

FALL 2016

**FOCAL POINT**  
COMPREHENSIVE VISION CARE  
**CARMAN**  
VISION SERVICES



Morden: 204.822.5478

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**FOCAL POINT** IN **MORDEN** PRESENTS...

# EYES ON LONDON

THURSDAY **20<sup>TH</sup>** & FRIDAY **21<sup>ST</sup>** 9<sup>AM</sup> TO 8<sup>PM</sup>

save **25%** ON ALL FEATURED FRAMES & IN-STOCK SUNGLASSES

save **50%** ON YOUR 2<sup>ND</sup> SET OF ZEISS FREE-FORM LENSES

## FOCAL POINT

has set our eyes on London for our upcoming eyewear event! For two days only, we invite you to save 25 percent on all featured frames and in-stock sunglasses from Prisme Optical. Save an additional 50 percent off your 2nd set of Zeiss free form lenses. Blimey... that's the way to do it! Order that computer pair you've been wanting, or treat yourself to prescription sunglasses.

Focal Point's team is ready to help you find a "smashing" frame - one that's just your cup of tea! Need to update your prescription? Our doctors will be performing eye health exams during the two day event or purchase your frames at the event and order your lenses when you're ready. Walk-ins are also welcome.

And don't forget...

ENTER FOR A CHANCE TO **WIN** YOUR PURCHASE BACK!

## IT'S GOING TO BE BRILLIANT!



Feeling a bit peckish? Enjoy a spot of tea and shortbread provided by Other Brother Roasters compliments of Carl Zeiss. ☕ ☕ ☕



Watch Facebook and Instagram for more details.

TO PREVIEW FRAMES VISIT **PRISMEOPTICAL.COM**

# WHICH MULTIFOCAL CONTACT LENS IS A

**MULTIFOCAL CONTACT LENSES** can be a great alternative for patients who are no longer able to function in single vision contacts. If you notice that when you wear your contacts you are holding your phone or other reading material farther away in order to see them more clearly, you are likely becoming presbyopic. This age-related decline in your near vision becomes noticeable in our 40s or 50s. Whether you wear contact lenses or want to get back into them, multifocal contact lenses may be an option for you!

Different from a single vision lens that has the same power throughout, a multifocal contact lens has a range of powers within the lens, (similar to progressive lenses in glasses). This allows you to focus at distance as well as near without the help of reading glasses.

Multifocal contact lenses provide a very different way for your eyes to work together. In glasses, your eyes move or shift through distance, intermediate or near zones simultaneously. In multifocal contact lenses, your eyes see all ranges at the same time.

## SO WHAT IS THE PROCESS FOR BEING FITTED WITH MULTI-FOCAL CONTACT LENSES?

Once your dominant eye is determined, it is fitted with the lens with more distance power. The non-dominant eye then wears the lens with more near. There are properties of both distance and near in



each lens. This is called 'simultaneous vision'. There are 3 types of simultaneous vision lenses: concentric ring design, aspheric and translating designs.

Concentric ring multifocal con-

tact lenses have a prescription in the center with one or more rings of power surrounding it. These rings alternate between the near and distance prescription.

Aspheric design multifocal contact lenses work more like progressive eyeglass lenses. The prescription powers are blended across the lens. Your eyes will learn to focus at near or distance depending on the moment. The aspheric multifocal contact is becoming the more popular type of lens.

In translating lenses, the near, far (and sometimes intermediate) prescription zones are distinct, and your pupil moves from one to the

# BYE BYE DRY EYE

## TEARS PERFORM VITALLY IMPORTANT FUNCTIONS



- Carry bacteria-fighting compounds to the eye
- Carry nutrients to and waste products away from the eye
- Keep the eye moist
- Provide a smooth refracting surface
- Remove debris from the eye

*"Tear components are produced by the lacrimal gland, several other small glands, and cells within the eyelid. As the eyelid closes, tears are swept downward, toward the nose, and enter the puncta (openings in the upper and lower lids, close to the nose). As the eyes blink, tears are forced through narrow channels into the lacrimal sac. Once the muscles relax and the eye opens, the tears move from the sac to the nasolacrimal duct and into the nose. This accounts for stuffy, runny noses when we cry."*

(source: healthcommunities.com)

## GOOD HYDRATION AND EYE HEALTH – THEY'RE 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. 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-ounce servings of water each day! Avoiding dehydration is a simple, but forgetful, 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! If you want to maintain hydrated, healthy eyes carry a water bottle

Dry eye symptoms include dry, itchy, red, burning, or sore eyes, and other types of dry eye irritation such as excessive tearing or a gritty sensation.

# FIT FOR YOU?

# VISION THERAPY - EYES EXERCISE!

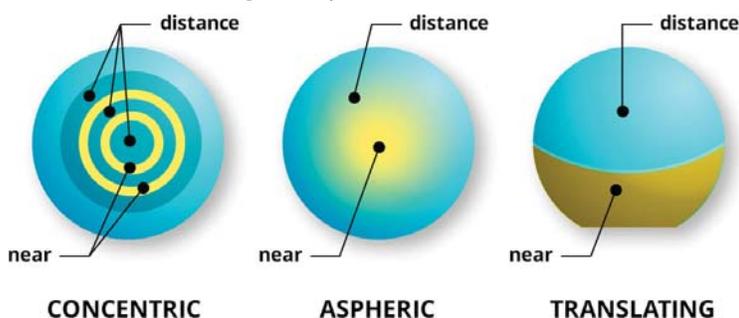
BY DR. GRAHAM NOSEWORTHY

other depending on the visual need of the moment.

The near prescription is usually placed at the bottom of the lens, with the distance prescription at the top — similar to bifocal eyeglasses. This type of multi-focal contact lens is not as common or popular as the other two designs.

New technology has produced more success in multifocal fittings, as well as a greater variety. So if one design does not work for you, another might.

Although trial lenses are free at our office, there is a fee for the multifocal fitting process. This can be more time-consuming than a regular contact lens fitting. **Contact our office to determine if multifocal contact lenses are right for you!**



CONCENTRIC

ASPHERIC

TRANSLATING

## 8 CAUSES OF DRY EYE



Heavy reading or digital device use



Living/working in dry environment



Prolonged contact lens wear



LASIK surgery



Allergy drugs, diuretics, beta-blockers, birth control pills, or other drugs



Diets poor in essential fatty acids or anti-inflammatory foods



Certain health conditions, such as diabetes, arthritis, lupus, and Sjögren's syndrome



Deficiency of tear-producing glands

## A VARIETY OF FORMS OF DRY EYE TREATMENT EXIST INCLUDING EYE DROPS FOR DRY EYES, ARTIFICIAL TEARS, PUNCTAL PLUGS, DRY EYE MEDICATION AND SURGERY.

Persistently dry eyes can potentially lead to rare but serious complications such as cornea inflammation or infection in the eye. While it is important to stay hydrated, it's also key to report dry eye symptoms to your optometrist and maintain regular eye health exams. To learn more about the effects of dry eye, please see your optometrist. (Doctors of Optometry Canada)

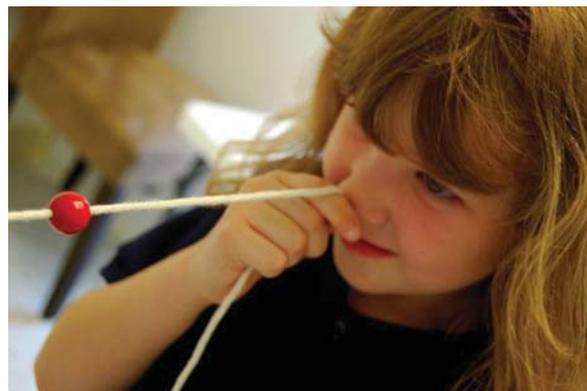
VISION THERAPY is a customized program prescribed and monitored by optometrists to improve visual skills like eye movement control and coordination. It's like physical therapy for the visual system, including the eyes and the parts of the brain that control vision. It changes how the brain deals with visual information. This training is most commonly used in children and tends to give the best results at younger ages (up until around age 6). It has also been effective in adults.

### THE MOST COMMON VISION THERAPY CONDITION OPTOMETRISTS TREAT IS AMBLYOPIA, COMMONLY CALLED "LAZY EYE".

When one eye has not seen well since birth (due to a turned eye, an uncorrected spectacle prescription or other cause) the brain fails to learn how to properly interpret the image the eye sends to it. Vision therapy can be used to force the brain to use that eye to

give it a chance to improve. This is most commonly achieved by patching the other (better) eye. The optometrist determines how frequently and how long the patch must be worn (usually daily between 1 and 6 hours at a time) based on severity and cause of the condition. Patching can be a difficult (and frustrating!) task for both parent and child, but can lead to significant improvement in vision in the amblyopic eye.

Vision therapy is also used to treat eye alignment disorders. When we look at a target in the distance, our eyes should move so that the line of sight from each eye is parallel. When we then look to something closer, our eyes must turn inward (toward our nose) to both point at the target. While this may seem simple, the 6 muscles surrounding each eye which control movement must work in harmony to achieve optimal alignment. If there is an imbalance, an optometrist may prescribe simple home exercises (e.g. trying to watch a pencil approaching your nose) or more elaborate tasks involving the use of computer software to improve function. If the condition is more severe, referral to an office that specializes in in-office vision training may be considered.



Some eye issues cannot be improved by glasses or surgery alone, and vision training can be a powerful tool in these situations. While it often requires dedication and commitment on the part of the patient (or parent) the reward of clear, comfortable vision can be well worth it.

**WANT TO LEARN MORE ABOUT VISION THERAPY? VISIT: <http://doctorsofoptometry.ca/vision-therapy/>**

## AN EVENING WITH

# PRADA EYEWEAR



Carman Vision Services along with Don Baran, representing **PRADA** Eyewear, recently hosted an evening to highlight the **PRADA** frame line. Special pricing was available for the event, and those attending enjoyed wine and cheese while browsing the frame collection. It was the first event of its kind at the office... but judging by the positive response it won't be the last! Did you miss out? You'll be happy to know the Carman office will continue to feature a smaller sampling of **PRADA** in their frame inventory.



### Hours of Operation

#### May to August

Mon. - Wed. 8:00 am - 5:30 pm  
Thursday 8:00 am - 8:00 pm  
Friday 8:00 am - 5:30 pm

#### September to April

Mon. - Wed. 8:00 am - 5:30 pm  
Thursday 8:00 am - 8:00 pm  
Friday 8:00 am - 5:30 pm  
Saturday 9:00 am - 12:00 pm



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### OPTOMETRISTS:

Dr. Earl Lautenschlager   Dr. Tio Bellisario   Dr. Cynthia Magarrell   Dr. Crystal Henderson   Dr. Brooks Barteaux   Dr. Graham Noseworthy   Dr. Jessica Lautenschlager



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### Hours of Operation

Mon. - Thur. 9:00 am - 5:00 pm  
Friday 9:00 am - 4:30 pm