



Dr. Brad McDougall Dr. Dawn Reinders Dr. Cindy Wagner

VIEWPOINT

Our mission... ...is your vision

We are committed to providing exceptional eye care, education, and quality eyewear.

Come see us today!

Whether you are seeking a child's first eye exam, low-vision care for the elderly, specialized contact lens fitting, treatment of eye disease (Doctors of Optometry now treat eye diseases with therapeutic eye medicines) or fashionable frames and sunglasses, we are proud to serve you at Vancouver Block Optometrists and Ottico.

We're on Facebook!

Check out our fan page "Vancouver Block Optometrists and Ottico". Keep updated on all the latest, and even add a shot of you wearing your favourite specs.



Healthy Eyes. Doctor Delivered.

Need a question answered? Visit www.bcdoctorsofoptometry.com. Many eye and vision questions are answered by BC Doctors of Optometry (you will even see Dr. McDougall talking about contact lens related issues). Click on the question you need answered, and you will be able to watch a short video by a BC Optometrist.

Get Framed!
Get 40% Off
your second frame

Ask us for details.



Your Doctor Recommends™

Q. I've heard about daily disposable contact lenses. Are they right for me?

A. Daily disposables are contact lenses that are used once, and then thrown away. They are the ultimate in hygiene and eye health. Daily disposables are great for full time and for occasional wearers. No solution or cleaning is required making them virtually hassle free. Daily disposables are available in a wide range of parameters (even if you need astigmatism correction or multifocals).

Ask us if they are right for you.

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1. Visit our web store at www.ottico.ca
2. Click on **Order Contacts**.
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A one-of-a-kind professional eye care experience to enhance your visual life and great looks.



Healthy eyes for a better life

Enjoying good vision and eye health may be something we take for granted, but taking care of your eyes now can mean a lifetime of seeing as well as possible.

Protect your eyes at work, rest and play. Eye injuries can be devastating. Encourage children to wear protective eyewear by wearing it yourself. Properly fitted protective eyewear won't hurt performance and may save your sight.

Protect your eyes from the harmful effects of UV. Getting children to wear sunglasses from an early age is one of the best habits they can develop. We get most of our UV exposure before we turn 18. Children spend about triple the time outside as adults do, and since up to 75% of UV can penetrate the front structures of a child's eye (compared to only 10% when we reach 25 years of age), it is extra important for their eyes to be protected. The crystalline lens of the eye absorbs most of the UV, which contributes to the development of cataracts.

A healthy diet and lifestyle is one of the best ways to stay healthy, and to maintain eye health.

Don't smoke (smokers have a six fold increased risk of macular degeneration), exercise regularly, and get a variety of nutrients from eating a combination of healthy foods everyday. The following are some of the top nutrient rich foods for eye health:



Kale: contains lutein (dubbed the 'sunscreen for the macula') and zeaxanthin – both are powerful antioxidants. Spinach, collards, broccoli and eggs are also good sources.

Oranges: along with strawberries and red bell peppers are high in vitamin C.


Peanuts: are rich in vitamin E – as are almonds and sunflower seeds.

Kidney beans: are high in zinc.

Salmon: is one of the best sources of Omega-3's (tuna, sardines, walnuts and flaxseed are also good sources). Omega-3's are important for macular health, but also help the oily layer in tears which can prevent dry eye symptoms.

Whole grains: have a lower glycemic index, which has been found to lower macular degeneration by 8%. Good sources are whole oats and wheat, quinoa, and brown rice.

Apricots: contain beta-carotene (a carotenoid the body converts to vitamin A). Carrots, sweet potatoes and cantaloupe are good sources too.

Nutritional supplements are a great compliment to a healthy diet and lifestyle. Ask us about which type might be right for you. 

DAILIES® brand daily disposable contact lenses

ENJOY
WHATEVER
THE DAY
BRINGS.

BLINK. REFRESH. ENJOY.

CIBA VISION
Shared Passion for Healthy Vision and Better Life

Reference: 1. CLI data, YE 2009.
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Meet Gidget.. Seeing eye dog in training

If you have been to our clinic lately, you may have met Gidget (she may have been sleeping under Anita's desk). Gidget is being trained to be a guide dog for the visually impaired by Dr. Cindy Wagner. As a guide dog in-training, she has full public access. A requirement of Gidget's training, by BC Guide Dogs, is that she must always be with someone (so that she gets used to, and always wants to be with her owner).

Gidget is still a puppy, so she has a ways to go in her training, but she is doing well. Soon she will be off to "university". However, if she does not "make the grade" to be a guide dog for someone who is visually impaired,



Gidget...in a break from training

she may still be able to be a support dog for a child with autism.

Gidget was recently a guest at Dr. Reinders son's kindergarten class. Needless to say, she was a hit! ▢

Find out more about guide dogs at
www.bcguidedog.com



Did You Know?

- > The average dog has 20/75 vision, meaning a dog sees the same thing at 20 feet than humans with normal vision can see at 75 feet
- > The longer a dog's nose, the greater his field of vision

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Saturday - 10 am - 4 pm

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Shades through the ages!

Today you slip on sunglasses to coordinate an outfit, match your mood and save your sight. Ever wonder how the sunwear of yesterday paved the way?

- In 1929, Sam Foster sold the first pair of Foster Grants from a Woolworth on the Boardwalk at Atlantic City. Sunglasses soared in popularity through the 1930s.
- Bausch & Lomb produced an effective spectacle in the 1930s that protected pilots from the dangers of high-altitude glare.
- Ray-Ban designed aviator style sunglasses for pilots in 1936. The drooping frame shape shielded the aviator's eyes, which repeatedly glanced down to the plane's instrument panel.
- From the 1950s on, sunglasses have become popular as a fashion statement for children and adults year round – at the beach, on the golf course and in the top-down convertible. ▢



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