



# FOCUS

## Eye news flash!

# Cloak of invisibility not only for Harry Potter

In Harry Potter's world, a cloak of invisibility made the wearer invisible. His cloaks were spun from pelts of magical herbivores called the Demiguise. Today's cloak involves more science, less magic and not a single pelt. This ground-breaking technology also involves the eye.

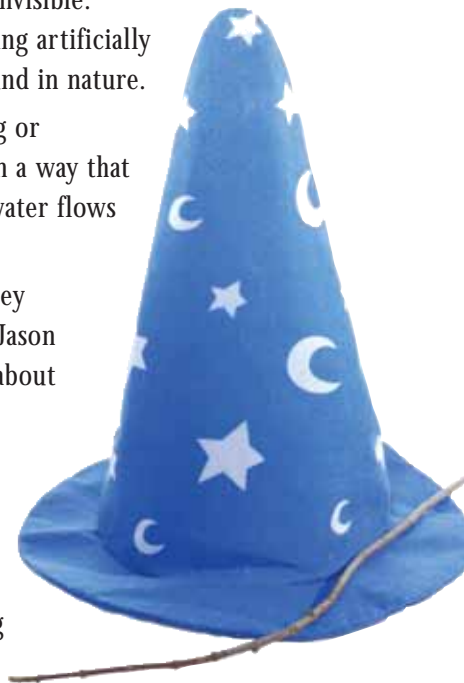
Scientists at the University of California, Berkeley, say they are a step closer to developing materials that will render people and other objects invisible.

Researchers can redirect light around 3D objects using artificially engineered materials with optical properties not found in nature.

The eye sees objects as a result of the light reflecting or scattering off them. This new material bends light in a way that eliminates reflections or shadows in much the way water flows around a stone.

But the materials work in limited wavelengths, so they won't be used to hide buildings from satellites, said Jason Valentine, a co-author of one of the papers written about this technology.

While the *Harry Potter* series of books and films has made the idea of a personal "invisibility cloak" popular, he says, "I don't think we have to worry about invisible people walking around any time soon. We are just at the beginning of doing anything like that." ▢



## Your Doctor Recommends™



Dr. Samantha Bourdeau

**Q.** I have given my child a simple reading test, and she seems to have 20/20 vision. Does she need any other tests?

**A.** There's a myth that 20/20 vision means perfect vision. 20/20 vision describes normal visual clarity or sharpness measured at a distance of 20 feet. Yet other important vision skills - such as peripheral awareness or side vision, eye coordination, depth perception, focusing ability, and colour vision - contribute to a person's overall vision.

It is also important to test for such things as eye muscle alignment and binocular vision. Optometrists are fully qualified to conduct complete vision exams. We recommend that everyone, including your child, have a complete exam on a regular basis.

# New materials, new designs

## Contacts are healthier

**T**hink you can't wear contact lenses? Or have you worn contacts in the past but weren't satisfied with comfort or clarity? **We have news for you!** Thanks to technological advances, the latest materials – most notably silicone hydrogel – provide comfort levels never before experienced, and for longer wearing times.

It's all thanks to oxygen – the more oxygen that reaches your eyes, the healthier they are and the better they feel. Silicone hydrogels have become the contact lens of choice for many. Today just about everyone can wear contact lenses, with more healthful and convenient options.

### Arms too short?

If you were born before 1965, you might have stopped wearing contacts. Now, **multifocal** designs let you keep enjoying the benefits of contacts. If you wear readers or progressive glasses, or if you have never worn contacts before, then

multifocals are an ideal choice. See all distances – near, far and in between – these lenses offer the perfect blend. You can read AND see at a distance – in comfort.

### What colour?

Contact lenses aren't just for seeing better. They're for looking better, too. Today's tinted lenses let you to enhance your natural eye colour, making your blue bluer or your green greener. Or they can change your colour altogether. If you want to wear novelty or "decorative" lenses (particularly popular during Halloween) make sure they are prescribed and monitored by your Optometrist. See better and look better – with tinted lenses.

### Easy care

Proteins and lipids, which are naturally found in tears, adhere to the surface of a contact lens. That's where lens-cleaning products can help. Caring for your lenses are easier than ever. You can use



"multipurpose" solutions but check with our staff for the solution your Doctor recommends – not all solutions are equal. We can set you up with a convenient, cost-effective bundle of contact lenses and solutions.

Or, avoid lens care altogether by using daily disposables. **Remember** – all lenses need a proper fit.

### Choices mean freedom

Whether your lifestyle includes playing tennis or playing computer games, and whether you choose *disposables, daily, extended, or continuous wear*, we have the lenses for you. Since no two people's eyes and vision are identical, there's no such thing as a "one size fits all" product. Our Doctors of Optometry can recommend the best lens option. Talk to us – we'll help you find the greatest comfort and the easiest lens care. ▢

## Better vision when it matters most



Nearsighted? Farsighted? Astigmatic?  
**NEED READING GLASSES?**

## PureVision® Family of Contact Lenses

See everything life has to offer you with breathtaking details and crisp, clear vision even in challenging light conditions.

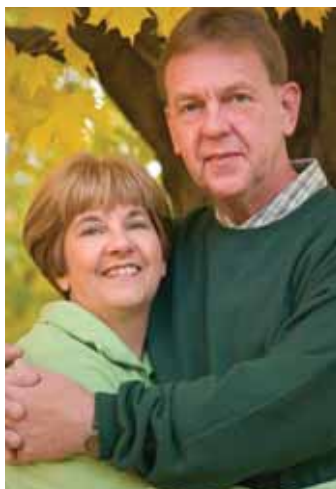
ASK YOUR OPTOMETRIST ABOUT

**Bausch & Lomb**  
**PureVision®**  
Contact Lenses

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# Are your eyes experienced?

**T**he more experienced your eyes, the more you have to benefit from the latest eye health technology. As you age, it's important to know what is happening *inside* because changes in the eye will eventually cause changes in your sight. Many of those changes, including glaucoma, can sneak up with no warning, until it's too late. Our Doctors, however, have the skills and equipment to detect these threats. Let us help you help your eyes throughout your lifetime. We are dedicated to protecting your sight and eye health.



against blindness, and vitamin C may play a role in preventing or alleviating glaucoma. Essential fatty acids help the eye, from lessening the symptoms of Dry Eye to protecting against macular damage. Eat plenty of green, leafy vegetables, two servings of fish per week, some nuts and some yellow or orange fruits and vegetables. Finding it tough to consume the daily requirement of eye-protecting nutrients? Talk to us about **supplements** that reduce the risk of age-related macular degeneration and its associated vision loss.

## Time for a test

Do you experience any of the following: :

- Headaches
- Unexplained vision loss
- Family history of glaucoma

Do you have any of these risk factors:

- Previous eye injuries
- Diabetes
- Are you of African or Asian descent

If you ticked any of the boxes, please let us know. Your Optometrist may recommend more frequent eye exams if you have a family history of eye disease. A regular eye exam is the best way to protect your vision.

**Even 'experienced' eyes can be attractive, comfortable and healthy. Treat your eyes well – you deserve them!** 

## Experienced...not antiquated!

Look your best from head-to-toe. Choose from our lightweight yet durable frames, and have fun with shapes and colours. Select reflection-free lenses, UV protection for your sunglasses, and scratch resistant, easy clean coatings. These important enhancements improve your eye comfort and contribute to healthy vision.

We carry a variety of materials and finishes that guarantee well-fitted and comfortable eyewear, whether you're in an aerobics class or simply enjoying some R&R.

## Revitalize those eyes

Research suggests that antioxidants reduce your risk of cataracts and macular degeneration. Vitamin A protects



 SeeMax™ Progressive: The new standard in optical performance

Instant Autofocus

Peripheral vision wider by 60%

Distortion reduced by at least 40%

The best solution for natural vision  
[www.nikonseemax.ca](http://www.nikonseemax.ca)

**SEE  
MAX**  
PROGRESSIVE



# Eye ER



Do you have an eye health emergency? Not sure about the right treatment? When an emergency strikes, please call us for an IMMEDIATE review of your concerns.

### Seek emergency medical care if:

- There is a visible scratch, cut or penetration of your eyeball.
- Any chemical gets into your eye.
- Your eye is painful and red.
- Nausea accompanies the eye pain.
- You have any trouble seeing (such as blurry vision).

### To prevent eye emergencies:

- Supervise children carefully. Teach them how to be safe and provide a good example.
- Wear protective eyewear when using power tools, hammers or other striking tools.
- Wear protective eyewear when working with toxic chemicals. ▢

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[www.chestermereoptometry.com](http://www.chestermereoptometry.com)

Our office is a proud member of Doctors Eyecare Network, a group of over 250 Optometrists across Canada dedicated to providing our patients with complete eyecare and eye health services.

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