

Drs. Hruska Schill, Campbell, Horner & Associates present...

ONSIGHT PRACTICAL NEWS

"BRINGING INSIGHT TO YOUR EYESIGHT"



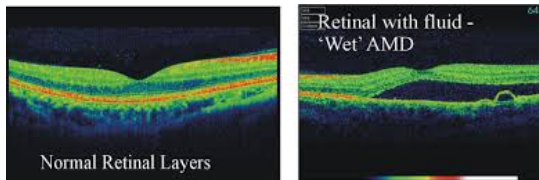
Welcome to the inaugural issue of our new in-house newsletter. We thought you may enjoy some relevant information that you can think about while you visit. Feel free to take a copy home with you and share with friends and family!

3D Imaging

OPTICAL COHERENCE TOMOGRAPHY \$65

The OCT takes 3D images of the layers beneath the surface of the macula and optic nerve of your retina. These images show us the layers that we are unable to see in the microscope and assist in developing a plan to decrease the risk of future vision loss. We recommend this test as a baseline for all patients, especially if you or a member of your family has a history of vascular issues or eye conditions such as:

- Diabetes
- High blood pressure
- Elevated cholesterol
- Glaucoma
- Age related macular degeneration



Nutrition and Your Eyes

DIET VS. SUPPLEMENTS

What can you eat to help maintain healthy eyes?



Your ocular (and systemic) health benefits from a diet rich in vegetables, fruit, nuts and seeds, grass-fed beef, ocean-caught fish and free-range chicken and eggs. If your diet and/or family history is less than ideal you can consider supplements. We recommend **Vitalux Healthy Eyes** or **Vitalux Advanced Supplements**. The Healthy Eyes formula is for those at risk of retinal disease and the new Advanced formula for those already diagnosed with macular degeneration. Both products are available at the front desk.

Rewards card: After 6 bottles get the 7th free!



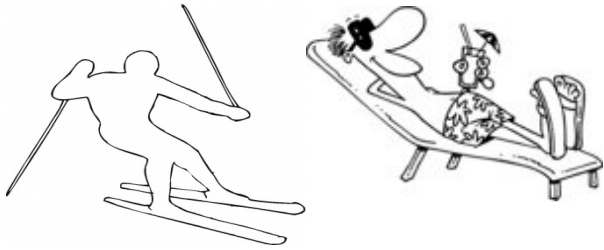
Did you know: you can help reduce your risk of AMD?

Here's how:



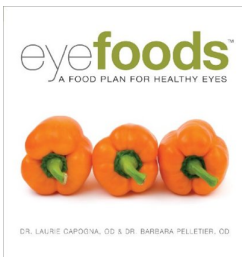
- Quit smoking
- Wear sunglasses year round
- Balanced diet rich in colourful veggies & fruits
- Maintain an active lifestyle

Whether you are
EMBRACING or **ESCAPING WINTER**
this year, don't forget your sunglasses!



EYEFOODS BOOK \$25


Need Recipe Inspiration?




For more ideas on incorporating healthy foods, look at this publication by two Ontario Optometrists. This book provides

excellent tips on the best foods to maintain overall eye and general health. You'll love the recipes and may find a way to make broccoli and kale appetizing for the whole family! Get your copy at the front desk anytime.

ULTRAVIOLET PROTECTION

 **Did you know?** 80% of all UV exposure occurs before the age of 18! Introduce your children to sunglasses at an early age.

UV protection is a must for all ages year round. Quality sunglasses and tint decrease the amount of UV light entering the eye and slows down cataract formation as well as decreases the risk of macular degeneration. This protection is available in several ways:

- A. Transitions  Lenses that darken when exposed to UV light
- B. Sunclip provided with some Easyclip frames

- C. Cocoons or "fit-over" sunglasses
- D. Prevenica. A new coating from Essilor that gives added protection from UV light, even indoors!
- E. Sunglasses. The best option. Good quality, non-prescription (can be worn over your contacts) or prescription if required.

Crizal PREVENICA

***Sunglass Promo:** To encourage everyone to wear sunglasses we offer a discount on your second pair of glasses up to 150 days after the purchase of your first pair.

Please ask any of our Staff or Doctors if you would like more information about any of the above items.

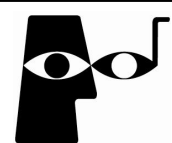
**Learn about your eye health and together we can focus on prevention.
Earlier detection and management is the best way to reduce your risk of vision loss.**

If you have suggestions for articles for our new in-house newsletter, please let us know.

MYTH OR TRUTH? Are carrots *actually* good for your eyes? Go to our facebook page to find out. We have also posted a delicious carrot soup recipe for those cool fall evenings.



Follow us on facebook and twitter for more eye health information!



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