

Dear patient,

We welcome you to our first newsletter of 2018! In this season's newsletter we have some exciting news to share with you. Firstly, January is a month devoted to bringing attention to Glaucoma Awareness and we would like to share with you some very important information about this. Also, we have an exciting new frame line we will be introducing this month. Lastly, we wish to share with you information regarding a few changes at our offices.

According to the Glaucoma Research Foundation, glaucoma is called "the sneak thief of sight" since there typically are no symptoms in early disease and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing. Important to note is that when you have glaucoma, the first type of vision loss develops in the peripheral vision, so you may not even begin to notice until significant vision loss has occurred. What is glaucoma you may ask? Glaucoma is described as a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease. With regular full comprehensive eye examinations and close monitoring by your Doctor of Optometry, treatment plans that can slow the progression of glaucoma can be implemented to improve your continued quality of life. Always remember, that although you may not feel you need an eye exam because you are having no noticeable problems with your eye health or vision, glaucoma is a "sneak thief". Regular full eye examinations are the best and only way for early detection to be possible.

"Persol"—in Italian that means "for the sun"—what a fitting name for the Italian made designer brand offering incredible sunglasses that we are introducing this month at both our locations. Persol has stood the test of time being one of the oldest eyewear companies in the world. Nevertheless, both their ophthalmic and sunglass frames are by no means old styles; they range from vintage to classic and everything in between. If you are browsing online and find a Persol frame you like that we don't have in-office, please note we have access to ordering them for you at great prices! Persol frames are all made in Italy and hold a fine quality often lost in today's manufacturing. Be sure to visit our social media sites for images of what has arrived!

Lastly, we would like to share some exciting news! As some may have read in our previous newsletters, we had a new doctor, Dr. Lindsey Gallowitz, join our Richmond Hill practice. We are excited to announce she will now also be seeing patients at our Bolton location every Friday. She will be in the office from 9:00am to 5:00pm to better accommodate our patients for appointments and eyewear dispensing. This also means that Dr. Rayman will be able to better accommodate our Richmond Hill patients as he will now be able to see patients there on Fridays from 9:00am to 6:00pm. We hope these changes will serve you all well.

Until the spring we wish you all happiness, health and vision!

Regards,

Dr. Daniel Rayman, Associates, and Staff