

FOCAL POINT
COMPREHENSIVE VISION CARE

CARMAN
VISION SERVICES

Autumn 2023



Morden 204-822-5478

Carman 204-745-2792

SEEING IN THE RAIN

OCT 18-20

Featured Frame Lines:

Bellinger,
Entourage of
7, Blac,
Kio Yamato,
O&X New York,
Nathalie Blanc
Paris,
Toms

Wed 6pm-8pm:

By Appointment

Thurs-Fri 8am-8pm:

Appointments Encouraged, Walk-ins
Welcome!

Ladies and gentlemen it is with great pleasure we direct your attention to something quite extraordinary. Focal Point invites you to our fall frame show Seeing in the Rain on October 18, 19 and 20th! Folks you're gonna enjoy 25% off all featured frames from Bellinger House, Nathalie Blanc and more... you will also enjoy 50% off additional sets of Zeiss free form lenses! These deals are locked and loaded! My goodness what an opportunity. What an astonishing moment in time! As always, enter for a chance to win one of your purchases back, some restrictions apply. Join us on October 18-20. Reporting here in Morden Manitoba, may you have a pleasant evening.

50% OFF
additional ZEISS free form lenses

25% OFF
all featured frames



Enter to WIN your purchase back!

Restrictions apply*

Welcoming Maison Nathalie Blanc

We've had the pleasure of introducing Nathalie Blanc to our eyewear gallery in 2023. Maison Nathalie Blanc has become one of the benchmarks of the eyewear design, positioning itself as a "luxury and chic" brand mixing tradition with a modern approach. Nathalie Blanc Paris' collection is designed to match perfectly with the face's natural curves. The avant-garde collection offers a variety of colours in a subtle palette, delicate frames, and detailed temples, mixing tradition with a modern approach. The design is pure and delicate, with special care given to every detail. Influenced by the 1970's, the frames have featured a delicate flash or graduated lens and sophisticated combinations of the French know-how. We are proud to carry this exceptional collection of frames.

Follow us for more details



DRY EYE CLINIC

In the fall of 2022, Susan Doell stepped into the role of Ocular Hygienist, the first position of its kind at our office. This was an exciting step towards our goal to offer treatments for dry eye patients that are otherwise not readily available to the southern health region. 1 in 4 people have dry eye disease and many cases go undiagnosed. Dry Eye Disease is a chronic condition that affects the Meibomian Glands, and the delicate tear film. If left untreated, severe dry eyes may lead to eye inflammation, abrasion of the corneal surface, corneal ulcers and in some cases, vision loss. Professional treatments for dry eye include:

Intense Pulse Light (IPL)

A technology used by cosmetic and medical practitioners to perform various skin treatments for aesthetic and therapeutic purposes. This includes hair removal, photo-rejuvenation (e.g. the treatment of skin pigmentation, sun damage, and thread veins) as well as to alleviate dermatologic diseases such as acne. IPL is increasingly used in optometry and ophthalmology to treat evaporative dry eye disease due to meibomian gland dysfunction.

Low-Level Light Therapy (LLLT)

LLLT, is a form of dry eye treatment that applies low-level lasers or light-emitting diodes (LEDs) to the surface of the body. The application of low-power lasers relieves pain or stimulates and enhances cell function. LLLT is also known as photobiomodulation (PBM).

LLLT has proven effective at treating dry eye disease. It uses specially designed LED lights to gently warm up the eyelids, causing the meibomian glands to unclog and release oils needed to keep eyes healthy, moisturized and comfortable.



Focal Point's IPL and LLLT Treatment Package

Our office bundles the IPL and LLLT therapy to treat dry eye disease. Typically, there are four treatment sessions approximately 2 weeks apart. Your doctor will perform manual expression of the lower lid meibomian glands immediately after the treatment while the oils in the glands are still warm from the red mask (LLLT). Expressing the glands helps push out the thick toothpaste-like oil until only clear oil is coming out. Both treatments are very safe and non-invasive.

Aftercare

Aftercare for IPL and LLLT is very simple, you need to apply sunscreen to your face when you go outdoors. It is best to avoid harsh topical products such as retinol and glycolic acid after treatment for one week. During the first 4 to 6 weeks following the treatment, prevent direct sunlight on the treated area and wear sunscreen with SPF 30 or greater.

Other professional treatments such as the Systane® iLux 2® and ZEST (Zocular Eyelid System Treatment), and more are also available in our Dry Eye Clinic. There are multiple forms of dry eye disease, therefore the right treatment plan for each patient can look different. Talk to your Optometrist about what dry eye treatment would work best for you.

OMEGA-3 & DRY EYE DISEASE

Omega-3's are hard to obtain through diet alone. You would need to eat 5.2 cans of tuna per day to get to recommended doses! This can be an issue since there are toxins/heavy metals in fish.

Main ingredients in Omega-3 supplements are ALA, EPA, DHA and an Omega-6: GLA.

- ALA (flaxseed): acts more like an Omega-6 in the body. It can increase inflammation in high doses.
- EPA is used more in the general body.
- DHA is used more in the eyes and brain (central nervous system).
- More studies are needed to see how beneficial GLA is.

Omega-3's contain preservatives.

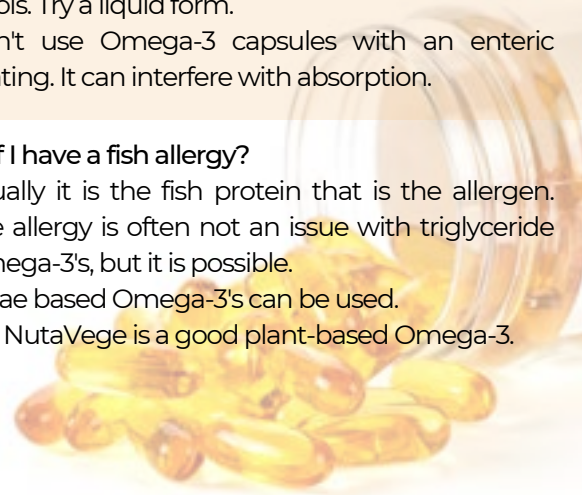
- Commonly Vitamin E or D-alpha tocopherol.
- D-alpha tocopherol is a synthetic form of Vitamin E that is an excellent preservative, but it thins out your blood (by decreasing platelet aggregation).
- D-alpha tocopherol is used in ethyl ester forms of Omega-3's and NOT in triglyceride forms.
- It is D-alpha tocopherol that increases bleeding and not the actual Omega-3's.

Take your Omega-3's with food.

- Your body will absorb it more efficiently.
- Too much Omega-3 can give you loose stools. The glycerine capsule could also cause loose stools. Try a liquid form.
- Don't use Omega-3 capsules with an enteric coating. It can interfere with absorption.

What If I have a fish allergy?

- Usually it is the fish protein that is the allergen. The allergy is often not an issue with triglyceride Omega-3's, but it is possible.
- Algae based Omega-3's can be used.
 - NutaVege is a good plant-based Omega-3.



NOT YOUR AVERAGE WALK IN THE PARK

No outfit is complete without great accessories! Focal Point had the privilege of showcasing eyewear at A Walk In The Park, a fashion show hosted by South Central Cancer Resource. SCCR worked diligently to create an event that was fun for guests and models alike! What made this event particularly special? Each model walked in the show to a write up of their heartwarming stories announced by MC's Chris Sumner and Jayme Giesbrecht. The audience was captivated by the stylish outfits, and moved by the stories of the participants. Thank you SCCR for letting us take part in your show!

ANOTHER SUCCESSFUL KATIE CARES FASHION SHOW!

The Katie Cares fashion show remains one of our teams favourite community events. Focal Point had the opportunity to style the models with eyewear for the show. The fabulous event was bigger and better than ever with 650 guests!

What this organization does for the community each and every day is incredible. It's amazing to see the community coming together to celebrate life, and show their overwhelming support.



Presenting our newest Graduates!

Six team members enrolled in the Canadian Certified Optometric Assistant (CCOA) program in September, 2022. CCOA is an online education program built to provide skills and knowledge that will help members thrive in their optometric practice. Continuing education for our team greatly benefits the community as their education will allow for the highest quality eye health care to patients. CCOA's commit to continuing education, and are held accountable by the Canadian Association of Optometrists. All six completed their CCOA certifications in Spring, 2023!

Kalynn Warren enrolled in the Opticians program to get her license. This intensive, two year program focuses on eye conditions, eye health, eyewear, and more. We understand that seeing a Licensed Optician will ensure patients receive high quality service from an accountable professional. Licensed Opticians have to meet standards of practice and training, commit to ongoing education, and are held to these standards by the Opticians of Manitoba (OOM). Kalynn graduated from this program in August 2022!

Congratulations:

Martha Zacharias, Kyiah Meleck, Trudy Knelssen, Sara Boughen, Reghyn Wall, Sonia Friesen, and Kalynn Warren



Skating with Superheroes

We had the pleasure of collaborating with the City of Morden on an event for the children in our community. The Access Event Centre hosted the event "Skating with superheroes". The idea came from Lili Krushel who noticed our The Eye-Vengers theme for our 2022 fall frame show and wanted to incorporate that somehow. The event featured face painting, a space for kids to trade Pokémon cards, free public skating with superwoman and captain America, as well as a figure skating show. We appreciated everyone who came!



DON'T LOSE YOUR STRIPES

Dry Eye Disease is more than just symptoms



Healthy



Dry Eye Disease

We too have stripes! Your Meibomian Glands located in your upper and lower lids (shown below) provide the oil layer of your tears. The oil serves to decrease the rate that your tears evaporate.

MYOPIA Management

What is myopia?

Myopia is blurry long-distance vision, often called 'short-sightedness' or 'near-sightedness'. A person with myopia can typically see clearly up close – when reading a book or looking at a laptop screen – but words and objects look fuzzy on a whiteboard, on television, across the room, when looking outdoors or when driving.

Why is myopia a concern?

The rate of myopia is growing across the world, increasing from 22% of the world's population in 2000 to 33% in 2020 – half of the world's population expected to be myopic by 2050.¹ Most myopia is caused by the eye length growing too quickly in childhood. The eyes are meant to grow from birth until the early teens and then cease, but in myopia the eyes grow too much and/or continue growing into the teenage years. Once a child becomes myopic, their vision typically deteriorates every 6-12 months, requiring stronger and stronger prescriptions. Most myopic children tend to stabilize by the late teens and early 20's.² Excessive eye growth raises concern because even small amounts of stretching can lead to increased likelihood of vision threatening eye diseases in later life, such as myopic macular degeneration, retinal detachment, glaucoma, and cataract.^{3,4}

Exactly why these changes are happening is not completely understood, but there are a number of risk factors that have been found. Genetics certainly plays a large role with high risk factors including having 2 myopic parents (or 1 highly myopic parent), a sibling with high myopia, family history of retinal detachment or being of Asian descent. It has been well documented that children who spend less time outside have a greater chance of becoming myopic, although the underlying reason for this is not yet known for certain.

Theories include increased near work indoors (reading, tablets) and decreased sun exposure as possible contributing factors. There is some thought that since we tend to hold phones and other handheld electronic devices closer to our eyes than other near objects (like a book) that the extra focusing demand could be playing a role in myopia progression. Other factors can include socio-economic status and geography.



Why manage myopia in children?

Myopia progresses fastest in younger children, especially those under age 10.⁵ This means that the most important opportunity to slow eye growth is when children are younger. Myopia management aims to apply specific treatments to slow the excessive eye growth to a lesser rate. Experts agree that myopia management should be commenced for all children under age 12, and typically continue into the late teens.^{6,7} The short-term benefit of slowing myopia progression is that a child's prescription will change less quickly, giving them clearer vision for longer between eye examinations. The long-term benefit is reducing the lifetime risk of eye disease and vision impairment. This risk increases as myopia does³ with the good news being that reducing the final level of myopia by only 1 dioptre reduces the lifetime risk of myopic macular degeneration by 40% and the risk of vision impairment by 20%.⁸

Treatments for slowing myopia progression

Standard, single-focus long distance spectacles or contact lenses do not slow down the progression of childhood myopia.⁸ Instead, specific types of eyeglass lenses, contact lenses and eye drops called atropine have been proven to slow myopia progression in children.⁶ The best option for your child will depend on their current prescription and other vision and eye health factors determined in their eye examination. Your eye care practitioner will discuss the options with you to determine the best option. Treatment options vary across the world due to availability, supply and regulatory reasons. It is important to note that no treatment can promise the ability to stop myopia progression in children, only to slow it down.

Glasses

Myopia controlling lenses can both correct the blurred vision of myopia and work to slow down myopia progression. They are safe to wear and adaptation is typically easy with the only side effects being related to the limitations that eyeglasses pose for sport and active lifestyles.

There are currently a small number of lens options in the market today designed to slow down Myopia progression. MiYOSMART, and MiSight are among the two most popular options as they have proven to slow down progression by 60% and 59% respectively. More companies are coming to market with their own designs. At our practice, we believe it to be imperative that the products we carry have evidence and data backing the product.

Atropine eye drops

Atropine eye drops in strong concentrations (typically 0.5% to 1%) are used to temporarily dilate the pupil of the eye and stop the focusing muscles working in a variety of clinical applications. Atropine eye drops for myopia control are a low-concentration (0.01% to 0.05%) with much fewer side effects. Spectacles or contact lenses are still needed to correct the blurred vision from myopia as atropine only acts to slow myopia progression. They are dosed once a day before bed. Exactly how the drug achieves this is not well understood at this time and more research is being done. Results have varied across different studies, but it has shown up to 50% reduction in myopia progression in the higher concentration (0.05%).¹⁵ Atropine eye drops are typically used at nighttime before sleep, so they are only utilized in the home environment. They are also ideal if the effective spectacle or contact lens options for myopia control are not suitable or not available for your child.

Combination treatments

There is interesting evidence that atropine, when combined with orthokeratology, may have improved efficacy than either treatment used separately. A meta-analysis published in 2020 analyzed data from 341 children from two studies and three trials, and found a statistically significant reduction in myopia over one year in combination treatment compared to orthokeratology alone. One or more of the myopia control options described may be appropriate for your child. If you would like more information, we encourage you to ask questions at your son or daughter's next appointment or to call our office and speak with their optometrist.

Contact lenses

Options for contact lenses that slow Myopia include soft contact lenses and orthokeratology.

MiSight daily-disposable contact lenses are worn during waking hours. There are benefits in safety with daily disposables being the safest modality, and the number of lenses retained meaning loss or breakage is less of a practical issue. The MiSight® 1 day lens is clinically proven to slow the progression of myopia by 59% over 3 years when prescribed for children 8-12 years old. The recommendations from this study are that the lenses should be worn a minimum of 6 days per week for at least 10 hours per day.

Orthokeratology (ortho-k) is the fitting of specially designed gas permeable contact lenses that you wear overnight. While you are asleep, the lenses gently reshape the front surface of your eye (cornea) so you can see clearly the following day after you remove the lenses when you wake up.

Resources

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