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Dear YMEC family

As 2021 begins, we wanted to share part 1 of some updates and information that you may find beneficial to your quality of life.

At home my daughter is studying online to become a nurse practitioner. She is disappointed that placements are not allowed, yet. My son is also studying online to complete his Master of Finance at the Schulich School of Business. He is often awake very early or staying up very late to coordinate with his classmates from around the world. My wife has embraced Zoom exercise classes and curbside pick-up for groceries. As for Dr. Bob, his curls are in need of a haircut!

It's time to bid 2020 goodbye and good riddance!! Health, happiness and prosperity to all of you in 2021!

Befogged by Glasses Fog? Here are some tips for mask wearing.

The 1-2 punch of mask wearing and the cold weather ahead of us equals fogging up of glasses.

The easiest solution is to seal down your mask around your nose and cheeks using surgical tape. A mask that has a wire across the nose can be molded to your face, while adding a tissue below this type of mask can also help.

If your mask is coming off and on, anti-fog wipes can do the trick. Wipe your glasses in the morning and it can last for 24 hours. FogBlocker is available for purchase at the front desk.

Another option is single use disposable contact lenses. With advances in technology, almost all prescriptions can be filled, even astigmatism and multifocal.

Mask Associated Dry Eye (MADE)

Widespread use of face masks has been determined essential to combat COVID-19's spread yet is giving rise to a new phenomenon: increased reports of dry, uncomfortable eyes.

Masks significantly reduce the outward spread of air. However, exhaled air still needs to disperse: when a mask sits loosely against the face the likely route is upwards. This forces a stream of air over the surface of the eye, creating conditions that accelerate tear film evaporation, leading to dry spots on the ocular surface and discomfort, like a steady breeze blowing over damp skin.

Ensure your mask fits well, and consider the tips mentioned above. Use lubricating eye drops, I recommend all natural Hylo without preservatives. Limit time on digital devices and take regular breaks. Remember the 20-20-20 rule: every 20 minutes look at something 20 feet away for 20 seconds. This forces your eyes to blink and 'reboots' the ocular system.

From Our Patients ...

"My son is very happy to go for eyes checkup. Staff and doctor is very helpful and friendly. I will 100 % recommend to my family and friends. ..."

-Manisha

Continued...

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Goodbye2020 Sale!

We've decided to extent our sale into the new year. So, York Mills Eye Care will maintain it's sale.20% off on all in stock Maui Jim ophthalmic frames, sunglasses and other select products.

Hours

Monday Closed, Tuesday 9-5pm, Wednesday 11-7pm,
Thursday 9-5pm, Friday 9-5pm, Saturday 9-2pm.

Find Us On

WWW.YorkMillsEyeCare.com



"Mommy, where are the eyes Billy said you have back here?"