



Barrhaven OPTOMETRIC CENTRE

Committed to Quality Eyecare



In appreciation of you coming to our office for your eye care we would like to extend to you (and your family) a discount off your next pair of sunglasses so that you can protect your eyes from harmful UV rays, brightness and glare. This will allow you to better enjoy outdoor activities and driving in the sun.

The bearer of this coupon will receive a:

\$30

DISCOUNT* FOR
NON-PRESCRIPTION
SUNGLASSES

|
OR

\$50

DISCOUNT* FOR
PRESCRIPTION
SUNGLASSES

Sun safe through the seasons

Your eyes need UV protection all year round. That's because UV rays come from reflections off water, sand and snow, as well as from direct sunlight. Glare and reflection from both sun and snow can cause snow blindness, a potentially serious eye condition that leaves you seeing spots, or worse, complete darkness for seconds at a time. According to the World Health Organization, new snow can reflect up to 80% of ultraviolet rays.

Remember to protect your children's sight

Children receive more UV exposure by the time they turn 18 than during the rest of their lifetime. This occurs while playing outdoors. Due to their large pupils and immature crystalline lenses in their eyes, they have less protection. The effect on the eye of UV light is cumulative therefore people should start wearing sunglasses at an early age and continue throughout their entire life.

Sunglasses and driving

Driving at dusk, dawn and during the daytime in bright sunlight is hard on the eyes. The glare and brightness causes eye fatigue and can prevent you from seeing objects on the road. Sunglasses have been designed to reduce these problems. Polarized lenses dramatically cut the glare. Some lenses that have been custom designed for driving actually highlight the reds of car brakes and the red and green of traffic lights to facilitate safer driving.

NOTE: Dirty windshields can cause excessive glare and should be kept clean. Dirty headlights can be problematic for proper night vision.

Sunglasses on the water

Boating is much safer as polarized lenses cut the glare from the water surface allowing you to see shoals better.

BARRHAVEN OPTOMETRIC CENTRE

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*the discount applies before tax and cannot be applied where other promotions are in place (eg. multiple pair discounts).