

SIGHTLINES

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DOCTORS || EYECARE™
WETASKIWIN

Safe eyewear, safe sight



Whether your children play baseball in the backyard or on the school team, they're prone to eye accidents. Many sports-related eye injuries can be avoided by making sure they wear protective eyeglasses.

When choosing eyewear for your children, safety should be your first priority.

Choose Trivex lenses.

Lightweight, shatter-proof and more durable than regular plastic, these lenses have the best impact resistance. Built-in ultraviolet (UV) protection protects eyes from the sun's harmful rays. These lenses have all the benefits of polycarbonate with far superior optics.

Get framed! Pair those lenses with a safety sports frame, constructed to withstand the high impact of fast-moving balls or heavy racquets.

Top marks in clear vision. Make sure your child's eyewear comes with a scratch-resistant coating. Though not scratch "proof," lenses treated front and back with a clear, hard coating are more resistant to scratching.

Remember: contact lens wearers require additional eye protection when playing sports. ▢

Sunwear saves sight

Parents should protect their children's eyes by getting them in the habit of wearing sunwear from an early age - on the beach, playing sports and at the park.

Your Doctor Recommends™

Dr. Bruce Johnson



Q. My daughter is scheduled for her first eye exam, but she's nervous. How can I reassure her?

A. The onset of the school year brings in many young children for the first time. You can ease your child's anxiety by explaining they won't receive any shots or painful procedures. Mostly, they'll need to answer questions the best they can.

Explain they may need to sit very still for a few minutes while an eye computer checks their eyes. The doctor will briefly shine some bright lights in their eyes, and will ask them to read very small letters on a wall.

If they do need glasses, tell them there are all types of cool ones and they can help pick out the colours and shapes they like. Be encouraging: "Just think how much you'll enjoy watching your favourite movies."

We'll make their first eye exam a fun and positive experience, to maintain a lifetime of healthy site. ▢

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

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Parents, do you know your

See well, do well

Good vision requires many different skills. Those skills must work together to help your children not only see clearly but understand what they see

Your children's sight is an important factor in their success and their happy experiences at school. Do your children have the vision skills they need to see well and do well?

>> Distance Vision

The skill to see clearly and comfortably at three metres or more.

>> Near Vision

The skill to see at 33-40 cm, the distance they perform school desk work.

>> Peripheral Awareness

The skill to be aware of objects or movement to the side while they look straight ahead.

>> Binocular Coordination

The skill to use both eyes together.

>> Eye Movement Skills

The skill to aim their eyes and move them smoothly across a page, quickly and accurately from one object to another.

>> Eye/Hand Coordination

The skill to use their eyes and hands together.

If any of these vision skills are missing or not functioning properly, your child's eyes must work harder. This can lead to blurred vision, headaches, fatigue and other eyestrain symptoms.



EASYtwist[®]
EYEWEAR



"eye ABCs"?

Be alert to problems

It's up to you – parents and caregivers – to watch for symptoms that may indicate a vision problem, especially if Junior frequently:

- loses his place while reading
- avoids close work
- rubs his eyes or complains of headaches
- holds reading material closer than normal
- turns or tilts his head to use one eye only
- shuts one eye when reading
- omits or confuses small words when reading
- uses a finger to keep his place while reading
- performs below his potential

Even if you don't notice any symptoms, a change in vision can occur without you or your child realizing it. Have your child's eyes examined every year.

What to expect

A thorough eye exam includes a review of your child's health and vision history.

Our trained and caring professionals will test for nearsightedness, farsightedness, astigmatism, colour perception, lazy eye, crossed-eyes, eye coordination, depth perception and focusing ability. As well, we assess your child's overall eye health to ensure a lifetime of good vision.

While an apple a day plays a healthy part, make sure your child's vision is ready for school each year. Call us today to schedule a complete eye exam for all your children. ▢

Did you know?

- » About 80 percent of babies are born far-sighted? Roughly five percent are born near-sighted, unable to see objects at a distance clearly.
- » Nearsightedness usually occurs before age 25? Many school-age children and teens first discover they are nearsighted when they have difficulty reading the writing on the board at school.
- » A 20/20 score on a vision test isn't enough? Don't assume your children have good vision because they pass a school vision screening. A vision test doesn't measure any of the other vision skills needed for learning.
- » The Canadian Association of Optometrists recommends that children have their first eye exam by six months of age?



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Why a Doctors Eyecare Optometrist?

Team power!

There is power in:

- **Numbers.** As a member of Doctors Eyecare – a group of over 275 Optometrists from coast-to-coast – we access the best technology and products for great vision and unbeatable value.
- **Professionals.** Benefit from our ongoing training for the ultimate in product knowledge.
- **Convenience.** We shop the world to discover the newest styles and maximum quality. Then we make sure you're happy with your eyewear.
- **Mobility.** Moving? Let us know and we can recommend a nearby Optometrist. Or, do a quick search for offices in your new area – go to doctoreyecare.com and click on Find an Office.

Benefit from the specialized services of a Doctors Eyecare Optometrist. Pop in or call us today! ▢

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A contact lens with **BUILT IN CONVENIENCE** and **COMFORT**

- the convenience of no messy lens cleaning, disinfecting and storing
- the comfort of a fresh new lens every day



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