



FOCAL POINT

COMPREHENSIVE VISION CARE

YOUR VISION IS OUR FOCUS



Thank you... from Dr. Friesen

After enjoying a rewarding, 40-year career as an optometrist in Morden, Dr. John Friesen is officially retiring at the end of June. During the past few months, he has had the opportunity to see many of his patients during their regular eye exam in our office. To any of his regular patients he has not already had the

chance to see, Dr. Friesen would like to say thank you for entrusting him with your eye care over the years. He is confident about the smooth transition of your eye health treatment plan within Focal Point's group of associated optometrists.



Dr. John Friesen and his wife, Ingrid

Seeing Diabetes Through Your Eyes

Your Optometrist can diagnose Diabetes in its early stages

Optometrists are an important frontline defense for patients living with diabetes as well as the 50% of the population who have not yet been diagnosed

Canadians are facing a growing epidemic of diabetes. This epidemic affects approximately 2 million Canadians, with 90% of diabetic patients being Type 2. Experts estimate that new cases of Type 2 diabetes will double by 2025.

New cases of Type 2 diabetes increase with age, usually occurring in middle age or the later part of life. However, there has also been a rise in childhood/adolescent Type 2 diabetes.

What eye health issues are linked to diabetes? Diabetics are at risk of extraocular muscle palsies, paralysis of the facial muscles around the eye. They tend to develop cataracts at a much younger age than the general public. Neo-vascular

glaucoma, a very difficult type of glaucoma to treat, is also linked to diabetes. But diabetic retinopathy remains the most serious vision-threatening form of the disease. It is the leading cause of blindness in

between the ages of 19 and 65 according to the Canadian Diabetes Society. Sight loss from diabetic retinopathy occurs due to bleeds in the macula (diabetic macular edema), pulling on the retina (retinal traction) or blood collecting in the gel-like fluid inside the eye (vitreous hemorrhage).

An optometrist will ask diabetics about their blood sugar levels, blood pressure and cholesterol and will advise patients to practice beneficial lifestyle choices

such as regular exercise, a healthy diet and refraining from smoking.

Type 2 diabetics should have a comprehensive eye exam that includes an Optomap retinal scan after being diagnosed. This scan can

When asked, Canadians said they feared losing their sight over the loss of any other sense

detect even the smallest hemorrhage. Follow up appointments are determined by the severity of any retinopathy. In patients with minimal or no retinopathy, yearly eye exams are recommended.

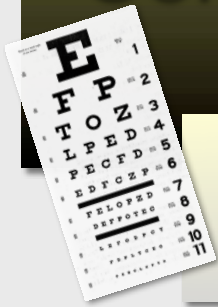
Focal Point is pleased to welcome Dr. Carmen Recksiedler to our office.

After growing up in Winkler, Dr. Recksiedler earned a Bachelor of Science with a Chemistry major from the University of Manitoba. She then obtained her Doctorate in Optometry from the Illinois College of Optometry in Chicago, Illinois in 2010. Dr. Recksiedler is a welcome addition to our team of Optometrists and is now accepting appointments. Please call our front desk to schedule an eye health exam (822-5478).

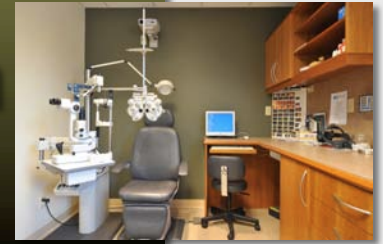


Dr. Carmen Lane Recksiedler

What Does A “Comprehensive Eye Health Exam” Look Like?



Determining your “visual acuity” or whether you can see clearly is only the start of a comprehensive eye health exam



What goes on during an eye health exam at Focal Point? What kinds of things are being evaluated during some of the procedures the technicians and doctors perform? Beginning with your pre-exam, the doctor’s technician records information about your basic vision, eye pressure, and family history. Each instrument evaluates a different aspect of your vision or eye health.

Your optometrist checks for the presence of nearsightedness, farsightedness, astigmatism and presbyopia, assesses your eyes’ ability to work together and examines your optic nerve to rule out glaucoma. Further examination of the interior of your eyes (retina) can rule out other problems including retinal holes or tears, dry and wet macular degeneration. Additional assessment through a visual fields test can help monitor or determine the severity of glaucoma or macular degeneration.

Why do we encourage regular eye exams and Optomap retinal scans, even though patients feels their vision is stable? Only optometrists and ophthalmologists have the specialized diagnostic equipment and training to identify serious conditions like diabetic retinopathy (See article on page 1). Through dilating your eyes and using sophisticated retinal imaging, they are able to see the early stages of diseases (including cancer) that would otherwise not be detected until a more advanced stage.

How important is it that you answer “better or worse” during your exam? What if you give the “wrong answer” or are unsure?

Don’t worry. During your eye health exam your optometrist is evaluating your vision through several different methods. (That’s how they are able to assess vision in babies and toddlers who aren’t verbal yet.) That’s also why memorizing the letter chart doesn’t change things. It’s impossible to cheat during an eye exam!

Our certified contact lens fitters are also trained to identify potentially harmful eye conditions. Even if your contact lenses feel comfortable, regular contact lens evaluations with a trained professional can detect or help prevent adverse effects and damage to your cornea before a more serious condition develops. Through regularly scheduled follow up appointments, our office checks for signs of overuse, allergic reactions and corneal hypoxia (lack of oxygen). We assess your tear film for debris and overall resiliency, and assess your eyelids for giant

papillary conjunctivitis (infection), eyelid integrity, and the dynamics of eyelid/contact lens interaction. We also check the integrity of your corneal “seal” with a dye called fluorescein to see if your cornea is being irritated by movement of your lenses. Contact lenses are a medical device being placed on the surface of your eye, and we take that very seriously. In fact, by law we cannot legally issue contact lenses, a “Class II Medical Device” to you unless we adhere to stringent rules linked to your follow-up care.

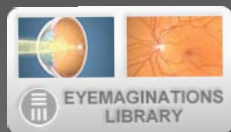
If you’re ever curious about what is happening during your eye exam or why your optometrist is recommending additional tests or follow-up appointments, please ask!

Focal Point’s optometrists and certified contact lens fitters are committed to preserving and maintaining your eye health and sight throughout your life. Through regular, comprehensive eye health exams we maintain your personal eye health treatment plan.

The Canadian Association of Optometrists recommends that eye exams be done yearly beginning at 6 months old

Visit Focal Point’s re-designed website @

www.focalpointmorden.com



Click on this link to view educational videos about eye health and vision - available in English, French and German

Keep up with what's new in our office on [facebook](#)



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
Thurs. 8:00 am - 8:00 pm
Friday 8:00 am - 5:30 pm
Saturday 9:00 am - 12:00 pm

Dr. Brooks
Barteaux

Dr. Earl
Lautenschlager

Dr. Cynthia
Magarrell

Dr. Crystal
Henderson

Dr. Tio
Bellisario

Dr. John
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