



ptometric

INSIGHTS

Summer 2008

Volume 8, Issue 2

CELEBRATION WEEK SUCCESS

Dr. Bauman, Dr Schropp, Associates in Optometry had an exciting spring celebrating their new practice partnership. Throughout the month of April, patients could enter a draw for 25 exciting raffle prizes including COACH, ADIDAS and HUMPHREY sunglasses, GUESS, CANDIES, GANT and TOMMY HILFIGER beach bags, perfumes, T-shirts and so much more! The final draw was held on Friday, April 25. Congratulations to all of our lucky winners!

On Thursday, April 24th, the office also held an OPEN HOUSE Wine & Cheese for family, local physicians and local ophthalmologists to introduce Dr. Schropp along with Dr. Peterson and Dr. Bauman's eyecare team. Visitors viewed all the practice's latest ophthalmological technology including a digital retinal camera for ocular health documentation and a visual field analyzer for glaucoma and neurological testing.

We held our first ever Fashion Sunglass Event on Friday, April 25th. Sunglass suppliers (GUESS, COACH, SILHOUETTE, ADIDAS and SERENGETI to name a few) filled our eyeglass dispensary, and patients could come in and select new sunglasses at incredible savings! Due to the great interest this year, keep watching for the 2009 Sunglass Event!

EYE FRIENDLY NUTRIENTS

Cataracts and age-related macular degeneration (AMD) are the leading causes of visual impairment and acquired blindness in the U.S. and Canada. Cataracts and AMD affect quality of life among millions of aging North Americans.

Two carotenoids, lutein (pronounced loo-teen) and zeaxanthin (pronounced zee-uh-zan-thin), are antioxidants that are found in the eye. It has been shown that these antioxidants may protect against cataracts and AMD.

Two large studies – the Eye Disease Case Control Study and the Third National Health and Nutrition Examination Survey or NHANES III – found a significantly lower risk for developing AMD in people with high levels of lutein + zeaxanthin. The Nurses Health Study and the Health Professionals Follow-Up Study found that high amounts of lutein and zeaxanthin in the blood reduced the need for cataract surgery.

Eating at least five servings of fruits and vegetables each day, as currently recommended by the Canadian Cancer Society (www.cancer.ca) and Health Canada (www.hc-sc.gc.ca) can provide about 5-6 mg of carotenoids, amounts associated with the decreased risk of eye disease noted in these large studies. Wise choices include dark green leafy vegetables such as spinach, kale and collard greens as they are very rich sources of lutein and zeaxanthin. Other colorful fruits and vegetables, such as broccoli, orange peppers, corn, peas, persimmons and tangerines also contain antioxidants in addition to being healthy additions to your menu.



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OPTOMETRISTS

Dr. Marcella Bauman, Dr. Christina Schropp & Dr. Kara Peterson
Drs. Bauman, Schropp and Peterson always welcome new patients

HOURS OF OPERATION

Monday, Tuesday, Wednesday, Friday 9am - 5pm; Thursday 9am - 7pm

Contact our office at (519) 672-0998 or email info@toseebetter.com

Visit our new website: www.toseebetter.com

**HEY
KIDS!!**

Would you like to have a chance at winning 1 of 3 gift certificates from The Toy Shoppe of London (\$40, \$25, \$20)? Colour the picture on this page and drop off your work of art at our office or mail it to 190 Wortley Rd, Suite 100D by August 31, 2008. You must be age 10 or under to enter. Only one entry per person.



REMINDER!

We collect used glasses to be distributed free of charge during missions to third world countries. Please feel free to drop off glasses anytime!



Name: _____ Telephone: _____

Address: _____ Age: _____