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NEW! WWW.MILTONEYEANDVISIONCARE.COM

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**Welcome to our Vision
Newsletter**

Patient education is a daily task for us, THE IMPORTANCE OF ANNUAL EYE EXAMINATIONS Cannot be over emphasized

Dr. Strohan also writes a monthly column in the Milton Canadian Champion 'Our Professionals Speak' Which appears every 2nd Wednesday of each month.

The value of vision in the general public's awareness is high, yet the routine health checks and acquiring information concerning aspects of vision and health care has and remains low. Only 40% of Canadians ever have routine examinations to preserve sight. 100 % will develop some visual disorder in their lifetime. CAN YOU IMAGINE WHO IS DRIVING?!

In the news

In the past years there have been numerous changes to Health Care in Ontario.

The Ministry of Health issued changes to the Ontario Health Insurance coverage nearly 6 years ago.

Under the new insurance only certain Health Care issues are covered for people Between the ages of 20 to 64

PEOPLE DEVELOPING OR HAVING

CATARACTS
GLAUCOMA
DIABETES
AMBLYOPIA-LAZY EYE
MACULAR DEGENERATION
STABISMUS
CORNEAL DISEASES

Eye Examinations require more than just finding out if you have 20/20 eye sight.

YOUR LAST APPOINTMENT FOR AN ANNUAL EYE AND VISION ASSESSMENT WAS

YOUR EYES ARE FOR LIFE AND WE LOVE TO HELP YOU MAINTAIN THEIR HEALTH.

**EYE SEE EYE LEARN
THIS IS FRIBBIT**

THE MASCOT FOR AN UPCOMING CHILDRENS EYE EXAMINATION PROGRAM TARGETED AT INSURING KINDERGARDEN CHILDREN ARE EXAMINED PRIOR TO GRADE SCHOOL.

CHILDREN DO NOT KNOW THEY ARE HAVING DIFFICULTIES WITH THEIR VISION.

MORE AND MORE ADULTS AND PARENTS NEED TO UNDERSTAND THE LINK BETWEEN VISION AND LEARNING.

IF THEY CANNOT SEE CLEARLY THEY MAY BE LABLED AS HAVING A LEARNING DISORDER or have future social and vocational setbacks.

Yearly examinations are funded by the Ontario Ministry of Health and are free to you from the ages of 0 to 19.



Your eyes are for life

Begin taking care of them when you are young. You need them all the time for everything! Love your Children by giving them the gift of sight in both eyes. Children can be examined as early as 6 months of age, and yearly thereafter. All it takes is an appointment for your child.

DR STROHAN ALSO PROVIDES PEOPLE WITH ADDITIONAL SAVINGS ON EYEWEAR.

ALL PRODUCTS ARE SUPPLIED AT MANUFACTURE'S COST ALLOWING US TO PROVIDE THE BEST QUALITY LENSES AND FRAMES AS WELL AS CONTACTLENSES TO YOU VERY COST EFFECTIVE PRICES.

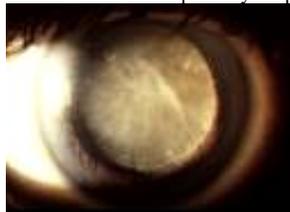
Dispensing fees are the amount the Dr. Makes to be able to provide the services to you. As additional consideration we provide a second pair of eyewear at reduced dispensing fees allowing savings of up to \$155 dollars to you. Ask about our family or multiple pair program. Additional savings for you and your family.

YOUR EYES FEEL NO PAIN

To any of the following common Diseases. You can literally one day find you can't see. Prevention is the only way. Take the time for yourself. Eye Examinations don't hurt, and have nothing to do with the need of glasses.

Cataracts begin in everybody to *some degree*

due to a hardening of the lens in the eye. Eventually the hardening causes the lens to become opaque and not allow light to be focused in the eye with clarity. Cataract can develop in: Smokers (especially women) It even occurs after 10 to fifteen years after a person has stopped. People who use cortisone type medications (which include cortisone based inhalants for asthma) as well as some other medications. Please be sure to read the medication side effects which accompanies your prescription



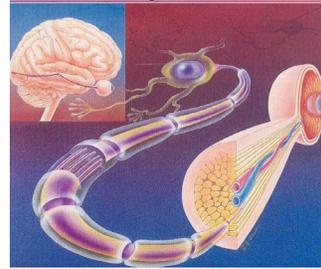
Cataract formation in the eye The lens is normally clear.

Sun radiation has been found to be a component of cataract development. It can be filtered by the use of UV filtering Sunglasses. Not all sunglasses filter UV radiation. The "ULTIMATE" sunglass is the 'polarized' sunglass, which is available in Rx and non-Rx forms.



Be sure to protect your eyes. PREVENTION OF CATARACTS IS POSSIBLE

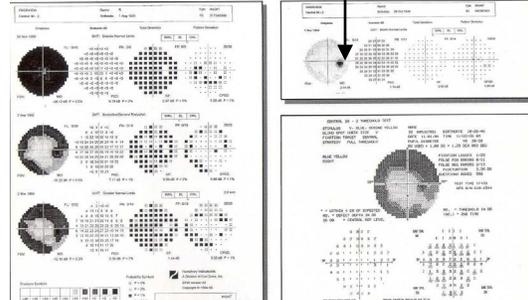
Vision is a process in the brain. Your eyes are an extension of the brain.



Glaucoma

Eye examinations require advanced technology testing such as peripheral vision testing (visual field analysis). The example below shows a person developing Glaucoma. A disease you do not know you have, so we must go looking for it. A person may experience difficulty seeing at night, or need more light even though they can see 20/20- eventually they will go blind if not detected. The 'silent thief of sight.'

GLAUCOMA visual field loss-VS- NORMAL BLIND SPOT



A normal visual field is in the top right image, the others show the progression of the disease. 18 % of all people will develop the condition. However we must search for its progression. A 20 minute test can save your sight. Glaucoma is not necessarily a disease of eye pressure. However high eye pressure can be a symptom.

Macular degeneration affects your central vision. It will affect the majority of the population as we age. Nutrition is one component of the essentials to its prevention.



What you are looking at isn't visible Preventing this disease requires careful examination of your eye's retina. Only a Dilated Retinal Fundus Biomicroscopic Examination can find this disease in early stages. Undetected will disable your ability to read and drive, as well as watch television and work.

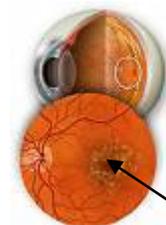


Image of degeneration of the macula affecting central vision