



FOCUS

Eye on News

Get *inked* on the dangers of UV

Scientists from Glasgow have developed UV-sensitive “intelligent inks” that change colour when there is danger of sunburn. But the challenge won’t be cost or technology, since the indicators are easy to make and inexpensive (20 to 30 cents each) but getting sun lovers to use them.

The health dangers of UV overexposure range from sunburn and conjunctivitis to photo-ageing, cataracts and skin cancer.

The indicator strip, developed to suit different skin types, can be worn on a bracelet or as a sticky label on clothes. An acid-releasing chemical is activated by UV light and a pH indicator dye changes colour as the acid increases in strength. A prototype will be tested soon.

Most people don't realize they've been over exposed to UV because the effects don't show straight away.

Talk to us about protecting your eyes from UV. ▢



Your Doctor Recommends™

Dr. Alina Gupta

Q. I wear contact lenses – is it important to follow the care instructions?

A. Contact lenses are among the safest methods of vision correction when you follow the proper wearing instructions. However, when you don't use your lenses as directed, the consequences may be dangerous.

Always stick to your Optometrist's recommended replacement schedule. Here's a tip: use your paper or electronic calendar to remind yourself to replace your lenses. Here's another: when you open a new box of lenses, write your 'fresh lens' date on the individual lens packages. Need more useful tips?

We can help. For the best eye health, see us for your regularly scheduled contact lens and eye exam.

Score big on safety!

You do your best to protect your kids. They eat their veggies, get plenty of rest and wear a helmet when they ride their bicycle. But what about protecting their eyes?

Back in school, your children will take part in a wide range of sports. Eye injuries can be devastating. Basketball, for instance, is one of the leading causes of injuries because of blows from fingers and elbows.

As well as abrasions of the cornea, sports injuries can include internal bleeding and retinal detachments. The most serious risks involve permanent vision loss along with infection. Patients who have sustained eye injuries are at greater risk for developing glaucoma.

Student athletes of all ages need to wear sport-specific protective eyewear that's been properly fitted by an eye care professional. Lenses made from polycarbonate materials provide the greatest level of impact protection and can withstand a ball or other projectile travelling at high speeds.

Properly fitted protective eyewear won't hurt performance and may save your child's sight. Even if the school or sports league doesn't require protection, parents need to ensure their children wear eye protection.

Parents – don't slow them down. Instead, help them understand the importance of eye safety while they dribble, pitch, swing, kick or spike. They can have fun and stay safe! ▢



School time, any time

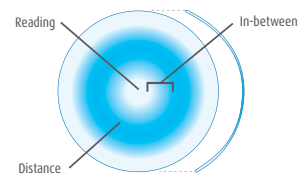
Back to school time is the perfect time to bring in your children for a thorough eye examination. That's where we come in – Optometrists are fully qualified to conduct a complete eye exam.

It's never too early. Even if your child doesn't display any signs of vision trouble, the Canadian Association of Optometrists recommends infants have their first eye exam by the end of their first year, and toddlers by age three. Early diagnosis of a vision development disorder will allow for early intervention.



The Hand Off:
The hassle of having to borrow readers because your contacts won't do.

Expect More From Your Contacts.
Get Bausch & Lomb PureVision® Multi-Focal Lenses.



With their All-Distance Optics™, PureVision Multi-Focal contact lenses seamlessly adjust your vision from reading to distance and everywhere in-between. So you see everything effortlessly and comfortably. And you can say bye-bye readers and end the hassle of *the hand off* from here on in.

Visit goodbyereaders.ca for more information.



© 2009 Bausch & Lomb Incorporated. ®/TM Denotes trademarks of Bausch & Lomb Incorporated. TP4445

Reduce your risks

Diabetes and your Optometrist

The number of people living with diabetes in Canada is approximately two million. An alarming fact is that many individuals with diabetes have not been diagnosed and are unaware they have the disease.

Diabetes prevents your body from making or using insulin, which leads to increased sugar levels in your bloodstream. Diabetes can lead to serious complications and premature death.

What are my vision risks?

Diabetes can cause changes in your vision and can result in cataracts and glaucoma. The most serious eye problem is diabetic retinopathy, a weakening or swelling of the tiny blood vessels in your eye's retina. If diabetic retinopathy is untreated, blindness can result.

Your Optometrist's role in prevention

Sometimes the early signs of diabetes are detected in a thorough optometric exam. If you already have diabetes, your eyecare professional can diagnose potential vision-threatening changes in your eyes that may – if treated – prevent blindness.

Treating diabetic retinopathy

Early detection of diabetic retinopathy is crucial because



successful treatment is more likely at the initial stage. Early on, this condition is monitored through eye health exams. A variety of therapies may be prescribed including laser therapy or, in extreme cases, eye surgery.

Prevent related eye problems

Monitor and maintain control of your diabetes. Consult your physician regularly and follow instructions about diet, exercise and medication. See your Optometrist for a thorough eye exam when you are first diagnosed as a diabetic, at least annually thereafter and more frequently if recommended.

Even if you don't notice any problems, have your eyes examined regularly by an Optometrist. Let us help! ▢





October is Eye Health Month

Dr. Alina Gupta
Dr. Mark Bourdeau
Dr. Samantha Bourdeau

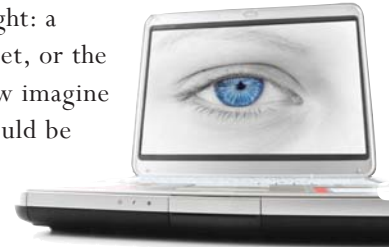
106B - 175
Chestermere Station Way
Chestermere, Alberta
Ph. (403) 229-2020
Fx. (403) 229-2032

info@chestermereoptometry.com

Monday, Tuesday, Friday • 9 am - 5:30 pm
Wednesday, Thursday • 11 am - 7:30 pm
Saturday • 9 am - 2 pm

www.chestermereoptometry.com

Imagine any awe-inspiring sight: a newborn baby, a radiant sunset, or the face of your grandchild. Now imagine how different your world would be without good vision.



Eye Health Month is an annual public awareness campaign through October that highlights the importance of preventive eye health and regular eye examinations. Vision and eye conditions don't always have symptoms, and the risk to your sight can increase if you don't seek timely treatment. The Canadian Association of Optometrists recommends regular eye exams for:

- Infants and toddlers – by age 6 months
- Preschool children – at age 3, and prior to entering elementary school
- School age (6 to 19 years) – annually
- Adults (20 to 64 years) – every one to two years
- Older adults (65 years and older) – annually

If you experience any eye discomfort or injury, see your Optometrist immediately. Let us help protect your vision for a lifetime of awe-inspiring sights. ▢

Do you want...

- » perfect interaction between near and far?
- » wide view at all distances?
- » extra comfort all day long?
- » to eliminate feelings of instability?

If so, then ask your optometrist about this great lens today.

Available exclusively through



www.doctoreyecare.com

D||R Digital FX

Sharp, natural vision.

