

Winter 2018 Newsletter

CooperVision: Taking on Myopia (nearsightedness) in children, one lens at a time

Myopia is defined as the refractive condition of the eye in which parallel light rays enter the eye and focus in front of the retina with accommodation relaxed. It is commonly called nearsightedness. The most common symptom of myopia is blurred distance vision or the need to squint at distance.

Very young myopes may not recognize their potential for clear vision and therefore may not complain of blurred distance vision. Myopia is often readily detected in routine vision screenings.

Parents have become more aware of myopia in children. It is estimated more than 50% of the world's population will develop myopia by 2050.

CooperVision has introduced a soft daily contact lens for children between the ages 8– 15 years. They have been studying this child-friendly lens for more than 3 years and 90% of the children prefer the lens above their own glasses and are able to insert and remove it on their own.



The MiSight 1 day soft contact lens for children has been proven to slow the progression of myopia by 59%. With Activonrol technology, this lens targets the source of myopia and lets the children see well at all distances.

Slowing the progression of myopia can significantly reduce the myopia related complications later in life.

High levels of myopia can lead to substantial vision lost, and an increase in the risk of retinal detachment.

The current treatments available:

- Soft multifocal contact lenses
- Multifocal glasses
- Reshaping of the cornea (Orthokeratology)
- Atropine

Adding your 10 cents.....

In the fall of 2017 the City changed to "Pay by Plate" parking in the lot behind our office. We have forwarded concerns to the City. If you have difficulty with the new system, feel free to write your concerns on the sheet we have at the front desk. If you get an unjustified parking ticket, go to the City Police station where they may be able to void it.

Fun facts....

- Newborns don't produce tears. They make crying sounds, but the tears don't start flowing until they are about 4-13 weeks old.
- Some people are born with two differently colored eyes. This condition is heterochromia.



Optometric Assistants left to right:
Madeleine, Kim,
Meagan, Christy, Valerie and Gail

All about the sugar....

For the last few years there has been an increase in diabetes in young adults. Historically it was hereditary, however recent studies shown an increase of Type 1 to Type 2 diabetes in our youth.

One of the main reasons is a unhealthy life-style and obesity.

How does Diabetes affect our vision? Diabetes can influence the focusing of the eye, which can vary day to day because of blood sugar levels.

In early stages of *Diabetes Retinopathy* (weakening of the small blood vessels at the back of the eye) you will usually have no symptoms and progression goes unnoticed until it starts to affects your vision. This can occur regardless of what type of diabetes you may have or your age.

Other symptoms of diabetes include blurriness, balancing problems, light sensitivity and difficulty seeing at night when driving.

The impact diabetes has on one's lifestyle could have a negative effect. Studies found in Sask, suggest, your lifespan can be reduced between 5-10 years, and at risk of developing cardiovascular problems quicker than a non-diabetic person. There is also the risk of "lower body" amputation.

Diabetes is the leading cause of acquired blindness.

So where do we start when diagnosed with diabetes - make sure that you have your annual eye exam and try living a more healthy lifestyle.

Remember - eyes cannot be replaced!

Recipe for healthy eyes....

Mediterranean Kale Salad

Ingredient

- 4 cups of raw kale, washes, dried and removed from ribs
- 4 green onions finely sliced
- 1 bell pepper (orange) chopped
- 1/4 cup sundried tomatoes, chopped
- 1/4 cup of roasted pine nuts

Instructions

- Toss together all the ingredients except for the pine nuts. Keep in fridge for 1 hour.
- When ready to serve add the pine nuts and serve with Dijon mustard dressing.

Recipe from "*Cooking with eyefoods*".
Please enquire at the front desk for purchases.

**Something to pass the time.....
Sudoku**

	2				5		9
7				2		8	
4	9			1	7		2
5		1		9	3		
	7	3			8	9	
			1	7	4		3
9		2	5			4	8
	3		4				5
1		4				6	

JIMMY CHOO TOM FORD
 OAKLEY EYEWEAR
 VOGUE
 GUCCI
 Maui Jim
 COACH
 Tiffani & Co.
 PUMA
 Ray-Ban

Dispensing staff
Left to right:
 Kathy, Pam,
 Johanna, Tina
 &
 Maftuna

