



**Barrhaven**  
**OPTOMETRIC CENTRE**  
*Committed to Quality Eyecare*

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## Shades through the ages!

Today you slip on sunglasses to coordinate an outfit, match your mood and save your sight. Ever wonder how the sunwear of yesterday paved the way?

- In 1929, Sam Foster sold the first pair of Foster Grants from a Woolworth on the Boardwalk at Atlantic City. Sunglasses soared in popularity through the 1930s.
- Bausch & Lomb produced an effective spectacle in the 1930s that protected pilots from the dangers of high-altitude glare.
- Ray-Ban designed aviator style sunglasses for pilots in 1936. The drooping frame shape shielded the aviator's eyes, which repeatedly glanced down to the plane's instrument panel.
- From the 1950s on, sunglasses have become popular as a fashion statement for children and adults year round – at the beach, on the golf course and in the top-down convertible. ▢



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Fall 2009

# SIGHTLINES

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## 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. **D**



## Your Doctor Recommends™

**Dr. Rosanna Rivard**



**Q.** I have given my child a simple reading test, and she seems to have 20/20 vision. Does she need any other tests?

**A.** There's a myth that 20/20 vision means perfect vision. 20/20 vision describes normal visual clarity or sharpness measured at a distance of 20 feet. Yet other important vision skills - such as peripheral awareness or side vision, eye coordination, depth perception, focusing ability, and colour vision - contribute to a person's overall vision.

It is also important to test for such things as eye muscle alignment and binocular vision. Optometrists are fully qualified to conduct complete vision exams. We recommend that everyone, including your child, have a complete exam on a regular basis.

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

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Pack a healthy lunch...and healthy vision

# Back-to-school time

## Combat chaos

After a summer of sleeping in or doing fun things, the alarm bell announcing that first day of school can be a rude awakening. Dread it or love it, your children are heading back to class. The first day can be crazy. Lockers won't open. Someone forgot their gym shorts. Where's the washroom? Help! How can you help combat first-day chaos? You can't be with your kids every moment, but you can send them back with healthy eyes and clear vision. Since 80% of all learning is visual, eye problems will create barriers to learning. Unfortunately, it's easy to miss the subtle signs that your child is suffering from focus problems, nearsightedness, or "lazy eye," where both eyes don't work well together. And there could be other issues detected only through an eye exam.

## Isn't an eye test enough?

An informal eye test, such as asking a child to read from a distance, is not enough to test for the full range of potential eye disorders. Even if your child passed a vision screening, that score only means that 'Brianna or Brook' can see an object at a specified distance. That score does not relate to any other vision skills needed



for learning. Plus, that score doesn't guarantee your child's eyes are healthy. For instance, a mild misalignment, while not evident to the untrained eye, can cause eyestrain, headaches, and even a dislike of reading. Not only do eye problems hinder learning, but some problems can lead to blindness if untreated in the first few years of life.

## Let us help

The Canadian Association of Optometrists recommends that all children have a complete eye exam by age three. No time is too soon. Until the age of eight, the connections from the eyes to the brain are still being formed, so it's important that vision concerns be detected and treated early. That's where we come in –

Optometrists are fully qualified to conduct a complete eye exam.

Even if your child doesn't display any signs of vision trouble, we recommend a complete eye exam by age three and annually after that.

School is a time for your children to make friends and try new things. It's also a place where they'll learn skills that last the rest of their lives. Help your children return to school with all the tools they need, including good vision. ▢

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# 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.

## Take a break from lens care

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