

Bartlett Eye Clinic

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Where your eyes are for life

A GUIDE TO YOUR EYE EXAM

We are here to provide you with the very best in eye care before, during, and after your visit. You can play an important role by thinking about your lifestyle and health needs. Here are some tips to consider before your next visit.

Before your eye exam we would like to review your personal and family health history. You can make the process easier if you have any or all of the following:

- A list of any medications you are taking, over-the-counter or RX, including dosages.
- If this is your first visit to our office, bring the date of your last eye exam, your prescription, and the name of the doctor that examined you.
- All pairs of glasses and/or contact lenses that you currently wear.
- If you wear contact lenses, please wear them into the appointment and approximately two hours prior, if possible.
- Your insurance information.
- Any questions or concerns.

DID YOU KNOW?

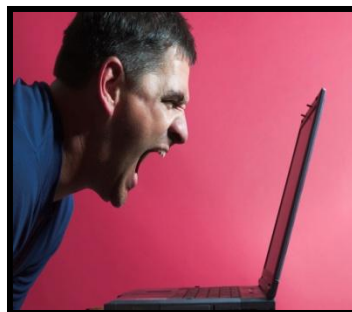
Contact lenses have come a long way in the last several years. If you need help to see distance (to drive) and up close for reading, we may be able to fit you in contacts that can do it all. Ask about **multifocal contact lenses** at your next visit.

COMPUTER FATIGUE?

Do you have eye fatigue, strain, and irritation while working on the computer at work or home? You may be experiencing **Computer Vision Syndrome (CVS)**. CVS affects 3 out of 4 computer users. Headaches, eye strain, neck and back aches, sensitivity to light, blurred vision, double vision, and dry or irritated eyes are all possible problems related to CVS. There are simple steps you can take to reduce the strain on your eyes while at the computer.

- Follow the 20/20/20 rule: Every 20 minutes give your eyes a 20 second break away from

the computer, looking at objects 20 feet away from you.



- Make sure your computer, desk, and chair are set at a comfortable height and distance.

- Check the surrounding area for lights that bounce off your monitor, causing irritating glare.
- Wear an updated prescription pair of glasses, and talk to your optician about getting an **Anti-Reflective coating**.

SHARE THE VISION WALKATHON

The staff at Bartlett Eye Clinic and our friends at Magnolia Eye Clinic and Everett Family Vision are excited to be participating in the "Share The Vision Walkathon" on Saturday, October 1st. The walkathon is presented by SightConnection (formerly called Community Services for the Blind). We are thrilled to join in to help reach the goal of raising \$60,000 toward programs and services for those in our community living with vision loss.



If you would like to join in, you can register by phone at 206-525-5556, by email at events@SightConnection.org, or online at www.sharethevision.dojiggy.com.

Afterward, come check out our new website for updates on how it went!

www.bartletteye.com

WHAT ABOUT YOUR YOUNG ONES?

Has your child had a recent eye exam? Parents may not know when their child has a vision problem. Many children don't necessarily know how or what they're supposed to be seeing and so they are less likely to complain of blurred vision, or be able to describe their problem accurately. A child who has never known normal vision or depth perception doesn't know what he or she is missing. However, there are many complications that may arise from your child not having a current prescription. Has your child been suffering from headaches, shortened attention span, or poor reading? The simple remedy may be a pair of glasses with his current prescription.

Every child should have an eye exam before the age of four, in order to catch certain eye problems before the visual system is done maturing, and once a year after that. If you are a parent and feel you see any symptoms of poor visual function, please do not hesitate to come in earlier. The earlier you check, the better, as your child's eyes will serve her or him for the rest of their life.



*Receive \$20 off the purchase of a complete pair of prescription glasses, or \$15 off 4 or more 90 packs of Ciba Aqua Comfort Plus Dailies for school-aged children!**

Valid Sept 7-Oct 8, 2011, 1 per customer, age 18 and under.

**Not eligible with VSP insurance or other discount plans*

IT'S FINALLY SUNNY!

After all those months of gloomy, rainy weather, sunshine is finally here! While we are enjoying soaking up those rays, keep in mind that our eyes need to be protected from the sun just like our skin. In fact, UV exposure has been proven to contribute toward the development of cataracts, macular degeneration, and yellowish growths called pterygia and pingueculae. To make sure you keep your eyes healthy and protected, make sure you wear good UV protection while you are out. A good quality pair of sunglasses should offer 100% UVA and UVB protection. You can always bring in your sunglasses to our office, and we can do a test to see how effective they are.

Ask our opticians on your next visit about options like polarized lenses and transitions.

Healthy Vision Tips . . .

- Remember that UV rays pose a threat every day, even on cloudy days.
- Wear eye wear that provides block age of UVA and UVB rays.
- Wear lotion and lip balm with SPF protection.
- Make sure to protect children who are at greater risk and are less likely to protect themselves.

