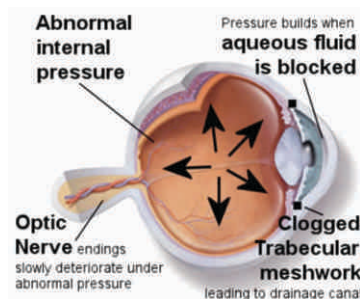


# Managing GLAUCOMA

**According to the National Coalition for Vision Health 300,000 Canadians are affected by Glaucoma. Of that number 50% are unaware they have the disease.**

Glaucoma is actually a group of eye diseases that cause damage to the optic nerve. If left untreated it can cause permanent vision loss and lead to total blindness. It is often referred to as a "silent thief" of vision, gradually stealing sight without warning and often without symptoms. The exact cause of glaucoma is unknown. It is often linked to the internal (intraocular) pressure in the eye. The pressure in the eye is maintained by the flow and production of a thick watery substance that fills the space between the cornea (front surface of the eye) and the lens. In some people glaucoma develops when there is an overproduction of fluid. In other cases, the passages that allow the fluid to flow within in the eye become clogged or blocked. In either scenario, when the fluid has no where to go, the increase in pressure damages the nerve fibers and blood vessels in the optic nerve, the weakest area of the eye. People over the age of 40 have a higher frequency for



## Types of Glaucoma

- Primary Open Angle\*
- Normal Tension
- Angle Closure
- Acute
- Pigmentary
- Exfoliation
- Trauma Related
- Childhood

\* Most Common

For more information on Glaucoma (including descriptive animations), visit the **Eyemaginations** feature on our website:

[www.focalpointmorden.com](http://www.focalpointmorden.com)



developing glaucoma, but it can occur at any age. A strong family history of glaucoma can also increase your risk of developing the disease. Other risk factors include diabetes, high blood pressure and eye injuries. Glaucoma is a complex disease to diagnose. Regular comprehensive eye health examinations are the key to early detection.

*Your optometrist is on the front line of glaucoma detection and will often work in partnership with an ophthalmologist specializing in glaucoma to manage and treat those affected by the disease*

Your optometrist's diagnostic methods used include a visual field screening, measurement of the intraocular pressure, internal examination of the optic nerve, photo documentation of the nerve and pachymetry (measurement of the corneal thickness). Testing of the retinal nerve fibre layer on an OCT (Ocular Coherence Tomography) instrument, and a comprehensive field test to measure nerve function on a Humphrey's Field Analyzer are also used to diagnose the disease. Treatment for glaucoma involves medicated eye drops and/or surgery to achieve a desired target pressure within the eye. *Diligent follow up appointments either with your optometrist or ophthalmologist, and compliance with your treatment regimen will slow the progression of the disease and help preserve your vision. (See below)*

If You Are...	You Should Be Seen
Suspected of developing Glaucoma	Every 1 to 2 years
Someone with Early-stage Glaucoma	Every year
Someone with Moderate-stage	Every 6 months
Someone with Advanced Glaucoma	Every 4 months



## 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. Earl Lautenschlager Dr. Tio Bellisario Dr. Crystal Henderson Dr. Cynthia Magarrell Dr. Brooks Bartheaux Dr. Carmen Reckisdler Dr. John Friesen

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Boundary Trails Place, 32 Stephen St. Morden, MB. R6M 2G3  
email: eyedoc@mts.net website: www.focalpointmorden.com



**FOCAL POINT**  
COMPREHENSIVE VISION CARE

YOUR VISION IS OUR FOCUS

Eye Health Exams available  
Thursday Evenings and  
Saturday Mornings!



SPRING 2011

## March Is All About UV and YOU...

As part of UV Awareness Month at Focal Point, we can't stress enough, the importance of wearing sunglasses year round for effective UV protection.

Unprotected UV exposure in any season can lead to eye health concerns like cataracts and macular degeneration. Glare from the sun can also inhibit your activities like working outdoors, driving, playing sports, or sightseeing on vacation. Let us demonstrate the difference quality sunglasses can

make to your visual comfort in the sun. We can help you select the right tint colour, lens design and frame fit for proper coverage and comfort.

Protecting your eyes against damage from the sun now will mean long term vision benefits for seasons to come! Simply clip the coupon below, or visit our website to download one ([www.focalpointmorden.com](http://www.focalpointmorden.com)) and get ready to save up to \$100 off your new sunglasses.



## UV and YOU...

**SAVE \$100** on prescription sunglasses

**SAVE \$50** on non-prescription sunglasses

Valid until March 31st, 2011

Not to be combined with any other offer. Some restrictions apply.

ENTER ALL MONTH LONG to WIN your sunglass purchase back!

How many pairs of sunglasses does a kid REALLY need?



Your kids are in the time of their lives when they experience the most UV exposure. It's important to make sure they wear sunglasses outdoors year round, whether on the playground at school or in the backyard. Sunglasses for kids are inexpensive, so keep several pairs handy:

- ☒ in their backpack or sports bag
- ☒ in the vehicle/car seat
- ☒ by the back door
- ☒ in their locker or desk for outdoor school breaks

Make it easy for your kids to get in the sunglass habit!

Join us March 10<sup>th</sup>



Shane Komar, our representative from Maui Jim will be in our office from 9am to 8pm to help you choose your new Maui Jim sunglasses.

Enter to win back your Maui Jim purchase



Holding a ZEISS 50% off 2nd Pair certificate?



Make your second pair SUNGLASSES.



# Safety First



Focal Point partners with local companies to provide CSA approved safety glasses for the workplace to improve vision safety for their employees. Our safety package includes industrial standard lenses, frames, and side shields at very affordable prices. Our basic package including single vision lenses is priced at \$126 with progressive lens packages starting at \$229. These packages are also available at a non-group rate for individuals.



## Eye Safety at



*Vision can be threatened by foreign bodies, trauma, infection, or exposure to chemicals or particulate matter, such as dense smoke. Guard your sight. Protect your eyes with safety glasses.*

A common procedure in our office is "foreign body" removal. Debris in your eyes can result when you're doing yard work, home repairs or common handyman projects.

We carry non-prescription safety kits that contain 3 shields: one clear, one tinted and one sunshield. The protective shields are high impact resistant, and feature anti-fog, anti-static and anti-scratch treatments. The sun shields offer 100% UV protection. They are available for \$49 including a case, cleaner and lanyard.



## If You Get Something In Your Eye



- Do not rub your eye
- If your natural tears do not flush the particle out, flush your eye with cool water. (Be sure to wash your hands before touching your eye.)
- Remove the particle with a wet cotton swab while holding your upper or lower lid open.
- Never try to remove anything that is embedded or lodged in your eye. Cover your eye with a loose dressing, being careful to avoid putting pressure on the eye, and proceed to your optometrist or emergency room.
- NOTE: Chemical burns are always considered an emergency:
  - Rinse the eyes immediately with gently flowing water for at least 20 minutes (Rinse right over contact lenses, do not remove them.)
  - After a few minutes, begin to rinse the unaffected eye, because the rinsing process could wash some of the chemical into the unaffected eye.

## Let's be very clear...

Now everyone can experience the clarity of Zeiss digital lenses and enjoy up to 40% wider fields of view than standard single vision lenses. Digital lens technology also offers clearer acuity and more vivid images. They are fully customized for every RX.

*Ask about our introductory offer*

Experience it for the first time... If you wear single vision lenses, right now Focal Point is offering a special opportunity for you to move into digital lenses and save.

**Not just single vision... customized single vision!**



# The Doctor will see you now...



Dr. Earl Lautenschlager



Dr. Tio Bellisario

Dr. Earl Lautenschlager is pleased to announce that following the recent retirement of Dr. John Friesen, Dr. Tio Bellisario has joined him in leading Focal Point's team of optometrists as a co-owner.



Dr. Cynthia Magarrell

Dr. Crystal Henderson

Dr. Brooks Barteaux

Dr. Carmen Recksiedler

The growth of our team of optometrists means Focal Point can more easily work with you and your family's schedule for your eye health exams. Focal Point's doctors provide the most comprehensive eye health exam possible, not only maximizing your vision, but preserving your eye health. We stress the importance of regular exams that include a detailed Optomap retinal scan. We invite you to "see what comprehensive vision care" looks like.

We are pleased to offer eye health exams on Thursday evenings and Saturday mornings. Call our office at 822-5478.

## Thanks For Your Ongoing Support!



It has been another significant year in the development of optometry's



International Charity of Choice, with more than \$US1.2 million disbursed in 2010 to an ever increasing number of sustainable vision care projects throughout the world, bringing the total disbursements to date to more than \$US 4.0 million. Special thanks to those of you who made a donation through Focal Point's "Decorate to Donate" Christmas campaign. Through those donations coupled with those from Focal Point's doctors and staff, a total of \$2,604 was raised for Optometry Giving Sight.



## Highlights for 2010:

Funds provided by donors and sponsors throughout 2010 supported 18 refractive error projects in 16 countries. More than \$US1.2 million was disbursed with the following outcomes:

- 325,189 people received an eye examination
- 31,609 people received glasses
- 60,608 people were referred for further treatment
- 683 people were trained as mid level eye care personnel; and/or are in the process of being trained as optometrists and optometric technicians
- 5 Vision Centres were established and 3 Vision Centres received ongoing support
- 4 Schools of Optometry received ongoing funding support to train both optometrists and optometric technicians in Malawi, Mozambique, Eritrea and India.



## We Do!



... want to help you look like a dashing couple in your wedding photos! If you're planning your wedding, stop in and let us help you choose your new look... OR fit you with contact lenses for your big day!

## Need Contacts?

Current daily contact lens wearers  
**30 pairs for \$59**  
**90 pairs for \$99**

Considering contacts for the first time? Ask about our promotion for you, too.

