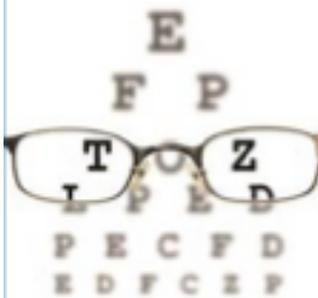


April 2017



Insight



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## Spring Is In The Air

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Spring has sprung! It is the time of year for Mother Nature's new growth. It is also time for the rebirth of York Mills Eye Care. Come in and check out our new look. Since it has been 25 years since I relocated from Yonge Street to Wilson Avenue and to celebrate our facelift, for the month of April:

**All eyeglasses and sunglasses are 25% off**

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## Let's Keep in Touch

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In order for us to regularly stay in touch with you, we request that you please keep us updated with your contact information and most importantly, your cell number and e-mail address and the permission to communicate through those media. The entire health care industry is moving towards this way of keeping in touch with their patients and fellow health care practitioners. Paperless services are catching on and we are trying hard to keep up with the rapidly changing technology.

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## Mag.Light – Your handiest app in the dark!

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I found this app a few months ago and find it perfect for when I need a little bit of help seeing the fine print with my multifocal contact lenses. I feel that this app will help those of you who are in denial as well as those of you, like me, who need a little bit of help reading the fine print even with your glasses or contact lenses.

Mag.Light can magnify objects up to 10x as well as being able to change the brightness from 10 to 100%. I found it for free at the App Store.

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## Office Hours

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Monday 8:30AM – 5:00PM  
Tuesday: 8:30AM – 5:00PM  
Wednesday: 11:00AM – 7:00PM  
Thursday: 8:30AM – 5:00PM  
Friday: 9:00AM – 2:00PM

First Saturday  
of the month 9:00AM – 2:00PM

Closed Saturdays June-August

## Contact Information

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Tel: (416) 485-5233

Email:

[caroline@yorkmillseyecare.com](mailto:caroline@yorkmillseyecare.com)

[emily@yorkmillseyecare.com](mailto:emily@yorkmillseyecare.com)

Website:

[www.yorkmillseyecare.com](http://www.yorkmillseyecare.com)



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## Protecting Your Eyes in a Digital World

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Thanks to ever-present electronics, you are exposed to an increasing level of harmful blue light on a daily basis. Computer monitors, laptops, tablets, smart phones, LED TV's and bulbs as well as compact fluorescent bulbs emit it. Cumulative exposure to blue light can suppress melatonin and disrupt your natural sleep cycle. It may also lead to eye strain, headaches, blurred vision and macular degeneration, a leading cause of blindness. A Harvard study, "Blue Light Has a Dark Side" confirmed this unintended consequence of going green.

It is vital to protect yourself against blue light now to preserve your vision long term, its effects are cumulative over your lifetime. Upgrade to new technology – **BluSelect** lenses. It is a clear lens that filters the blue light known to be associated with blur, glare, macular damage and sleep cycle disruption without distorting colour. **BluSelect** lenses are clinically proven to improve contrast, clarity and comfort, and night vision.

**BluSelect** lenses – blue light protection from morning to night, indoors and out.

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## Welcome Emily!

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I am very happy to announce that Emily has joined the York Mills Eye Care team. She brings many years of experience to the position and is looking forward to helping you find the perfect frame and lenses to allow you to see your very best.

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## Early Detection Key in Preventing Permanent Vision Loss from Diabetes

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There are an estimated 1.6 million Ontarians currently living with diabetes.

Diabetes can very seriously affect every part of the eye. Worst of all is diabetic retinopathy, which occurs when the tiny blood vessels in your retina become weak and leaky. Without treatment, diabetic retinopathy can result in permanent vision loss.

Early detection of diabetic retinopathy is essential to successful treatment, so that people living with diabetes can avoid the serious impacts that vision loss will have on their lives. Regular comprehensive eye exams with an Optometrist are necessary to detect the condition before vision loss occurs because retinopathy's early stages are symptomless and damage may be irreversible. Comprehensive eye exams can pick up on subtle changes in the eye that can indicate issues with the patient's overall health.

Like most chronic diseases, early detection and proper management of diabetes are key to reducing the risk of complications such as vision loss and blindness. That's why it's so important to have regular comprehensive eye exams. In Ontario, comprehensive eye exams for people living with diabetes are covered by OHIP, a fact that is not widely known. I encourage you to take advantage of this benefit.

