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Welcome to our Vision Newsletter

Patient education is a daily task for us, **THE IMPORTANCE OF ANNUAL EYE EXAMINATIONS**
YOUR HEALTH IS IMPORTANT TO US YOUR VISION DEMANDS IT

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

YOUR LAST VISIT TO OUR OFFICE



Its time to think about you!

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.

IT'S UP TO YOU

Comprehensive Eye Examinations Go beyond 20/20 and Eye Glasses



WE FIND THAT IT SOFTENS THE BLOW.

Thousands of comics are available to help in the awareness of eye care...unfortunately many people still reply...I DON'T NEED GLASSES now. I've been seeing people who haven't replaced their eye glasses for over 7 years, and that was when they last had an OCULO VISUAL ASSESSMENT. In the mean time irreparable damage has occurred due to health issues, as they haven't broken the habit. Glasses can be replaced....health rarely can be replaced, and if it can you are fortunate. Many people depend on the payment by Insurance companies as the marker for coverage of their health exams and treatment. Meaning if they aren't covered they don't get an assessment. Why? "My insurance Company doesn't cover me until....." Yet when I make the statement that they are going to loose their driving license there is a sudden shift in attitude and where they will spend their time.



Insurance only comes from within your self.

~continued on side two~

AN INVESTMENT IN YOUR HEALTH

I have invested in advanced technologies to assist in the prevention of blindness. Your eyes are with you for life. Your freedom depends on them. I therefore offer in-depth analysis. We have the ability to find issues in the visual system before you experience any symptoms of difficulty seeing. Your eyes do not hurt so there are usually no warning signs.

OCT -Optical Coherent Tomography Structural assessment of the eye

In the latest technological advances to search for and detect both structural and functional aspects of your visual system.

It has been a very long 33 years of practice for me, and within the last two there are developments in technology that enable us to see beyond what the eye can see.

OCT is an imaging technology that allows us to see to the degree of a half a micron. That's 0.0005 millimeters. The retina in the eye is transparent, until now.



This technology allows us to see the development of issues prior to having symptoms or I such as diabetes, macular degeneration and loss of blood supply due to congestive arteries or veins, and glaucoma.

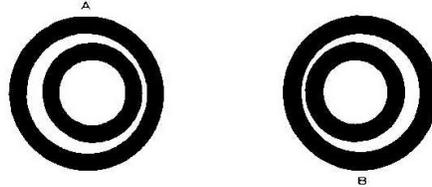
Threshold Visual Field Analysis Functional visual assessment



Allows us to see what you cannot see. Everyone has a blind spot in their visual field. The brain is great at hiding it. Having 20/20 eye sight is central vision from the macula. Peripheral vision is rarely measured by eye doctors. I recommend having it done regularly as it would be a disservice to your well being to assume your eyes and visual sense are intact and functioning based on only central vision Diseases such as glaucoma, tumors, strokes, and the causes of headaches are occurring behind the eyes. Detection by relying on central vision will likely miss the condition. Vision is more than 20/20.

BINOCULAR VISION- WE HAVE TWO EYES MEANT TO WORK AS A TEAM.

As we age our ability to converge our eyes may be affected. There are two mechanisms for converging your eyes. One is called the Accommodative Convergence mechanism (focusing stimulation to converge). The other is the Convergence Mechanism (independent of focusing.). As the focusing of our eyes diminishes with age, eventually we may have depended on the Accommodative Convergence mechanism to cross our eyes to look at a point close to our eyes. This leaves many people not using both eyes at near to 'fuse' the two images together to form one. Depth perception is therefore affected. The brain doesn't like to see double so it will suppress one image leaving you unaware of one eye not seeing. We often provide an exercise to assist in retaining binocular vision. So I've enclosed a simple exercise you may try. Eye exercises are as important as any other type. Many people forget about items above the neck.



FREE FUSION TECHNIQUE

1- HOLD THE IMAGE APPROXIMATELY 30 CM FROM YOUR NOSE.

2- USING A PEN, BEGIN WITH THE TIP OF THE PEN BETWEEN THE TWO SETS OF RINGS.

3- MOVE THE PEN SLOWLY CLOSER TO YOU. YOU WILL NOTE THE TWO RINGS BECOME 4 SETS, AND EVENTUALLY THREE. YOUR PEN SHOULD BE HALF WAY FROM YOU TO THE CENTER OF THE RINGS. THE MIDDLE OF THE THREE SHOULD HAVE AN IMPRESSION THAT THE OUTER RING STANDS OUT CLOSER TO YOU. (Be sure to concentrate on the pen. Then try to hold without the pen)

NOTE...People who only use one eye as in Strabismus (turned eye), or Amblyopia (lazy eye) will not be able to do the exercise.

This exercise actually does affect your heart. Stretching the eye muscles has a direct affect. Providing for an empowered heart, and lowered depression. The OCULO CARDIO REFLEX.

A FEW FACTS ABOUT INSURANCE

Insurance comes from two root words. "In" meaning from within. "Assurance" meaning guaranteed.

The reality is: people have delegated their assurance to some other party. Pay a premium to them to cover you for examination and or eyewear.

You paid a premium and only have a limited coverage. AND THE FREQUENCY and SUBSIDY OF COVERAGE IS LIMITED. Unfortunately, Health can rarely be replaced and is not guaranteed. Your eyesight and vision are interdependent on your health. Proper Knowledge and informed action is a personal responsibility. The Ontario Health Insurance only covers people for conditions when they are sick or their health is damaged. Our tax dollars are stretched to the limit to pay for Health Care. Prevention therefore is up to you. I spend every hour of every day in and outside my office looking for better ways to help people see. Unfortunately like the first few lines of this newsletter states....40% That hasn't changed in the last 33 years. Looking at my office demographics there is a gap. Somewhere between 13 and 43 years of age. This is where the lowest number of yearly examinations occurs. Why. Poor awareness? Or is time and money spent on other values. Both..... The majority of people will require healthy eyes all their life. Yet spend very little time caring for them.

Fortunately due to the implementation of the EYE SEE EYE LEARN PROGRAM. All Jr, Kindergarten Children are encouraged at the earliest entry to school to have an annual eye exam. And if eye glasses are required for the child they are provided free one time. This may actually turn the demographics around....when? In 20 years or so. Depending on the parents, teachers, and all parties involved. Taking an attitude to self preservation is required

If a child cannot see clearly. How can they learn clearly? 80 % of learning is dependant on vision.



HELP Teach our children and adults the importance of REGULAR EYE CARE

Your eyes are important to you. For almost everything in Life

~A saying attributed to Thomas Edison ~

The Doctor of the future, will give no medicine, but will interest his patients in the cause and prevention of disease.

I look at my profession as unique. We are able to assist in the detection of conditions in the amazing sensory system of the eyes and visual processes. A window to the body.

The last line: if I had only! Well it is actually the emotional energy or charge of a person place thing or event that affects us. The 'charge' associated with the memory or imagination produces electrical charges in the body. In turn this resides in our tissues as a memorized form affecting the heart's radiant energy.

Our perception and our interpretation of 'it' vs. 'our' values produce a static charge affecting every cell of our body.