



## September School Savings



Receive a  
**\$50 Savings**  
 on any child or student's  
 prescription lenses at  
**Maple Ridge Eye Care – Optometrists**

These lenses have a UV filter for protection,  
 a high quality anti-glare coating to reduce  
 unwanted reflections and carry a 2 year warranty  
 from manufacturer's defects.

## Big Bike Fundraiser

In the spring, Dr. Hurlbert participated in the Big Bike Heart and Stroke Foundation's annual fundraising event. He had the privilege of fund raising and riding with several of Maple Ridge's community-minded citizens; their team raised \$5484 for their participation, which was the most in Maple Ridge.

Thank you to all of the hard working volunteers including Anne Shek from the Ridge Meadows Seniors Society who has organized this team for the past 13 years. ▢



### Your Doctor Recommends™

Dr. Ivy Koh



## Did you know?

- » About 80 percent of babies are born far-sighted? Roughly five percent are born near-sighted, unable to see objects at a distance clearly.
- » Nearsightedness usually occurs before age 25? Many school-age children and teens first discover they are nearsighted when they have difficulty reading the writing on the board at school.
- » A 20/20 score on a vision test isn't enough? Don't assume your children have good vision because they pass a school vision screening. A vision test doesn't measure any of the other vision skills needed for learning.
- » The Canadian Association of Optometrists recommends that children have their first eye exam by six months of age? ▢

# Parents, do you know your "eye ABCs"?

## See well, do well

Good vision requires many different skills. Those skills must work together to help your children not only see clearly but understand what they see.

Your children's sight is an important factor in their success and their happy experiences at school. Do your children have the vision skills they need to see well and do well?

## Be alert to problems

It's up to you – parents and caregivers – to watch for symptoms that may indicate a vision

problem, especially if Junior frequently:

- loses his place while reading
- avoids close work
- rubs his eyes or complains of headaches
- holds reading material closer than normal
- turns or tilts his head to use one eye only
- shuts one eye when reading
- omits or confuses small words when reading
- uses a finger to keep his place while reading
- performs below his potential

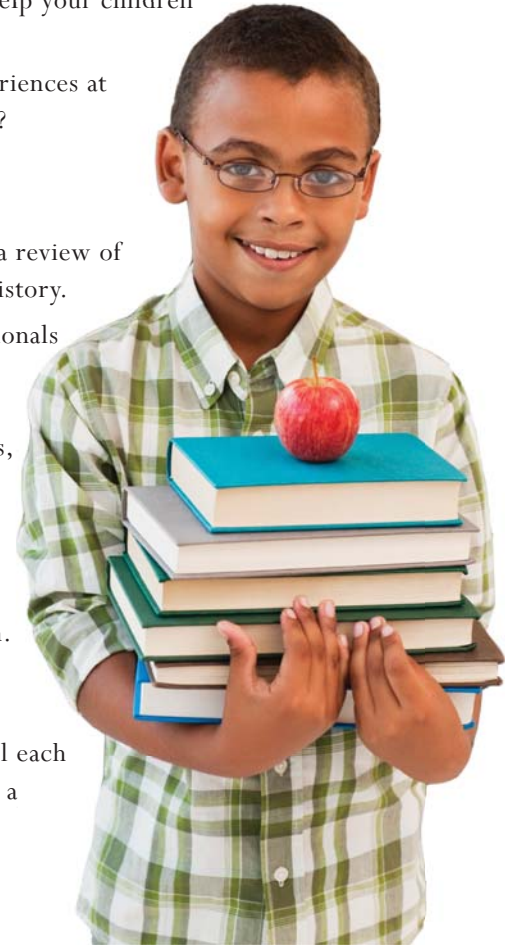
Even if you don't notice any symptoms, a change in vision can occur without you or your child realizing it. Have your child's eyes examined every year.

## What to expect

A thorough eye exam includes a review of your child's health and vision history.

Our trained and caring professionals will test for nearsightedness, farsightedness, astigmatism, colour perception, crossed-eyes, lazy eye, eye coordination, depth perception and focusing ability. As well, we assess your child's overall eye health to ensure a lifetime of good vision.

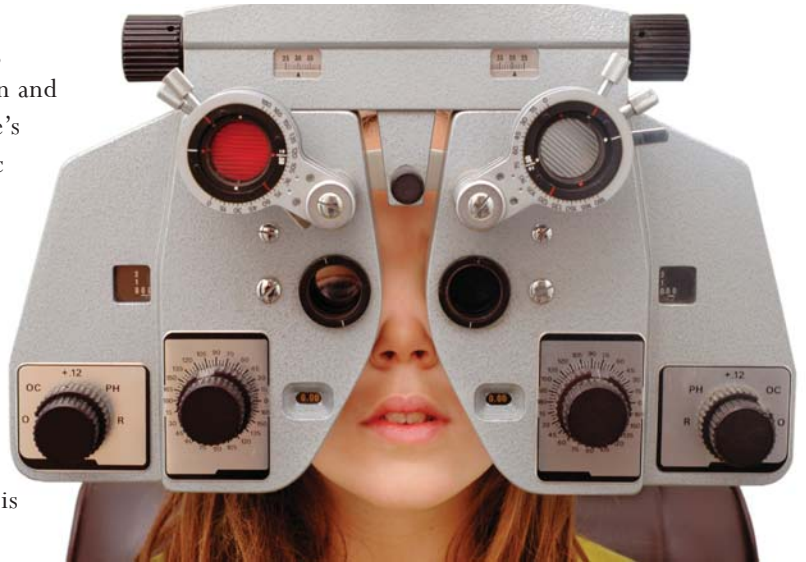
While an apple a day plays a healthy part, make sure your child's vision is ready for school each year. Call us today to schedule a complete eye exam for all your children. ▢



ESPRIT

# A sight test is not a complete eye health examination

Only an optometrist or an ophthalmologist can dilate the pupils to examine the eyes for glaucoma, cataracts, diabetes and high blood pressure, macular degeneration and retinal tumors. Recently, one of Maple Ridge Eye Care's optometrists found a retinal tumor in an asymptomatic patient in her mid 40's. In fact, in the last 18 months, two other patients, a 34 and 41 year-old, were both diagnosed with macular degeneration through their dilated, eye health exam in our office. Macular degeneration is the leading cause of blindness. If these three patients had not had a complete and thorough eye health examination, including dilation, none of these potentially blinding (and deadly) diseases would have been found. Early diagnosis and treatment is essential, so take your eye health seriously. We do. ▢



## CNIB partnership

If you or a loved one suffers from permanent vision loss that affects quality of life, please contact our office. Sunil Sachdeva, Low Vision Specialist, from the CNIB (Canadian National Institute for the Blind) examines partially sighted patients at our clinic on a monthly basis to assess how best to maximize the effectiveness of the remaining vision.



This is a free service with the CNIB paying for the assessment and Dr. Hurlbert providing the exam room(s). There are more than 836,000 Canadians living with significant vision loss, a number expected to increase dramatically over the next 10 years. Please visit our website, [www.mapleridgeeyecare.ca](http://www.mapleridgeeyecare.ca) or [www.cnib.ca](http://www.cnib.ca), for more information on causes of vision loss. ▢

## Take a break from lens care

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- the convenience of no messy lens cleaning, disinfecting and storing
- the comfort of a fresh new lens every day



DAILIES AquaComfort Plus: Ask your eye care professional for complete wear, care and safety information.  
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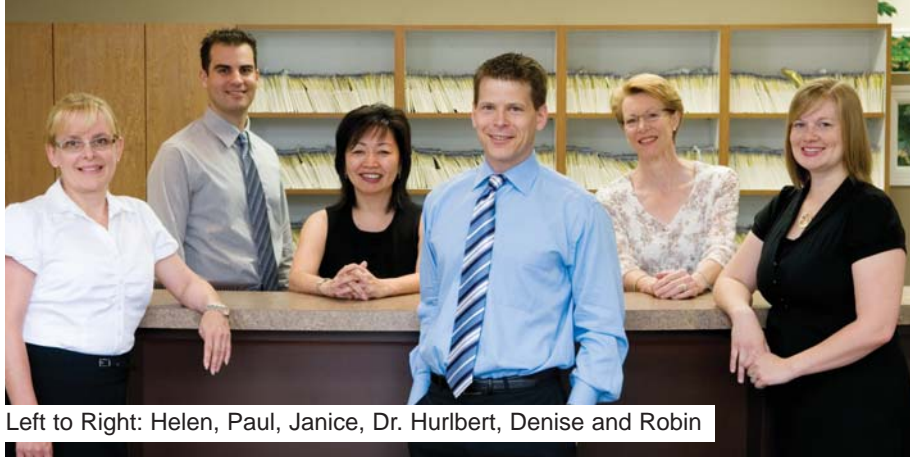
DOCTORS | EYECARE NETWORK



# MAPLE RIDGE EYE CARE

## OPTOMETRISTS DR. M. HURLBERT\* AND ASSOCIATES

Dr. M. Hurlbert • Dr. Alice Lennox



Left to Right: Helen, Paul, Janice, Dr. Hurlbert, Denise and Robin

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## Seniors' Eye Health

Did you know that the Ridge Meadows Seniors Society holds a weekly Health and Wellness Clinic every Tuesday in the Social Activity room in the Maple Ridge Seniors Centre? The cost to attend is \$1 for those who are members of the Seniors Centre.

With older adults at higher risk for eye disease and vision problems, it is important to take seriously any unusual symptoms associated with your vision. That's because early detection and treatment can greatly reduce the risk of partial or complete blindness.

At Maple Ridge Eye Care-Optometrists, we believe very strongly in early detection, which is why Dr. Hurlbert volunteers the first Tuesday morning of every month to answer any questions Seniors Society members may have regarding their eye health and vision. ▢

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