

CLEARVIEW CHECK-IN!

THE OFFICIAL MONTHLY NEWSLETTER OF CLEARVIEW EYEWEAR



What's New?

ADVICE FROM AN
OPTICIAN

IMPORTANCE OF EYE
EXAMS

NEW PROMO!

How to properly care for your eyes: Advice from Opticians Nathalie Zalzal & Marc Dignard

by Katie Dignard

As our eyes do so much for us every day, it is crucial that we take care of them the way that they take care of us.

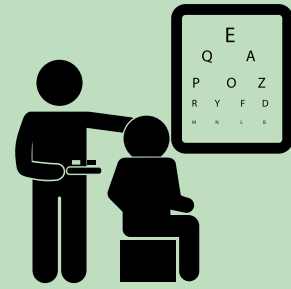
Some effective yet simple ways to properly care for your eyes include:

- Before touching your eyes, always wash and rinse your hands properly (especially during COVID)
- During allergy season, try not to rub your eyes too hard- try cold compresses instead
- Make sure to take sufficient breaks when using digital devices
- Be sure to wear protective eyewear when outdoors. UV rays can damage your eyes and cause premature cataracts
- Wear safety glasses when working in construction, landscaping or any other industry
- Limit screen time past 7pm to reduce blue light exposure



Why yearly eye examinations matter.

by Katie Dignard



Eye examinations are much more than making sure your vision isn't blurry.

Here are three reasons why you should have an annual eye exam to ensure your eyes are in overall good health.

1. First, when you go for an eye exam, the Optometrist will not only test your vision ability, but also ensure that there are no signs or symptoms of any eye conditions and/or diseases.

In fact, Glaucoma is one of the most under-diagnosed eye diseases, showing no symptoms. Those who do not have routine eye exams, may not be aware that they have eye diseases like Glaucoma until beginning to experience progressive vision loss.

2. Another key reason why eye exams are necessary is because they assist children in succeeding in school.

Due to the high degree of visual learning in classrooms and the significant use of whiteboards, statistics show that 80% of what children are expected to learn actually comes from having good vision. Without such, it is much harder to grasp concepts being taught, especially if a child is sitting far away from the board.

3. Finally, did you know that annual eye exams can actually detect other serious health problems apart from eye diseases?

High blood pressure, diabetes, high cholesterol and even cancer can all be detected from a full eye examination.

During a comprehensive eye exam, the Optometrist will be able to evaluate the health of the blood vessels in your eyes, which can largely relate to uncovering other health problems.

Whether it is simply a change in prescription, or uncovering a newfound eye issue, this cannot be done without a yearly check-up!

So, if it has been awhile, don't put it off - schedule an eye exam today! Call us at 613-454-7991.

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