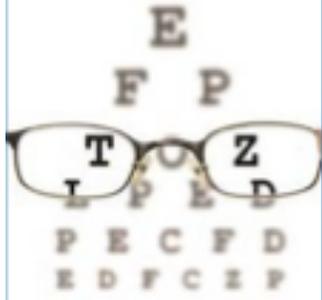


November 2018



Insight



Family Update

It has been some time since my last newsletter. We recently moved, children included, and I cannot find what I started two months ago – must be in a box!!!

My daughter is in her final year at Ryerson University for biomedical engineering, volunteering at Toronto Grace Hospital. My son is in his final year at University of Toronto, Rotman commerce, and may work for a year before going back to resume his studies.

MODO Eyewear – The Opportunity to Succeed

One of our newest additions is MODO from New York. MODO continues its dedication to social responsibility with their *Buy A Frame – Help A Child See* program. It works to provide the early detection and intervention necessary for children in need to look clearly toward a brighter future. They provide free vision screenings, and when needed, free prescription glasses and treatment for children in need. Every MODO frame purchased helps a child see!

Laura Biagiotti – the Lady of Italian Fashion

Laura Biagiotti is an icon of the contemporary world and represents a direct expression of a stylistic and cultural project - Biagiotti Universe. She has always been careful to the ethics of green and launched the 'bio' eyewear project based on the 'green design'. With this collection, the company operates in respect of eco-sustainability through the use of innovative material: the M49 bioplastic by Mazzucchelli. It is cellulose acetate – the most common organic compound in nature, extracted from cotton and wood fibers – and it is characterized by a formulation which exclusively contemplates the use of renewable source substances. All made in Italy.

Office Hours

Monday: 8:30AM – 5:00PM
Tuesday: 8:30AM – 5:00PM
Wednesday: 11:00AM – 7:00PM
Thursday: 8:30AM – 5:00PM
Friday: 9:00AM – 2:00PM

First Saturday
Of the month 9:00AM – 2:00PM

Closed Saturdays June-August

Contact Information

Tel: (416) 485-5233

Email:

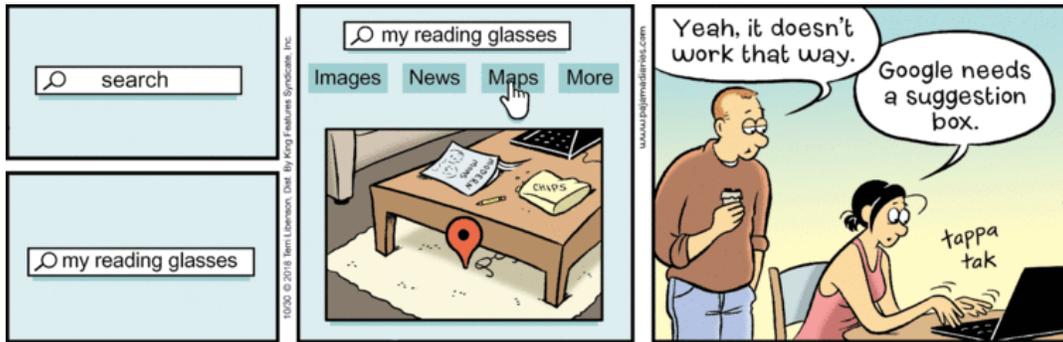
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ZEISS – Drive Safe Lenses

It is that time of the year when days become shorter and we spend more time driving in low light conditions. Drive Safe Lenses will give you better vision in low light conditions for safer and more comfortable driving. They reduce glare at night from oncoming cars or street lights and provide you with an accurate view of the road, dashboard, rear view mirror and side mirrors. My staff and I wear them and swear by them!

Seeing is Succeeding

Today's children are equipped with resources and learning materials previous generations would never have fathomed. Still, with all these tools at their disposal, some children inexplicably fall behind. The unexpected reason may be an undetected vision problem.

Since 80% of learning is visual, poor vision can cause academic issues. A child may have difficulty reading books since they frequently lose their place or have a hard time focusing on numbers or letters. This limits their ability to use the information at their disposal, making it difficult to complete their work and other classroom activities. Children with undetected vision problems may have a hard time solving puzzles, recognizing letters and numbers and writing since their vision does not allow them to perform these visual tasks with ease. When a child cannot take advantage of the available information and resources, they may fail to learn at the rate of their peers. This may cause frustration, making them feel less capable than their classmates.

Declining academic performance is not the only area of a child's life that can be hit hard by a vision problem. Sometimes poor vision affects a child's social behaviour. Certain vision problems can result in symptoms similar to those identified with Attention Deficient Hyperactivity Disorder (ADHD). When a child has trouble focusing, they may not pay close attention to details or become easily distracted, showing overlapping symptoms to ADHD.

Poor vision can take a toll on a child's social skills and interactions (ie. lack of eye contact), since they feel unable to try new things due to limited vision. It can also affect a child's ability to participate in physical activities, and may lead to frequent falls, trips, bumps and bruises due to their lack of coordination. The visual system contributes to gross and fine motor skills. A child with a vision problem may find it difficult to play on the playground, perform close work accurately and even participate in sports.

Signs and symptoms of a vision problem may include squinting, headaches, dizziness or nausea. Children may also rub or touch their eyes excessively and have a strong reaction to light. Additionally, some children may exhibit lesser known symptoms, such as poor handwriting and mistaking the letters 'p' for 'q' and 'b' for 'd'.

Vision impacts every aspect of a child's life. It is important for children to have a yearly, comprehensive eye exam to identify early signs of a vision problem. Since children very rarely alert their parents that they are experiencing any difficulties visually, a child won't know they have a vision problem since they assume their vision is normal. With one in four children having a vision problem, an eye exam may be the key to unlocking a child's full potential. It is never too late to have an eye examination.