

# **Dr. Ronald Nicholas Strohan**

## **Optometrist**

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**New!** [www.MiltonEyeandVisionCare.com](http://www.MiltonEyeandVisionCare.com) **New!**  
905-878-5882

### **Welcome to our Vision Newsletter**

**Providing information in eye care is a daily task for us, THE IMPORTANCE OF ANNUAL EYE EXAMINATIONS Cannot be over emphasized**

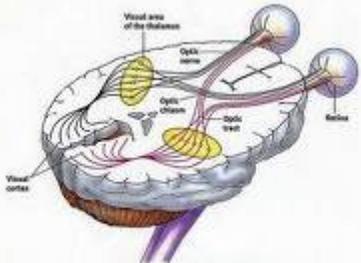
**Dr. Strohan also writes a monthly column in the Milton Canadian Champion 'Our Professionals Speak' Which appears every 2<sup>nd</sup> Wednesday of each month.**

*ITS ALL ABOUT CHOICES AND VALUES. OUR HEALTH CARE SYSTEM IS THE WAY IT IS BECAUSE OF THE VALUE IN YOUNGER YEARS ON THE BASIC CONCERNS FOR WELLBEING AND WELLNESS. SPEND SOME TIME TO CONSIDER HOW YOU ENVISION YOURSELF IN LATER YEARS. BALANCED LIFE STYLE INCLUDES UNDERSTANDING THE NEED FOR INFORMATION ON YOURSELF.*

*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.*

#### **Comprehensive Eye Examinations Go beyond 20/20 and Eye Glasses**

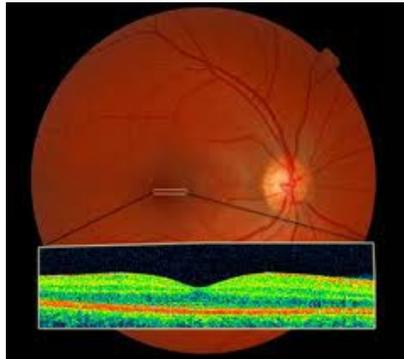
Thorough Eye Examinations use Ancillary Testing of Advancements in Technology. VISION IS AN ENTIRE BRAIN PROCESS. The eye merely takes a part of the picture. The rest of the body plays a role in the experience. Looking for issues which affect your vision has improved with the implementation of additional instrumentation. This has allowed us to examine vision beyond the structures of the eye. Many people we have seen in the past years have had Peripheral vision Testing. It is important to understand vision occurs in the brain, not just in the eye. The eyes are a projection and extension of a part of the brain, and the effects on vision from the perception induced by your thinking, actually hides what you don't see. A person may have 20/20 eye sight and yet be going blind. So as a preventative measure Computerized Perimetry had been added as a necessary measurement of the visual process in the Prevention of Eye and Vision Diseases. Many conditions like Glaucoma, macular degeneration occur in areas not so easily detected by simple viewing of the eye, and assessment of the interior of the eye. They begin in the brain. Many headaches and other symptoms can be affecting vision and you will not know.



Visual Field Assessments Such as Computer Automated Perimetry is currently implemented in your care. Routine testing will aid in the prevention of eye and vision diseases not visible in the eye.

### **Introducing advanced imaging OCT – Optical Coherence Tomography**

This year we will be introducing specialized imaging technology to help identify and assess components of the eye. It is important to utilize the advanced technology to assist in the eye health assessments. We have waited years for this technology to become manageable in our practice. It is vital to detecting microscopic changes in the anatomy of the eye structures. Including the Retina and Optic Nerve, as well as the anterior part of the eye at the iris. Assists in assessing for Macular Degeneration and Glaucoma. Structure can now be detailed to the individual cells. Deterioration is trackable and recordable on your eye examination record.



OCT -Cross section image of the retina at the NORMAL Macula.

Visit our new Web site. It is currently full of information on Vision and Eye Care. It is constantly under revision and we welcome your comments. Thankyou for taking the time to learn about vision and health.



***Your eyes are for life*** This is Fribit- Mascot of the Junior Kindergarten eye exam program. It will take time however the program is underutilized. Assuming that if children are healthy and they can see. Not always the case. 1 in 6 children have vision problems.....and it is far worse in Adults. Many people put off having examinations because they say they don't need Glasses!  
Begin taking care of them when you are young. OHIP covers eye examinations for all children between 0 and 19 years of age. 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.



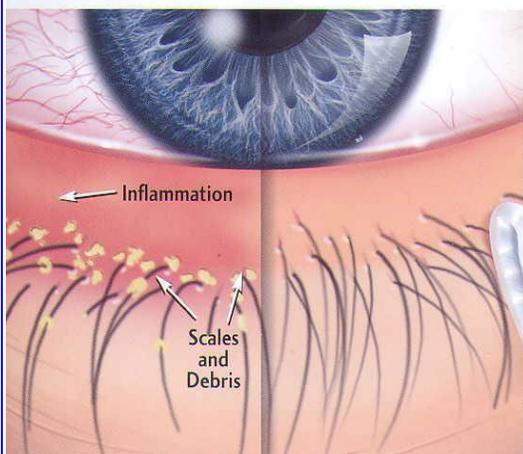
**Dry eye is a common symptom for many people**

Simply it is most likely due to hygiene and dehydration. Over the years debris caught in the lashes has dumped particles into your eyes which eventually inflame the lid structures. The inflammation prevents proper blood supply to the glands producing your tears causing a dry eye. Other elements which contribute to dry eye are low blink rates involved with computer, television, reading, driving.

Alcohol, smoking, medications are also contributors to the condition.

Inflammation of the eye lid margins called Blepharitis is very common, and yet easily resolved.

Wash your eye lashes and lids. Simple analogy, if you didn't brush your teeth, what would be the result? Same applies to the eye lids and eye lashes. Many colds and other diseases are predisposed due to the hygiene of your eyes, including allergies.



Blepharitis

Normal

**The Cause of Dry Eyes are the deterioration of the many glands in the eye lid and surface.**

Solutions to aid in dry eye. Do not use products which claim to reduce redness. They may actually hide the issue and can even be detrimental to your health. Many eye drops have chemicals which constrict or affect your blood pressure. Ask for proper diagnosis of the condition. Self help can actually produce more serious issues. Including harm your health.

Eat a diet high in Omega-3 (fish) and ALA (broccoli and green vegetables)

Use lid cleaners such as Lid Care to wash your lashes thoroughly by shampooing the lash hairs and margins. Massage your lids and express the products of their glands. A Gentle massage and warm compresses can do wonders.

**Working conditions**

Increase blink rate and take frequent brakes from the computer, reading and television  
And drink PLENTY OF WATER. If you are thirsty you have already been dehydrated.



Water is the most important dietary requirement. It is not replaceable by coffee, teas, soda pops or alcohol. These actually drain your body of fluids.

Drink plenty of water over the period of a day. You will feel less hungry and have much more energy for your daily activities.