



Morden: 204.822.5478

Carman: 204.745.2792

BOARDING PASS

Flight to Sight

Departure Date:
Thursday, October 17
Friday, October 18

Boarding Time:
9 a.m. - 8 p.m.

25% off all featured frames

50% off all additional pairs of lenses

Enjoy complimentary refreshments in the airport lounge

Enter to win your purchase back
Some restrictions apply

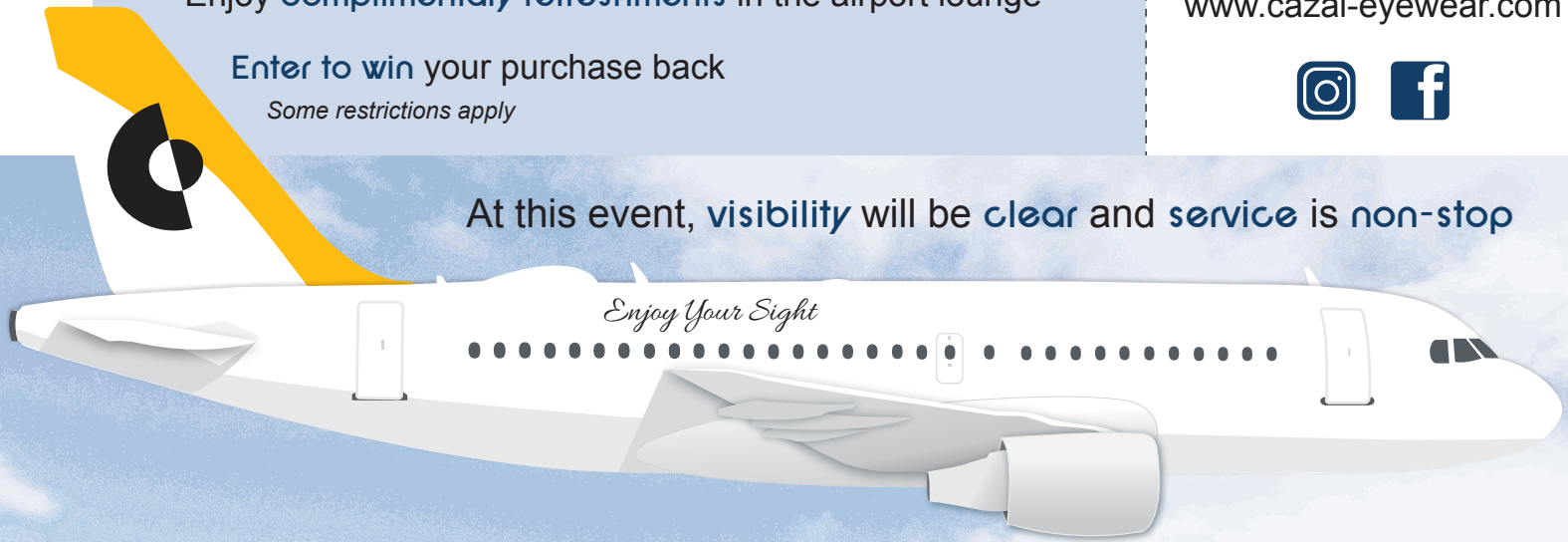
SEC	ROW	SEAT
F	20	20



Preview the frames
www.jfrey.fr/en
www.cazal-eyewear.com



At this event, visibility will be clear and service is non-stop



Pay It Forward to OPTOMETRYGIVINGSIGHT



HELP A CHILD SEE

The World Sight Day Challenge is a major international fundraising campaign that brings the global optometry community together to help end avoidable blindness and vision impairment. Together we can make a bigger impact. Focal Point does not charge for adjustments of the glasses we provide. However, during the month of October we encourage you to make a small donation to Optometry Giving Sight when you stop in for an adjustment! When you do, you can enter to win weekly prizes!

givingsight.org

ORCAM MYEYE 2

New life-changing technology is now available through Focal Point. OrCam MyEye 2 is breakthrough, portable, artificial vision - a finger-sized device magnetically mounted on the wearer's eyeglasses. OrCam MyEye 2 reads printed and digital text aloud from any surface, and seamlessly recognizes faces, products and more. OrCam MyEye 2 gives increased independence to people who are partially sighted blind, have reading difficulties or reading fatigue - empowering them to study, work and function more independently in their daily activities.



The OrCam MyEye 2 allows the wearer to:

- Read text including newspapers books, menus, signs, product labels and screens
- Recognize hundreds of thousands of product barcodes
- Recognize faces and announce to the wearer once identified
- Identify products, enabling an independent shopping experience
- More than 20 intuitive voice-activated commands available in addition to simple hand gestures
- Connect with Bluetooth enabled devices, allowing for headphone or speaker use

For more information about OrCam MyEye 2 visit www.orcam.com OR call our office and ask to speak to Susan, our Low Vision Technician at 204.822.5478



FCC Drive Away Hunger

Help *Drive Away Hunger* with Your Food Donations

Focal Point has partnered with Farm Credit Canada to collect non-perishable food items at our office. According to Food Banks Canada, the most needed items are:

- Pasta, rice and sauces
- Canned meats and fish
- Meat alternatives (packaged nuts, peanut butter, soy)
- Beans, soups and stews
- Canned and powdered milk
- Canned fruits and vegetables
- Whole grain cereals
- Infant foods and formula
- Cooking supplies (flour, oil, spices)
- Cash for the food bank to purchase fresh items provided by Food Banks Canada

All donations are appreciated.

For information on more ways to help, contact:

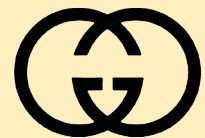
fccdriveawayhunger@fcc.ca
1.855.427.6207

It's All Gucci...

Focal Point is pleased to now feature Gucci Eyewear!

Stop in and see our latest collection.

GUCCI



LUNCH FUNDRAISER



A huge thank-you to everyone who came out to our Hot Dog Lunch in support of the Pembina Valley Humane Society on Sept. 4th! Involving our team in giving back to the community is a priority for our owners and the hotdog lunch was one of the initiatives we've undertaken to that end. All proceeds (\$1100), as well as all donated pet food and supplies went directly to the Pembina Valley Humane Society.

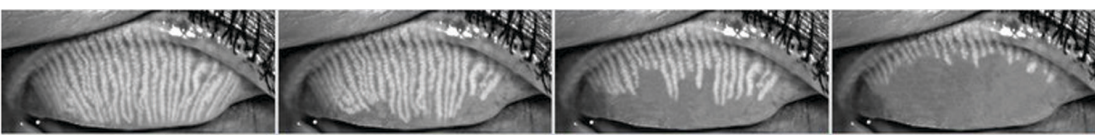
Dry Eye Disease

Written by Dr. Tio Bellisario

Focal Point is pleased to provide a dry eye clinic as part of our practice featuring new dry eye diagnostic instrumentation and new treatments. Dry eye disease is a complex disease and our understanding of it continues to evolve based on new research. As we learn more about the disease, we learn different ways to manage it. This is great news for patients who continue to suffer despite previous treatments. While the disease is not curable, there are many ways to manage it depending on the severity.

Dry eye disease occurs when your eyes do not produce enough tears or produce poor quality tears. If you are having ongoing dry eye concerns, it's essential to have your tears analyzed by your optometrist. This is the first step in our new dry eye evaluation. With our new TearLab instrument we can now take a sample of your tears and measure osmolarity (the saltiness of your tears). As osmolarity increases, the ocular surface cells become inflamed and damaged. To measure this, your optometrist will need an amount of tear fluid no larger than the period at the end of this sentence.

The next step in our evaluation is analyzing your eye surface with our new Oculus Keratograph. This state-of-the-art, non-invasive equipment allows our doctors to diagnose and manage ocular surface disease and dry eyes like never before. We are able to see your tear film in different ways and analyze your meibomian glands, which are responsible for the tear lipid (oil) layer. The white stripes in the images below show these meibomian glands. As you move to right the white stripes disappear. This is gland death. Knowing the health of your glands is important when choosing the proper treatment.



In the past, the typical treatment recommended for Meibomian Gland Dysfunction (MGD) was applying warm compresses to the eyelids, followed by massaging the eyelids. The goal of this treatment was to melt and express any thickened oil clogging the openings of meibomian glands. Depending on the severity of the condition, warm compresses and eyelid massage may not be enough in relieving MGD symptoms.

We are excited at Focal Point to introduce a brand-new technology for the treatment of MGD. The iLux is a new in-office treatment for MGD that uses an LED-based heat source to warm the inner and outer surface of the eyelids to melt and express the waxy secretions trapped inside the meibomian glands.

Most patients can be treated in less than ten minutes.

Studies have shown that iLux treatment resulted in significant improvements in the signs and symptoms of MGD and dry eyes at two to four weeks after the treatment.

The goal of Focal Point's Dry Eye Clinic is to determine the best course of action to treat your symptoms and work with you to give you the best care. If you have any questions feel free to ask your optometrist or schedule an appointment to address your dry eye concerns.



Stay Hydrated For Your Eyes?



Good hydration and eye health are connected. Our bodies are more than 50% water, so it should come as no surprise that dehydration can lead to vision problems and have other serious impacts on our health. If you want to maintain healthy eyes, grab a cup of water and drink it as you read this article.

Water plays an essential role in keeping our organs functioning. If you do not have enough fluid in your system, your body will become dehydrated. Dehydration affects your kidneys and other vital organs. It limits our ability to get rid of waste and slows our ability to heal wounds and recover from injuries.

In terms of eye health, without proper hydration, your body can no longer produce tears, or keep your eyes moisturized, which may lead to eye strain or dry eye.

Blurry vision, eye fatigue, and headaches are all signs that you need to drink more water. But how much liquid should you drink? Experts recommend that healthy adults consume between six to eight 8 oz. servings of water each day.

Avoiding dehydration is a simple, but easily forgotten, task. To ensure you drink enough, keep a water bottle with you at all times and set reminders for yourself to take in more fluids, especially after physical activity!

In addition to ensuring you are hydrated, make sure you stay on top of getting your eyes examined on a regular basis. To learn more about the effects of dry eye, book an appointment with your optometrist today. (Canadian Association of Optometrists)



NEW
DRY EYE
CLINIC
NOW OPEN

Welcome to the Team

Focal Point Comprehensive Vision Care and Carman Vision Services are pleased to announce the addition of Dr. Martina Sawatzky and the return of Dr. Karen Deane to our team of Optometrists.

The addition of Dr. Sawatzky and Dr. Deane to our team of Optometrists in early September will help us to better accommodate our patients and their schedules.

Dr. Sawatzky was born and raised in Winnipeg. She attended the University of Manitoba, and received her Bachelor of Science in 2015. She then continued on to the University of Waterloo and earned her Doctor of Optometry degree in 2019. Dr. Sawatzky has completed clinical internships in Winnipeg, Waterloo, and Florida in the final year of her degree. During this time she developed a special interest in treating ocular disease.

Dr. Sawatzky will see patients at Carman Vision Services on Mondays and will be at Focal Point in Morden on Tuesdays and Wednesdays.

Dr. Karen Deane was born and raised in Winnipeg, Manitoba, where she completed her Bachelor of Science Degree at the University of Manitoba. Upon graduation, she continued her studies at the

University of Waterloo School of Vision Science, where she earned her Doctor of Optometry Degree with honours.

As part of her training, Dr. Deane traveled to Lima, Peru to provide optometry services to those who cannot obtain or afford such care. It was an eye opening experience and she hopes to be involved in many more mission trips throughout her career. In her final year of studies, she completed an ocular disease and therapeutics externship in Salt Lake City, Utah. Here, she gained special interest in diagnosing and managing various eye diseases including glaucoma, macular degeneration and dry eye.

In her spare time she enjoys curling, soccer, running and spending time with her wiener dog, Wally. She is excited to be back at Focal Point after spending a year out west in Calgary, and looks forward to continuing to serve the members of the community.

Our front desk staff is currently scheduling appointments:

Morden: 204.822.5478

Carman: 204.745.2792



32 Stephen St.
Morden, MB
R6M 2G3

Phone: 204.822.5478
focalpointmorden.com
fpmordenrecep@mymts.net

Hours:
Mon - Wed: 8:00 a.m.-5:30 p.m.
Thurs: 8:00 a.m.-8:00 p.m.
Fri: 8:45 a.m.-5:00 p.m.



32 1st St. SW
Carman, MB
R0G 0J0

Phone: 204.745.2792
Fax: 204.745.3782

Hours:
Mon - Thurs: 8:30 a.m.-5:00 p.m.
Friday: 9:00 a.m.-4:30 p.m.

Optometrists

Dr. Tio Bellisario Dr. Jessica Lautenschlager Dr. Cynthia Magarrell Dr. Crystal Henderson
Dr. Brooks Barteaux Dr. Graham Noseworthy Dr. Daniel Klauke Dr. Martina Sawatzky Dr. Karen Deane