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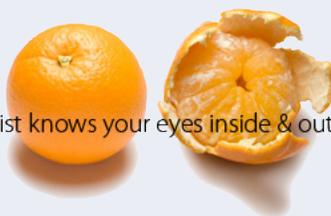
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eye care update

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Vision as we Age

The value of prevention... Health, nutrition and prevention are the keys to quality of life. Maintaining excellent general health can often delay and reduce the effects of aging on our eyes.



An optometrist knows your eyes inside & out.

Several common health conditions, such as high blood pressure, arthritis and diabetes often require medications-some of which affect the eyes and vision. In their early stages, many conditions associated

with aging may not cause symptoms or create problems, and therefore, can go undetected. The consequences of vision impairment prevent healthy and independent aging: social dependence increases, the risk of falls and the mortality rate double, the risk of depression triples, and the risk of hip fractures quadruples.

We, as your optometrists, understand the changes in your eyesight, the importance of early detection and treatment of eye disease and the implications of medications you may be taking. Annual eye health assessments are important to identify your individual needs, assist you in understanding your conditions, and allow us to help you maintain good vision despite these health conditions.



DID YOU KNOW?

Most allergic reactions to cosmetic products occur on the face or eye area but the most common culprit is not eye makeup such as mascara, eyeliner and eye shadow as we might think. Most reactions are due to skin care products and hair care products, in particular, hair dye. The actual component to initiate the reaction is often fragrance or preservatives but even natural cosmetics can be more sensitizing than chemically derived ones. For example, over 40% of the population is sensitive to lanolin which is used in many skin care products.

Will my child tell me if he or she has a vision problem?

Maybe not. Children don't always know they have a vision problem. They might think that everyone sees things the way they do.

My child is doing well at school. Should he or she still have regular vision exams?

Yes. Many children find ways to work extra hard and overcome vision problems. Your child may be able to do even better if his or her vision problem is corrected.

Are there vision screening programs in schools?

No. That is why it is so important for parents to take their children for regular eye examinations.

Please visit our website, click on eye exams and follow the links to children's vision for the full story on children's and baby's vision. Remember, the first visit to the optometrist is a very important first step towards lifelong eye health and good vision!

Before you buy your next pair of eyeglasses...

You have your new prescription in hand and can't wait to choose the perfect, fashionable frame that matches your personality...but wait. First, focus on the lenses. If you are like most people, you choose frames first. As a result, you may be disappointed with the finished product. Many people don't realize that certain lenses work best with certain types of frames. Some factors to consider are:

- Do you have a strong prescription?
- Do you need help seeing close up?
- Do you sit in front of a computer?
- Are you active in sports?
- Do you do a lot of driving?
- Do you spend a lot of time near water or snow?
- Do you take medication? Some drugs make your eyes sensitive to light
- Are you bothered by reflections?
- Is more than one pair really necessary?

As you can see, there are many factors to consider even before you choose your frames. Together with your doctor and our knowledgeable staff, we can create the custom glasses you deserve that will help you see and look your best too!

It is also important to know that according to the law in Ontario, you must have a prescription from us before you purchase eyeglasses. Unfortunately, there are some optical outlets in Ontario that are making spectacles based on computer sight testing without a prescription. These outlets have been ordered to cease these activities by the Supreme Court of Ontario and have been fined heavily, yet they still continue to operate. They are now also on the rejection list of many insurance companies and a claim made for payment from one of these stores may not be honoured. There has been a fair amount of media coverage on this issue already, but we want to bring it to your attention, as informed decisions about our care often result in better choices. For all the above reasons please also be wary of ordering prescription glasses on the internet.

On a personal note...

This year has been full of exciting and difficult times for Dr. Mierzynski and Dr. Tam-Wai. The first half of 2008 flew by with busy schedules for all both in and out of the office and unbelievably by the second half of the year, both Dr. Mierzynski and Dr. Tam-Wai were on medical leave, within a few months of each other, while being treated for cancer. Both doctors remain positive that this is just an unfortunate hurdle in life that is meant to be jumped over, not to stop them. Dr. Witer and Dr. Burroughs, both who have been with the practice for a long time, are providing increased patient hours to accommodate all of the practice's patients. In addition, please welcome Dr. Michael Beach, a long time area resident and Dr. Leslie Ho to our team, both of whom we feel confident in trusting your care to. We ask that you don't ignore or put off your eye health until our return. The other doctors will be pleased to see you in our absence and you may return to see your original doctor or stay with your new doctor for your next regular check up according to your preference. The doctors will also be available for any emergency visits you may require in between regular visits.

We are blessed to have such a great partnership and capable, caring staff to run the office in our absence. As always, our dedicated staff of Gail, Clara and Mike will continue to assist you with your eye care and administration needs. Any other concerns can be forwarded to one of the doctors. Our goal is to assure that your eye care needs are met in a timely and efficient manner. We are confident that we will be back to work soon doing what we enjoy most. We continue to accept new patients and we thank you for your many referrals of friends and family.



Our office is your information resource for all your eye health needs.

With the launch of our website in 2007, valuable information is available with the click of a button about many eye health topics such as advancements in treatment of macular degeneration, laser eye surgery, latest products, eye health library, previous articles published in our newsletters, frequently asked questions and much more. We invite you to visit our site and we look forward to your feedback.