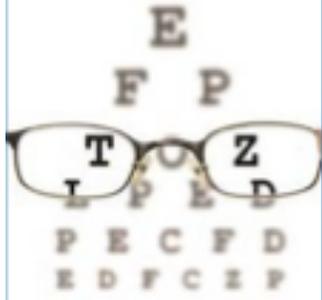


April 2019



Insight



## Welcome Spring!

With spring comes graduation time. Thank you for asking about my children. They are still taller than me and don't let me forget that fact. My son is graduating from U of T Rotman Commerce. As president of his fraternity (Beta Theta Pi) he is juggling his responsibilities and studies and is enjoying the last year that he can live at the frat house. My daughter is graduating from Ryerson University, Biomedical Engineering (the ring ceremony was last month) and will continue her studies next year.

I am pleased to welcome Ioulia Adler to the YMEC team. She brings with her a strong industry background and 13 years of experience. Come in and have Ioulia and Cassandra help you choose that perfect pair of eyeglasses or sunglasses. They will make it a fun experience.

## Open House

Our annual **OPEN HOUSE** will be held June 19<sup>th</sup>. All sunglasses and eyeglasses purchased on that day will be 26% off (for 26 years in the community). Pop a balloon and receive extra savings.

## Office Hours

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

Tel: (416) 485-5233

Email:

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

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

Website:

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



## What Is A Cataract?

A cataract is the clouding of the eyes natural lens and occurs in the majority of people as part of the aging process. Other causes of cataract include trauma, medications such as steroids, systemic diseases such as diabetes, and prolonged exposure to ultraviolet light. People who smoke seem to get cataracts earlier than non-smokers.

The buildup of proteins in the lens prevents light from passing through the eye leading to blurred vision; glare, particularly at night; frequent changes in your eyeglass prescription; a decrease in color intensity; a yellowing of images; and in rare cases, double vision.

Three types of common age related cataracts:

- Nuclear cataract: the most common type of cataract. Caused by the nucleus of the lens hardening and/or becoming opaque (cloudy)
- Posterior subcapsular cataract: a dense area that forms just in front of the posterior lens capsule (the back of the lens capsule)
- Cortical cataract: develops in the lens cortex, the outside edge of the lens and has a distinctive spoked appearance

Cataracts can't be prevented, but they can be treated with a simple outpatient surgical procedure. The eye surgeon will remove the cataract by making a small incision in the cornea at the front of the eye. The eye's old cloudy lens is removed and a synthetic intraocular lens (IOL) is inserted.

While there is no harm in living with cataracts, some people may find a reduction in quality of life due to decreased vision. The time to have cataract surgery is when the cataract is affecting your vision enough to interfere with your normal lifestyle. Cataract surgery is one of the most common surgeries performed in North America today.

## Sunglasses Do More Than Just Make You Look Cool!

I have nothing in common with people who don't protect their eyes when they are out in the sun. Secretly, I peer at them from behind my UV-blocking sunglasses, call them "Squinty McSquinterson: in my imagination, and wonder if their parents ever taught them about the importance of taking care of your eyes.

Here's where I state the obvious: wearing good quality sunglasses every day is an excellent idea. The key word is quality. We're not talking about that \$12 pair of sunglasses next to the cash register. The right sunglasses will let you see more comfortably. You'll notice your eyes and the muscles surrounding them relaxing the instant you put them on. Having polarized lenses is ideal. They dramatically reduce reflections from all surfaces in your surroundings, cutting back on eye strain. They also block 100% of the sun's ultraviolet radiation.

How do you choose the best sunglasses? The sunglasses I choose to spend my own money on have their own unique pros and cons, but they make for a much more comfortable day. The frame will often have rubber to soften where they sit on your nose and ears. This will make them much more comfortable to wear for long periods and reduce slipping. A driving lens typically uses a special colour tint – often brown to enhance contrast, as well as coatings to reduce glare. A grey lens acts a neutral density filter, reducing all colours equally and is a good choice as an overall general sunglass.

With a Maui Jim lens expect colours to explode, dull tones to be neutralized and a dramatic increase in visual comfort – they prove to be worth every penny.