruits and weigh 5 pounds each.
- It is impossible to sneeze and keep ones eyes open at the same time.

True or False:

“Reading in dim light is damaging to your eyes.”

False. Actually, reading or doing any other close work in a low-light setting may only serve to make you sleepy.

“Sitting too close to the television is damaging to your eyes.”

False. There is no evidence whatsoever that the television can harm your eyes or vision in any way. However, if your child frequently has a front row seat, he or she may be nearsighted. Regular eye examinations will evaluate this.

“Wearing eyeglasses will cause you to become dependent on them.”

False. Eyeglasses are used to correct blurry vision. Since clear vision with eyeglasses is preferable to uncorrected vision, you may find that you want to wear your eyeglasses more often. Although it may feel as if you are becoming dependent on your eyeglasses, you are actually just getting used to seeing clearly.

The greatest compliment our patients can give is the referral of their friends and family. We always welcome new patients and we thank you for your confidence.