NEW ARTICLE!

Video games and gaming

Are video games harmful to my child's eyes?

Actually, no. Video games instead of being harmful to your vision can be helpful. A recent study has shown that playing videos games can sharpen your child's vision. Video games can help strengthen your child's:

- **Eye Movement Skills** – Being able to move your eyes in all directions smoothly.
- **Hand Eye Coordination** – Simultaneous hand and eye movement.
- **Visual Reaction Times** – The time required to react to visual ques.

Tetris – From Russia with Fun

A recent survey at McGill University in Montreal has shown that playing the game "Tetris" can actually have positive benefits for Amblyopia. Amblyopia, a condition commonly referred to as Lazy Eye, is when one eye does not develop properly and does not work in conjunction with the other eye. It is estimated that 1 in 50 children are diagnosed with Amblyopia. The video game Tetris has been found to force both eyes to work together creating improvement in this condition.

Moderation is Key

Allow your children to play these games but monitor the time spent doing so. Remember to take regular breaks and keep at least 5 feet of distance between your children and the viewing screen.

NEW ARTICLE!

Youth and UV protection

Look Outside. We constantly see adults wearing sunglasses, but how often do you see kids protecting their eyes?

Deficient Protection

Harmful U.V rays affect everyone's eyes, but we often forget that our children's eyes are more vulnerable than our own. This is due to the fact that children's eyes lack pigment in the lens of the eyes which help filter ultraviolet rays. Conditions such as cataracts and retinal degeneration are often attributed to prolonged exposure to U.V rays during a lifetime.

Tips for Kids Sunglass Use

Wearing sunglasses as protection is extremely important but sometimes our kids are against wearing them. Here are some tips to keep them in a sunglass wearing routine:

1. **Set a Good Example** – Continually wear your own sunglasses. This lets your children know that you enjoy wearing your sunglasses as well.
2. **Let them pick their Glasses** – Your child is more likely to wear the glasses they picked out themselves.
3. **Invest in Multiple Pairs** - Keep multiple pairs in different locations, so you always have a pair on hand.
4. **Practice Indoors** – Let your child get use to the fit and feel of the sunglasses with the comfort of being indoors.
5. **Make it known that certain activities require Sunglasses** – Keep a routine that going to the park, or playing soccer requires sunglasses.
6. **Clean the Lenses** – Make sure your child can see clearly by cleaning the lenses regularly.

The best way to clean your lenses is to use dish soap and a cotton dish towel. Tissue paper or paper towel can scratch your lens.

NEW ARTICLE!

Clear vision = optimal learning

Does your child have an issue with reading and school work? Unclear vision might be the answer.

Unclear vision can be the contributing factor to academic performance in school. 80% of what we learn is done visually. If your child is struggling to see they are struggling to learn.

Vision Problem Signs

Are you concerned that your child may be suffering from some vision problems? Look for the following signs:

- Headaches or Eye Strain
- Losing their place while reading and using a finger as a guide.
- Constantly rubbing their eyes.
- Blurred vision or seeing duplicates of things.
- Short attention span while completing visual tasks.
- Tilting or Turning the head to use one eye.
- Holding objects up close.

School Vision Screenings vs. Eye Exams

A School Vision Screening is not a substitute for a complete Eye Exam.

School Vision screenings often only test for 20/20 vision. The 20/20 vision test is a test for how well a person can see from varied distances. This is important for the school to test to make sure a student can see at both close and far distances. Testing for distance is just one part of an eye exam and being able to see.

A comprehensive eye exam is much more detailed in the fact that it is looking for additional things, like how the eyes are functioning together, reading tasks, and most importantly the overall health of the eye.

Cool, smart sunwear for teens

Until your 20s, your eyes let in more damaging light than older eyes. Ultraviolet light (UV) is the main culprit, from the sun and reflected sunlight. Water, sand and snow are a triple whammy!

Your sunglasses should stay securely in place. If they constantly slide down your nose, pop in for a quick adjustment today.

For the greatest UV protection, choose sunglasses that provide effective cover. Wraparound styles and large lenses are both smart picks.

Lens be friends. When selecting your density (darkness), the lens should be just dark enough that your eye is barely visible through it in bright light.

Grey and brown are the most popular lens colours, but there are many others you can choose. Green, blue, amber and rose. Go for it!

Photochromic lenses get darker when you go outside and change back to a clear lens indoors – perfect for the active teen.

More good news: 100% UV protection + no hassle switching to a separate pair of prescription sunglasses.

Sunwear for sports. Protective sports sunwear can help you excel in your sport and avoid sports-related eye injuries. Ask us about the best designs and materials for specific sports.

The choice is yours. No matter your style – retro cool or diva-licious hot – if you love the look, you'll wear your sunglasses with pride.

Life-saving benefits of polarized lenses

The day is bright and sunny. Optimal conditions for driving, right? Wrong! Blinding glare from sun and vehicles is a contributing factor to fatal vehicle accidents.

Over 60 percent of eyeglass wearers surveyed say sun glare makes it difficult to see while driving.

More than 90 percent of reactions made behind the wheel depend on good vision. A recent survey by Essilor revealed a disturbing fact – 20 percent of eyeglass wearers sometimes drive without their prescription glasses and instead wear non-prescription sunglasses. That means one in five make day-driving unnecessarily treacherous.

Another Essilor study found that reaction times improved by one-third of a second for drivers who wear polarized prescription lenses. For a car traveling 80 km/h, one-third of a second allows a driver to stop seven metres sooner, or the length of an intersection. In glare-intense situations, polarized lenses improve vision clarity by 75 percent, compared to ordinary sun lenses.

How do they work?

Sunlight itself is not polarized – it's either absorbed or reflected. Sunlight bouncing off a horizontal surface will strike the driver's eyes at a similar angle and produce glare.

Working like a venetian blind, polarized lenses have a laminated surface with vertical stripes that allow only vertical light to enter the eyes. Glare is eliminated because the horizontally-polarized light waves can't bypass the polarized filter.

Make your driving experience safer and easier – we can recommend the best lens options for your unique lifestyle.