

**Eye health 101**  
Dr. Gordon's  
top tips



**Ocular pressure**  
An alternative to  
glaucoma medications

**MEDIA  
PLANET**

October 2012

# VISION CARE

3

STEPS

TO PRESERVE YOUR  
SIGHT AND GUARD  
AGAINST EYE  
DISEASE

## SEEING HER CHILDREN FOR THE FIRST TIME

How technology has helped **Yvonne Felix**  
experience the gift of sight.

**ASK YOUR PHYSICIAN**  
**ABOUT HOW AN EXCITING NEW**  
**TECHNOLOGY FOR GLAUCOMA—**  
(the World's smallest medical  
implant) could provide an alternative  
to glaucoma medication



**iStent**  
COMMERCIALIZED by  
**LABTICIAN**  
ophthalmics

iStent® in relative  
proportion to a penny  
(enlarged for visualization)



# CHALLENGES



Eye exams at any age are vital to preserving your vision health and **ensuring a bright future for you and your family.**

# Good vision health starts with regular eye exams

The ongoing vision health crisis faced by Canadians should be a cause for much dismay. Yet many are still unaware of how a simple eye exam can prevent vision loss, and in some cases, complete blindness.

**Checkups are key**

The solution, in many of the cases, is relatively simple—get your eyes checked regularly. The truth is many Canadians are unaware of how a simple eye exam can help them avoid vision loss.

If you don't have a vision problem, visiting an eye doctor has its advantages. You can build a beneficial relationship with a specialist who can provide advice on matters related to eye health and vision loss prevention. If you do have a vision problem, an eye exam could make a critical difference in improving or preserving your sight.

A recent study conducted by CNIB and the University of Waterloo School of Optometry shows us the alarming impact that vision loss is having in



the lives of Canadians. One in seven study participants were found to be living with reduced vision—and of that group, 70 percent could correct the problem by simply wearing the right glasses or contact lenses.

**See what you're missing**

Think for a moment what that means. There are many people who could be seeing more clearly, but simply aren't because they haven't taken the time to get their eyes checked and their prescriptions adjusted. What impact might this be having in their day-to-

EYE HEALTH 101:  
DR. GORDON'S TOP TIPS

**Get regular eye exams**

1 Many serious eye conditions have no symptoms in their early stages and can only be discovered through routine eye exams with an optometrist.

**Check your family history**

2 Eye diseases like glaucoma and AMD can be genetic. This could put you at greater risk if your parents or siblings have either disease.

**Change your lifestyle**

3 Simple lifestyle changes like eating a healthy diet, quitting smoking and wearing UV-protective sunglasses year-round can help prevent vision loss.

day lives? What aren't they seeing?

Could they be developing an eye disease without even knowing it? The results of the study also suggested that more than one-third of Canadians over 40—many of whom

have normal vision—could have eye disease.

**See your optometrist now**

Many serious eye conditions, like age-related macular degeneration and glaucoma, have no symptoms in their early stages, and can only be diagnosed through routine eye exams. The earlier these conditions are detected, the more likely it is that they can be treated successfully and the process of vision loss stopped or slowed.

Since 75 percent of vision loss is preventable or treatable if detected early by an eye exam, Canadians need to get out and see their optometrist now.

We simply have to start giving the same priority to our vision health as to our heart health, dental health or any other facet of our wellbeing. So let's stop taking our eyes for granted, and see our way to a healthier future.

DR KEITH GORDON  
editorial@mediaplanet.com

# UV CONTACT LENSES PROVIDE AN EXTRA LAYER OF PROTECTION AGAINST SUN DAMAGE



**Spend a sunny afternoon on a restaurant patio just watching people go by and you'll notice an endless parade of sunglasses, in styles as varied as the people sporting them.**

One thing is clear: Canadians love their shades, not just for their cool factor but also for their ability to dim the glare of the sun. What Canadians aren't so clear about is how the sun's ultraviolet radiation—commonly known as UV rays—can cause short- and long-term damage to their eyes. Many will be even more surprised to learn that their contact lenses can provide protection from these harmful UV rays.

"The average contact lens provides 10 percent to 20 percent UV protection," explains Dr. Stephen Cohen, an eye physician and surgeon in Tucson, Arizona. "There are also a few select lenses on the market that offer the highest levels of UV protection, as much as 100 percent."

**A real risk of damage**

Most people today are aware that over-exposing themselves to the sun can lead to premature aging of the skin, skin disorders, and even skin cancer. But when it comes to the effect of sun on the eyes, many people are still in the dark.

Case in point: ever heard of photokeratitis? It's not exactly a household term but it's something that happens to a lot of people—sunburn of the eye with symptoms that include redness, sensitivity to light, and teary eyes. Prolonged exposure to UV rays can also cause blurred vision, changes in colour perception, cataracts that literally cloud the lens of the eye, and macular degeneration—damage to the retina that leads to vision loss.

**Triad of protection**

To prevent sun damage to the eyes, Dr. Cohen recommends a "triad of protection" that includes a brimmed hat, sunglasses that filter UV rays, and contact lenses—for those who wear them—with UV-blocking capabilities. Health Canada also advises avoiding exposure to bright

sunlight, particularly between 11 a.m. and 4 p.m. during the summer months, when the sun's rays are strongest.

While sunglasses with high-level UV blocking can go a long way towards preventing sun-damaged eyes, they're not enough, says Dr. Cohen.

"Even those with 100 percent protection will block only the UV that reaches the glasses, but not the UV that come in from the sides of the glasses, or from underneath," he says.

People who wear contacts can get extra sun protection for their eyes by choosing lenses with high UV blocking. Dr. Cohen points to next-generation lenses that can block UV by as much as 80 to 100 percent. These lenses, which are meant for day and nighttime use, have a clear, non-tinted coating that provides an invisible layer of protection without adding weight or thickness.

"This is the equivalent of sunscreen for your eyes," says Dr. Cohen. "If you wear contact lenses, then this is something you need to have."

MARJO JOHNE  
editorial@mediaplanet.com

WE RECOMMEND

**Life at first sight**

For 40 minutes last April, Yvonne Felix saw her husband's and two sons' faces for the first time.

PAGE 4

**Introducing Kamra™ inlay technology**

Making reading glasses a thing of the past.

**p. 5**

**Spotlight on blue light**

Learn about the damages LED light can cause.

**p. 6**

MEDIA PLANET

VISION CARE  
3RD EDITION, OCTOBER 2012

Responsible for this issue:  
**Publisher:** Michael Goldsmith  
michael.goldsmith@mediaplanet.com  
**Designer:** Laura Shaw  
laura.shaw@mediaplanet.com  
**Contributors:** Erin George, Dr. Keith Gordon, Daniel Hofmann, Marjo Johne, Platinum Naturals, Diana McLaren, Dr. David Rootman, Polydor Strouthos

Canadian Ophthalmological Society, Opticians Council of Canada, Canadian Association of Optometrists

**Photo Credit:** All images are from iStock.com unless otherwise accredited.

**Managing Director:** Josh Nagel  
josh.nagel@mediaplanet.com  
**Business Developer:** Edouard Borel  
edouard.borel@mediaplanet.com

**Distributed within:**  
National Post, OCTOBER 2012  
This section was created by Mediaplanet and did not involve the National Post or its Editorial Departments.

FOLLOW US ON FACEBOOK AND TWITTER!  
[www.facebook.com/MediaplanetCA](http://www.facebook.com/MediaplanetCA)  
[www.twitter.com/MediaplanetCA](http://www.twitter.com/MediaplanetCA)

ADD TO YOUR VISION CARE WITH SUPPLEMENTS

A healthy diet alone may not meet the needs of people with vision loss. Improvements in cataract prevention and Age-Related Macular Degeneration (AMD) are well documented.

**Lutein**

➔ Lutein is a member of the carotenoid family as is beta carotene and zeaxanthin. Supplementation trials have shown impressive results for AMD utilizing these nutrients. To obtain the amounts of lutein typically used in these studies (10mg) a person would have to consume approximately 6 cups of broccoli or 9 cups of carrots every day.

**Omega-3 fish oil**

➔ Omega-3 fish oil provides a nutrient, DHA, which is an integral component of the retina and macula in particular. Studies utilizing DHA have shown reason for optimism for persons with eye disorders. Vegetables oils containing no DHA are prevalent in the North American diet today. Obtaining adequate amounts of DHA as used in the TOZAL and AREDS II study from diet alone may be cumbersome.

**Antioxidants**

➔ Antioxidants are another aspect of study that has demonstrated success for vision disorders. Vitamins and minerals such as A, C, E, and zinc are basic yet proven nutritional antioxidants that may be overlooked.

Ensuring adequate dosage and a consistent supply of vision specific nutrients may be difficult through diet alone. Daily supplementation with a scientifically formulated product is convenient and has a proven track record.

SOURCE: PLATINUM NATURALS  
editorial@mediaplanet.com



# Promoting healthy eyes



Total vision care™ contains powerful ingredients and antioxidants like **lutein, grape seed extract, alpha-lipoic acid and Omega-3 oil** that are important for your overall eye health and to help prevent a decline in vision.

AVAILABLE AT YOUR LOCAL HEALTH FOOD AND SUPPLEMENT STORES

## SAVE \$2.00 ON THE PURCHASE OF Total vision care™

To the Retailer: Platinum Naturals will reimburse you the face value of this coupon plus our specified handling fee provided it is redeemed by your consumer at the time of purchase on the item specified. Other applications may constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in the previous 60 days to cover coupons presented will void coupons. Coupons submitted become the property of Platinum Naturals. Must present proof of purchase with the redemption of each coupon. Requests for reimbursement after February 28th, 2013 will not be accepted.

To the Consumer: Provincial law may require the retailer to charge the applicable tax on the full value of the purchase(s) before the reduction in coupon value. GST, PST and HST are included in face value where applicable. Unauthorized reproduction of this coupon is unlawful. Limit one coupon per purchase. Not valid with any other coupon offers. Offer valid only in Canada.

EXPIRES: December 31st, 2013  
NCD 18

PLATINUM

www.platinumnaturals.com

i-drop WITH HYALURONAN AND GLYCERIN

## Immediate Dry Eye Relief & Lasting Comfort

- Fewer daily applications
- Increased comfort for dry, painful, and itchy eyes



i-med  
P H A R M A INC.

800.463.1008

www.imedpharma.com/idrop

## When wearing contact lenses... how many days does it take before your eyes feel dry?

Try ACUVUE® OASYS® Brand Contact Lenses with patented HYDRACLEAR® Plus Technology and a 2-week replacement schedule, to experience superior overall comfort vs. the leading monthly brand.

Your lenses will feel moister longer, so you'll feel more comfortable – even at the end of the day.

## Moisture makes all the difference

See for yourself. Ask your Eye Care Professional for a **FREE† Trial Pair** of ACUVUE® OASYS® Brand – The contact lens brand most trusted by Canadian Eye Care Professionals because of comfort.<sup>1</sup>



†Exam and fitting fees are not included.

1. ACUVUE® OASYS® is the most trusted brand of contact lenses because of comfort by Canadian Optometrists, Opticians and Ophthalmologists.

\*ACUVUE® is the most trusted brand of contact lenses by Canadian Optometrists, Opticians and Ophthalmologists.

**Important information for contact lens wearers:** ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye care professional. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye care professional immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-267-5098 or visit acuvue.ca.

ACUVUE®, ACUVUE® OASYS®, HYDRACLEAR® and SEE WHAT COULD BE® are trademarks of Johnson & Johnson Inc. ©Johnson & Johnson Inc. 2012

ACUVUE®  
BRAND CONTACT LENSES  
SEE WHAT COULD BE®

MOST TRUSTED  
CANADIAN  
BRAND

acuvue.ca



# INSPIRATION

## Life at first sight: Building the miracle of vision

**For 40 minutes last April, Yvonne Felix saw her husband's and two sons' faces for the first time.**

Her husband Joe looked younger than she had thought. She saw the person her six year old son Noah had grown into, and the huge smile that sparkles from her eight month old son Thomas' face.

### Technological marvel

This miracle was made possible by a new assistive device created by eSight, an Ottawa-based technology company. The company is testing a prototype of eSight Eyewear, glasses that incorporate a high-resolution video camera and virtual display in each eye, modifying what the wearer is looking at to maximize remaining sight.

Yvonne was diagnosed with Stargardt disease, a form of macular degeneration at the age of seven. Now, at 31, the Hamilton artist has just two percent of her vision left.

Stargardt disease is rare, but macular degeneration is not. The age-related form affects over 1 million Canadians and is the leading cause of blindness for people over the age of 50. As in Yvonne's case, it slowly destroys central vision and remaining peripheral sight lacks depth perception, colour vision, contrast, and details.

"It was wonderful to see my boys," shared Yvonne. "I loved seeing Noah. He's been in my life for six years; to see the face that goes with his little personality was wonderful," she said.

### Making adjustments

A graduate of the Dundas Valley School of Art's public and community art diploma program, Yvonne's art involves large scale, permanent installations, such as an oversized granite magnifying glass outside Hamilton Police Services.

"I have found different methods and ways to be an artist that don't require



**FUND RAISING FOR VISION HEALTH**  
Hamilton artist Yvonne Felix holds her 8 month old son Thomas as he admires Umbra, his mother's permanent public art installation outside Hamilton Police Services. The oversized granite magnifying glass acts as a sundial, casting a shadow over etched words from the organization's mission and value statements. PHOTO: DAVE RIDEOUT

my sight," says Yvonne, who develops a concept and then assembles a team of engineers, architects, and fabricators to create the piece with her.

"I don't feel sight is required to achieve the goals that I have," said Yvonne, "but the eSight made me realize how much more I could accomplish using the assistive device.

"I'm looking forward to reading bedtime stories to my kids and helping them with homework," she says. "These may seem like very small things, but to me they are the world of difference."

### Fundraising for vision health

To purchase the device when it is released next year, Yvonne is

fundraising. She recently collaborated with Mindham Fine Jewellery in Toronto to create the Blind Eye Collection of pendants and earrings. Delicately rendered in sterling silver, the pieces depict the blind spot that obscures Yvonne's central vision and are available online at [www.yvonnefelixartwork.com](http://www.yvonnefelixartwork.com). Partial proceeds will also support the Foundation Fighting Blindness and sight-saving research at Canadian hospitals and universities.

Assistive devices are a temporary solution for Yvonne. She believes research will one day find cures for retinal diseases and she wants to help make that happen.

"Vision loss can be devastating. Even

if the research doesn't cure my eye disease, if I can help someone else see again, I want to do that," said Yvonne.

### Daily gratitude

Yvonne is proud of the life she's built but she has "low" days too, something she says isn't talked about enough.

"When I hit those bad times, I allow myself a two minute pity-party—it's important to allow yourself to be human sometimes—but as soon as the timer goes off and the two minutes are over I think of all the things in my life that I'm grateful for: I have a home, wonderful children, supportive family and friends. I choose to use my remaining sight to help myself and help others," she said.

### FOR MORE INFORMATION

**Experience eSight Eyewear at the Foundation Fighting Blindness Vision Quest conferences in Edmonton, October 13 and Toronto, November 3. For more information visit [www.ffb.ca](http://www.ffb.ca) or call 1.800.461.3331.**

ERIN GEORGE  
MANAGER, COMMUNICATIONS  
FOUNDATION FIGHT BLINDNESS  
[editorial@mediaplanet.com](mailto:editorial@mediaplanet.com)

Sponsoring a cataract surgery... **\$33**  
Giving a mother her sight back... **priceless**

**For just \$33, you can give the miracle of sight.**

[www.cbmcanada.org](http://www.cbmcanada.org) 1.800.567.2264

Charitable Registration No. 10691 8329 RR0001

There is no question, the digital age has changed people's lifestyles. Time has become a precious commodity in our day. The use of electronic devices like smartphones, tablets, and e-readers not only keep us efficient and connected, but have also placed new stress on our eyes. We are forced to focus and refocus our gaze all day long, as we use these conveniences.



### SEEING THE DIGITAL AGE CLEARLY WITH HOYA LENSES

This new and continued demand on our visual system can be eased by modern lens solutions like the Hoya Nulux Active. This is a specialized aspheric single vision lens that helps eyes adjust easier between viewing near and distance, especially effective with the use of cell phones, computers and PDAs.



[www.nuluxactive8.com](http://www.nuluxactive8.com)

### NULUX Active 8

With this increased visual performance we can work and play better, longer! There are two Active styles: Active 8, for most adult single vision patients, and the Active 5 for those younger adults, including students who may be suited to having less active support.

**HOYA**  
SCIENCE YOU CAN SEE™

OPTICIANS  
ASSOCIATION OF CANADA

ASSOCIATION DES  
OPTICIENS DU CANADA

Licensed Optician

**See everything.**

Ask for a Licensed Optician.



# INSIGHT

## New technology introduces a life without reading glasses



**MAKING YOUR LIFE EASIER** LEFT: The KAMRA™ corneal insert enables you to see things up close and far away. RIGHT: This innovation eliminates the need to wear eyeglass chains or carry them in a case. PHOTO: THE STOCK EXCHANGE



**Have you had this happen to you? You have great distance vision, can spot a hawk's nest at 500 meters, but you go to the drugstore to buy some shampoo, and all of a sudden, the words disappear from the bottle—too blurry to be deciphered because you forgot your reading glasses. I am sure any of us over 45 have had this or similar scenarios occur to us.**

### Changing the eye's power

It turns out that in order to see up close, we need to change the optical power of our eye to bring the print into focus. We can accomplish this by increasing the thickness of our natural lens of the eye. This happens with the help of the ciliary muscle, the internal muscle of the eye, without any effort on our part. This is all well and good when we are younger, but



**David Rootman, MD, FRCS**  
Professor,  
University  
of Toronto;  
Department of  
Ophthalmology  
and Vision  
Sciences  
Toronto Western  
Hospital

things change, including the ability to dynamically change the power of our eye without even thinking about it.

There are options: we can suffer with our over the counter reading glasses or get a more stylish pair of bifocal or multifocal glasses. It's a shame to wear glasses all the time, especially if your distance vision is naturally good, or has previously been corrected by the wonder of laser eye surgery. Another solution is to wear contacts, and there are good bifocal contacts out there. Monovision may work, a technique whereby a contact

lens for close up focus is worn in one eye. This works for some people and there are many fans of it. The trouble is that one eye is always out of focus, either close up or in the distance. If you can get used to the blur, it is a decent option; many people cannot.

What can be done to keep our good distance vision and still be able to read into our middle age and later without the bother of reading glasses? There is an exciting option that has been available in Europe, Asia, and the Middle East for a five years now and was just approved in Canada.

### A simple solution

The KAMRA™ is a corneal insert. The insert is a very thin, small flat ring, shaped like a doughnut. It is inserted into the cornea under a LASIK flap or into a pocket. Using LASIK technology, we can insert an extremely thin (5 micron) inlay into the cornea and give us near vision without compromising

distance vision.

The technology works on a simple pinhole camera effect. When we look through a very small opening, or take a photo with a very small aperture, we get a clearly focused image. Therefore by inserting the inlay in front of our pupil, within the cornea, we get focus up close and in the distance. The solution is truly simple and remarkable. This device has been implanted in over 15,000 patients worldwide and 12 eye doctors so far have had the procedure.

Now we have another option to solve the reading vision problem, and next time, we'll be able to go shopping without our reading glasses.

**DR. DAVID ROOTMAN, MD, FRCS**  
editorial@mediaplanet.com



### TIPS ON PURCHASING COSMETIC LENSES

There is a distinct increase in eye injuries typically reported around Halloween; however, eye injuries related to cosmetic contact lenses can happen year-round. Cosmetic contact lenses can be used to change eye colour, or to create an effect such as "vampire" or "cat" eyes.

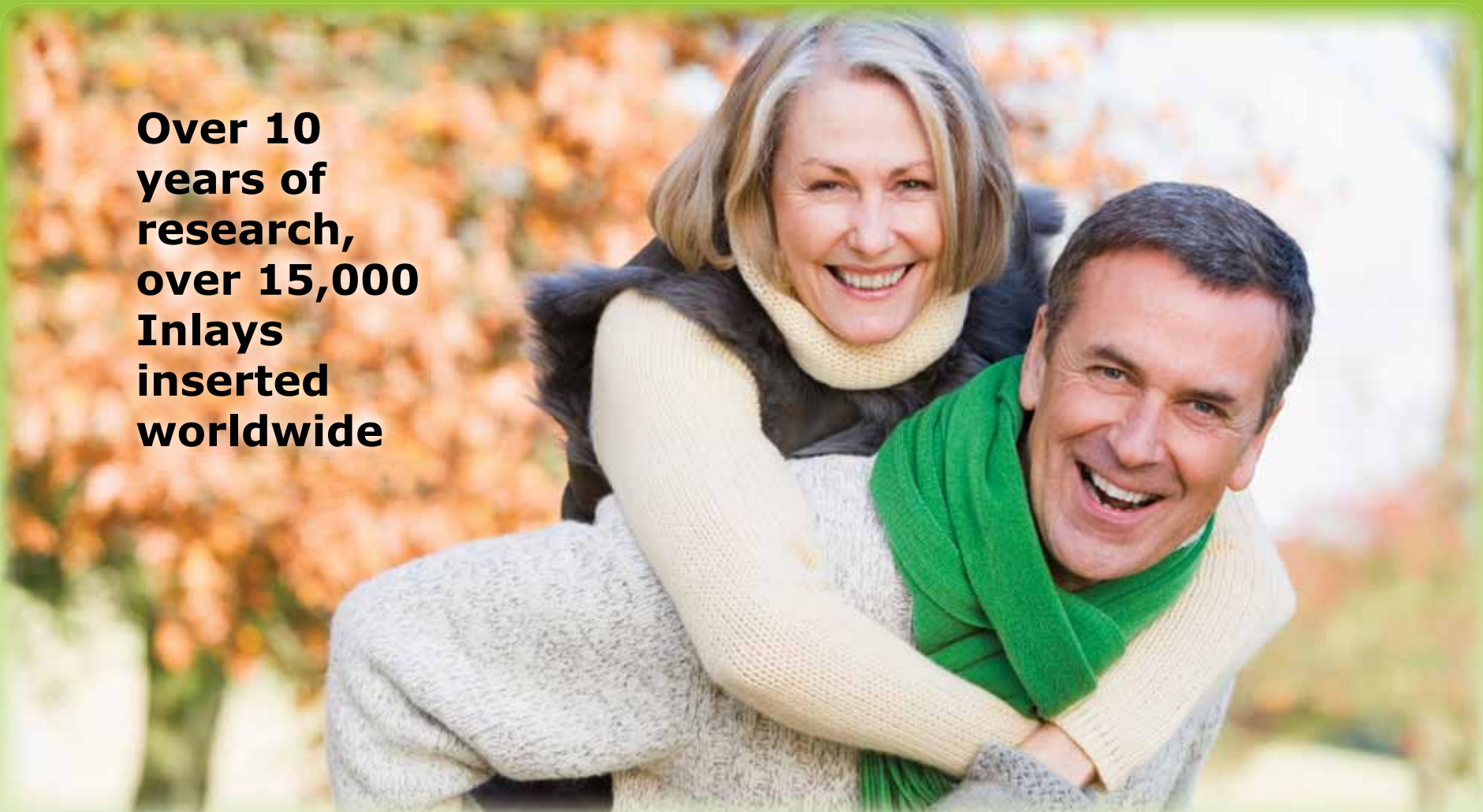
### Tips on non-prescription cosmetic contact lenses:

- Seek an eye care professional who will provide you with a proper contact lens assessment.
- Never wear lenses that are torn or discoloured. Always inspect contact lenses before using them. Cosmetic contact lenses purchased from a non-regulated source could be defective, used, expired, and may not be approved in Canada or the United States.
- Never share lenses with others. Swapping contact lenses significantly increases the risk of lens contamination and the spread of infection.
- Do not sleep in contact lenses unless you have been provided with an appropriate extended wear lens by a licensed eye care professional.

The Opticians Council of Canada recommends that everybody consult a Licensed Optician whenever they purchase an eye product, whether it be contact lenses, eyeglasses, or low vision aids. Licensed Opticians are trained to recommend and safely fit a range of devices, and can also provide training on contact lens use and instruction on hygiene.

**SOURCE: OPTICIANS COUNCIL OF CANADA**  
editorial@mediaplanet.com

## READING THE NEWSPAPER JUST GOT EASIER



**Over 10 years of research, over 15,000 Inlays inserted worldwide**



YELC is proud to be one of the first centres in North America to offer patients KAMRA™ Inlay technology

Call today to book a complimentary assessment

**1 (877) 950-1414 • (416) 545-1900**

2345 YONGE STREET, SUITE 212  
TORONTO, ONTARIO , M4P 2E5



**www.yelc.com**

**yonge eglinton**

**LASER EYE + COSMETIC CENTRE**



## NEWS

# Spotlight on blue light: How digital devices affect our eyes

**We see it everyday—in the bright glare of the sun, the glow of fluorescent light bulbs in our workplace, and in the bright images flashing on our flat-screen, LED televisions, and electronic devices.**

It's blue light, the most intense portion of the light spectrum that's visible to human eyes. Today, with people spending so many hours in their day working, watching and playing with their computers and mobile electronic devices, exposure to blue light is reaching unprecedented levels.

## Risk of over-exposure

"Blue light has the highest energy of all the colours in the visible light spectrum, and it has a short wave length similar to the particles of air around you," explains Chantal Gravel, senior technical consultant at Nikon Optical Canada Inc. The company makes eyeglass lenses and coatings and is part of Nikon Corporation, best known for its cameras and photography lenses.

"When blue light hits air particles, it scatters, which causes a glare effect," adds Ms. Gravel. "And when blue light gets into your eye, some of it will scatter so it will not focus well on your retina, causing eye fatigue."

In a recent survey by The Vision Council, a global organization that represents the optical industry, more

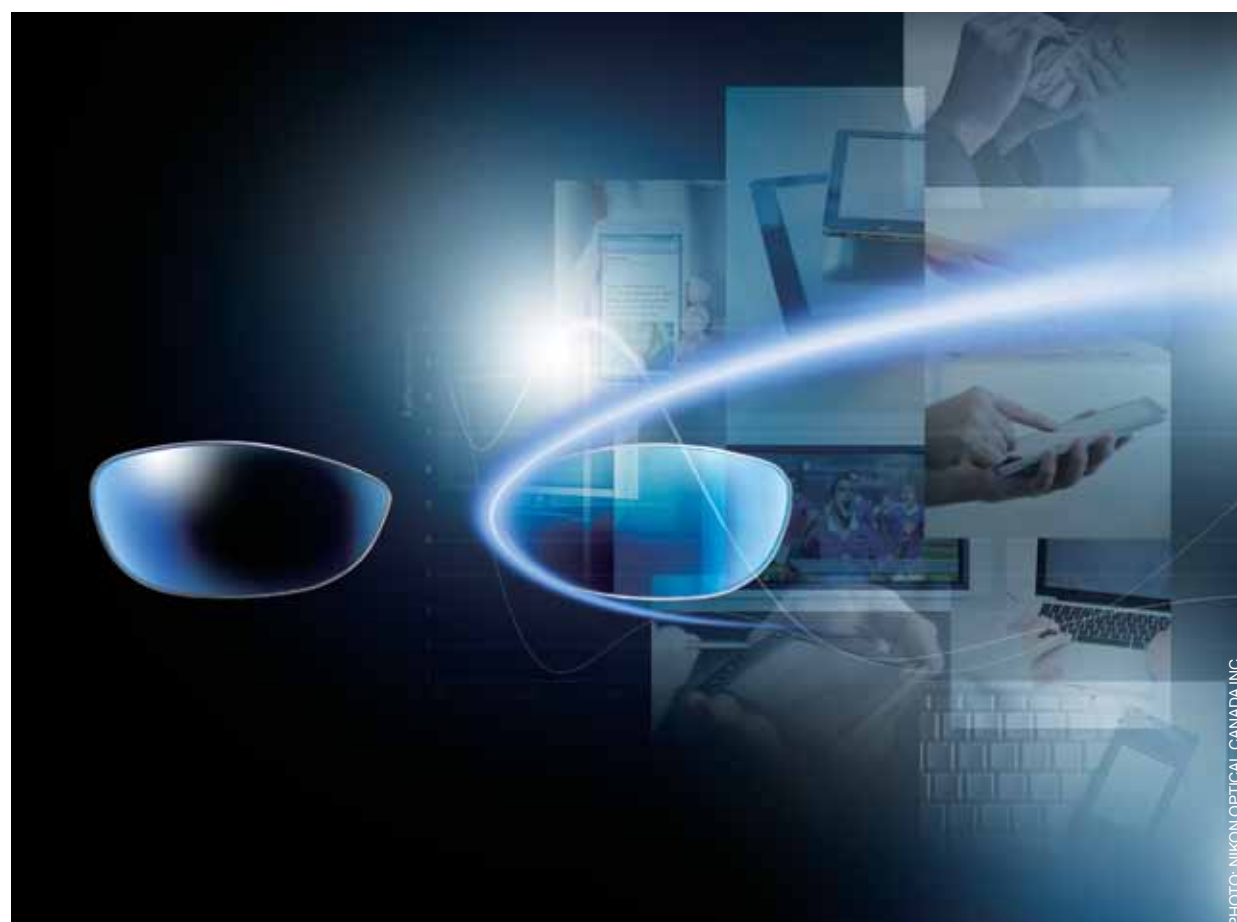


PHOTO: NIKON OPTICAL CANADA INC.

than one-third of U.S. adults said they spend four to six hours a day with digital or electronic devices. The survey also found that about 14 percent of young adults—ranging in age from 18 to 34 years old—used digital devices an average of 12 hours daily.

Not surprisingly, 70 percent of adults

who took part in the survey reported eye strain while using their digital devices. In its 2012 report on eye safety in a digital age, The Vision Council noted that many electronics are now made with LED (light-emitting diode) technology, which emits intense blue light.

## Increased eye risks

"LED technology is wonderful because it produces this fantastic colour contrast and makes images look more real," says Ms. Gravel. "They're also very thin, small, cheap and easy to produce, and don't require much energy to work. But they do emit a lot of blue light."

While eye fatigue is usually temporary in most people, routine exposure to blue light can accelerate aging of the retina and cause permanent damage to eye cells, increasing the risk of vision loss. Some studies also point to blue light exposure as a risk factor for uveal melanoma, a cancer of the eye.

## Protect your vision

Reducing exposure to LED light sources is a good way to protect eyes from an excess of blue light, says Ms. Gravel. This is especially important for children, whose eyes are still developing.

It's also a good idea to use eyewear designed to filter blue light. Earlier this year, Nikon introduced the first and only eyeglass lens coating of its kind in North America called SeeCoat Blue with the ability to block 10 percent of incoming blue light, featured in the E-Life series.

"That slightly changes the colour contrast and allows you to stare at your screen longer without experiencing eye fatigue," says Ms. Gravel, noting that this technology would likely not be suitable for people looking for colour precision, such as graphic designers or photographers.

The clear coating, which adds a very subtle yellow tinge to the lens, would also work for people who don't wear prescription eyeglasses but spend a lot of time in front of a computer.

MARJO JOHNE

editorial@mediaplanet.com

## Improve your vision. Change your life!

LASER VISION CORRECTION

Starting at

# \$490

/eye\*

Financing available

**Dr. Avi Wallerstein**  
MD, FRCSC  
Co-Founder, Co-National Medical Director

**Dr. Mark J. Cohen**  
MD, FRCSC  
President, Co-Founder, Co-National Medical Director

**FREE Consultation: 1-877-433-9389 • [www.lasikmd.com](http://www.lasikmd.com)**

# LASIK MD

## VISION

### Why choose LASIK MD?

- Canada's only national LASIK provider with over 30 locations
- Treatment of nearsightedness, farsightedness and astigmatism
- State-of-the-art technology:
  - ✓ Standard, Custom and All-Laser LASIK available
  - ✓ Corneal Collagen Cross-Linking (CXL) for keratoconus
- Lowest Price Guarantee

\* Prices are subject to change without prior notice and vary based on prescription strength and clinic location. Applicable to surgery on both eyes only.

## YOUR EYES NEED ULTRA PROTECTION

### AGAINST DAMAGING ULTRAVIOLET LIGHT

## CRIZAL LENSES: SO SAFE, SO CLEAR.

Introducing a new generation of Crizal® lenses designed to protect eyeglass wearers' eyes from damaging UV light coming from the backside of the lens, ensuring their visual health over time.

Crizal is the only no-glare range on the market offering the most complete protection against the invisible and often irreversible dangers of UV reflection<sup>1</sup>, and the best enduring clarity of vision by fighting the 5 enemies of clear vision — glare, scratches, smudges, dust and water.

1. Measured by K. Citek, OD, PhD, FAAO, Professor of Optometry, first researcher to have published on the hazard linked to UV backside reflection.

ORDINARY VISION      CRIZAL VISION

**www.crizal.ca**

# Crizal<sup>®</sup> uv









• **100% Blade-free LASIK and PRK Surgery**

• **Cataracts**

• **KAMRA™ Inlay**

• **Implantable Contact Lens (ICL)**

• **Collagen Crosslinking**

• **Intacs® Corneal Implants**

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

Call today to book a complimentary assessment

**1 (877) 950-1414 • (416) 545-1900**

2345 YONGE STREET, SUITE 212  
TORONTO, ONTARIO, M4P 2E5



**yonge  
eglinton**

LASER EYE +  
COSMETIC CENTRE



Me, wear reading glasses?  
**No way!**

**KAMRA Vision™**  
Innovative. Safe. Proven.



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

## You're not one dimensional... why should your contact lens be?

1-DAY ACUVUE® TruEye® Brand Contact Lenses are the **only** daily disposable lenses to deliver on all of these  
**4 DIMENSIONS OF EYE HEALTH™**

- UV Protection† – with the highest level available in contact lenses
- Lasting Comfort – exceptional comfort, even at the end of the day
- Breathability – feels almost like wearing no lens at all
- Daily Freshness – a fresh, new lens every day

Experience the healthy benefits and exceptional comfort for yourself.  
Ask your Eye Care Professional for **5 days of FREE† Trial Lenses**



†Exam and fitting fees are not included.

\*ACUVUE® is the most trusted brand of contact lenses by Canadian Optometrists, Opticians and Ophthalmologists.

†Helps protect against transmission of harmful UV radiation to the cornea and into the eye.

WARNING: UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed. NOTE: Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care professional for more information.

**Important information for contact lens wearers:** ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye care professional. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye care professional immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-267-5098 or visit [acuvue.ca](http://acuvue.ca).

ACUVUE®, 1-DAY ACUVUE® TruEye®, HYDRACLEAR®, 4 DIMENSIONS OF EYE HEALTH™ and SEE WHAT COULD BE® are trademarks of Johnson & Johnson Inc.  
© Johnson & Johnson Inc. 2012 March 2012

**ACUVUE®**  
BRAND CONTACT LENSES  
SEE WHAT COULD BE®



[acuvue.ca](http://acuvue.ca)