



**Dr. Sarah Yee**  
**Dr. Marc Moison**

## Port Moody Optometry Clinic

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Port Moody, BC V3H 4H2

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Monday to Friday • 9 am - 6 pm

Saturday • 8 am - 2:30 pm

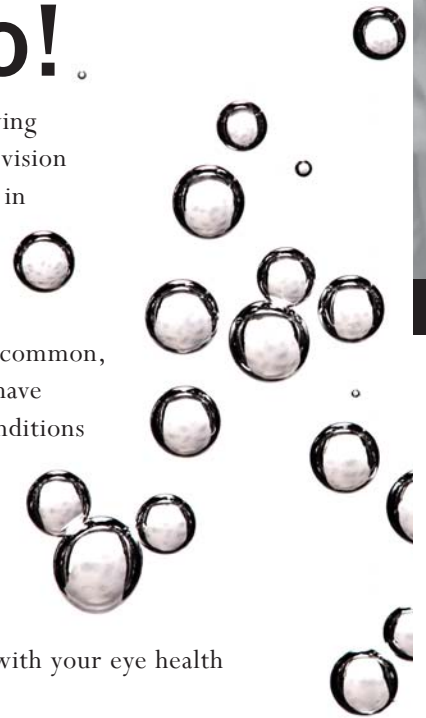
[info@eyes.bc.ca](mailto:info@eyes.bc.ca)

# EYE Do!

Seeing spots? “Floaters” swing back and forth across your vision and are caused by a change in the consistency of fluid between your lens and retina.

Although floaters aren’t uncommon, flashes of light – or if you have glaucoma and other eye conditions – can indicate warning signs of something more serious.

Always tell your optometrist anything that seems out of the ordinary with your eye health and vision. ▢



Where  
have  
you  
been?

E D F C Z P

The recommended intervals for eye examinations are annually for children, contact lens wearers and adults over 65 years; healthy adults every two years. If you are experiencing any vision difficulties, please see us immediately.



Varilux keeps progressing. You will too.

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ON SCREEN VISUAL COMFORT AND PRECISION

- Large and comfortable intermediate vision zone which allows natural full coverage of the screen
- Comfortable near vision with fast access to reading the key board and documents
- Distance vision to interact with the environment

Crizal® antireflective coating is highly recommended to enhanced sharpness and contrast while preventing distracting reflections.

# FOCUS



Port Moody, BC  
Dr. Sarah Yee  
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Winter 2010

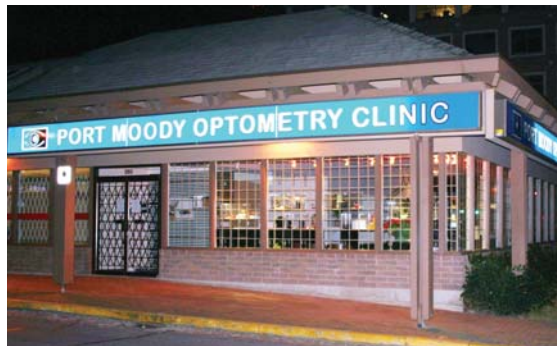
## We have moved!

Port Moody Optometry Clinic is pleased to present our brand new office! Our spacious contemporary interior is designed by New York designer, Kai Chu who has designed a space to improve your experience from start to finish. Our new facility hosts a digital retinal camera, an advance visual field analyzer to provide patients with the best eye care possible. The expanded eyewear collection makes for easy viewing and allows us to offer more styles for your selection. We are proud to call it our new home.

**Dr. Sarah Yee** has been practicing in Port Moody for the last ten years. She received her Bachelor of Science at SFU and studied Optometry in Oregon, then furthered her training in Philadelphia for her cornea and contact lens residency.

**Jennifer** and **Riki** are both Licensed Optician and Contact lens fitters. Jennifer has been an optician since 1996 and has worked with Dr. Yee for over 6 years. Riki joined our team 3 years ago and looks forward to providing continued care to our patients in all their eyewear needs.

We are also pleased to welcome **Lorna** and **Dr. Marc Moison**. Lorna joined us in January after moving to Port Moody from North Vancouver. She has worked all over Canada and the states as an Optometric Assistant and has a keen eye for style. Dr. Marc Moison came to us during Dr. Sarah Yee's previous maternity leave and will continue with us every Tuesday. He graduated from the University of Waterloo in 2000 and has been practicing in Ottawa for the last 8 years. He recently moved to BC with his family. ▢



## Buy locally

Did you know there are advantages of buying glasses from your Optometrist's office? Everything from satisfaction guarantees and follow-up after purchase to exceptional care.

### Whatever you need...

- the latest in frames and lenses
- a wide selection of specialty, sport and fashion eyewear
- sunwear for all ages, from babies to older adults

... we have it all for you!

**Open House and Patient  
Appreciation Day**

**January 16, 2010**

***Come and see our new home!***

A one-of-a-kind professional eye care experience  
to enhance your visual life and great looks.

DOCTORS

EYECARE  
NETWORK™

# Sun is a year-round vision risk!

Where will you be this winter, jogging on the beach or shovelling your driveway? No matter where you play and work, ultraviolet (UV) protection is important during every season. Even when the sun doesn't feel hot and summer seems a long way off, harmful UV rays put your vision at risk.

The damaging effects of UV rays may not develop for many years. In fact, UV damage is cumulative and has been linked to cataracts and macular degeneration later in life. With macular degeneration the leading cause of blindness in North America, this long-term UV exposure concerns optometrists the most.

## Make the sun your friend, not foe

Protecting your eyes and looking fantastic has

never been easier! With today's innovative technology, be assured of quality materials, top optics and scratch/impact-resistant lens options. Choose lightweight and durable frames, sealed with peace-of-mind UV protection. Be confident that you're getting straight professional advice while finding that perfect sunwear style.

**Winter, spring, summer or fall**, love the freedom of photochromatics for all – lenses that quickly change from clear to dark. The more UV light, the darker the lenses become as they block 100% of harmful rays and also reduce painful glare.

Trust your Doctor's recommendation. Stop in today and experience our all-season selection of sunwear. **D**



## Sun-smart protection for pint-size peepers

Since your kids likely spend more time outdoors than you, UV protection is ultra important. Whether they're building sand castles or snow forts, always protect their sight with quality sunglasses offering 100% UV protection.

Your children might not thank you today, but a lifetime of good vision and eye health is thanks enough! Let our professionally trained staff show you how to keep their vision safe.

## OPTI-FREE® RepleniSH® Multi-Purpose Disinfecting Solution

The *only* solution with **TearGlyde®** proprietary dual action reconditioning system that:

- works with your tears to keep a layer of moisture on the lens surface throughout the day, resulting in enhanced comfort.
- keeps your contact lenses wet for up to 6 hours longer than the next best solution.<sup>1,2</sup>

**It's cool to be comfortable!**  
Talk to your eye care professional today.



It's that good.®



**Alcon®**

1. Meadows D, et al. Clinical ex vivo wettability of traditional and silicone hydrogel soft contact lenses. Poster presented at: BCLA 2006. 2. Data on file, Alcon Laboratories.

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# A New Year's resolution that you can keep!

Now that you've counted down the New Year, start 2010 by celebrating great vision and healthy eyes. Start with an eye exam. Only an optometrist can perform a comprehensive eye health exam, supported by professionally trained staff and cutting edge technology.

## Trust our medical expertise

Glaucoma, diabetic retinopathy, macular degeneration and retinal detachments. Perhaps you've heard these medical terms before. Some conditions can threaten your eyes without any initial symptoms. Only your optometrist has the expertise and state-of-the-art equipment to detect and diagnose serious eye conditions, even before those symptoms appear.

## Thoroughly helpful

Did you know that our thorough eye health exam can also detect non-eye issues such as diabetes and high blood pressure? We offer so much more than a current prescription for your eyeglasses or contact lenses. As much as we love showing you the latest and greatest in vision products, we hope you'll think of us when you think of optimal eye health and vision care.

## We're here for the lifetime of your healthy eyes!

When was your last eye exam? Start 2010 with peace of mind – trust your precious sight to a Doctor of Optometry. Phone us today and schedule an appointment. ▢



## It's never too early

The Canadian Association of Optometrists recommends that all children have a complete eye exam by age three.

The recommended intervals for eye examinations are annually for children, contact lens wearers and adults over 65 years; healthy adults every two years. If you are experiencing any vision discomfort or difficulties, please see us immediately.



Crisp, clear vision

here

here

and here\*

WHEN YOUR  
NEAR VISION  
CHANGES, CHANGE  
YOUR CONTACTS,  
NOT YOUR LIFESTYLE.



INTRODUCING **NEW**  
**AIR OPTIX® AQUA MULTIFOCAL CONTACT LENSES**

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Shared Passion for Healthy Vision and Better Life

\* In emerging presbyopes. AIR OPTIX® AQUA MULTIFOCAL® (lotrafilcon B) DK/t = 138 @ -3.00D. Other factors may impact eye health. Ask your eye care practitioner for complete wear, care and safety information. 