

Winter 2007  
Newsletter

# SOUTH ISLAND OPTOMETRY

## Your sight is Our Vision

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### *This issue includes:*

- South Island Optometry; our History
- Optomap Retinal Scans
- Spotlight on Contact Lenses
- Why does my eye twitch?
- Children's Eye Exams: Back to School and Back to the Optometrist!

## Welcome to our First Issue!!!

Welcome to the inaugural issue of our South Island Optometry (SIO) Centres newsletter! We hope our existing and future patients find its topics informative and interesting. We also encourage you to contact us if you would like to see a particular topic covered in a future issue. If you have any questions related to any of our articles, please call us at (250) 477-4711; Or by email at: [gh@sioptometry.ca](mailto:gh@sioptometry.ca)



## South Island Optometry; our History

Way back in 1964, Dr. David Pepper began the Gordon Head practice we now know as **South Island Optometry**.

A true innovator, Dr. Pepper meticulously designed and manufactured his own soft and hard contact lenses—including lenses for people with astigmatism and those needing bifocals. With the advent of 3<sup>rd</sup> party mass production of contact lenses in the 1980's, his manufacturing lab became less necessary, however by that time; the practice was already well established.

The Gordon Head practice was first located on Shelbourne Street in the Shelbourne Plaza and then later moved across Cedarhill X road to a newer plaza. A number of years later, the practice was relocated to the corner of Feltham Rd and Shelbourne St. At the time, this location was considered to be "out in the country". Since 1990, the practice has been located at its current site---3994 Shelbourne in the University Plaza adjacent to Boston Pizza

and Tim Horton's. Major renovations took place in 2001 when South Island Optometry doubled its space in the Plaza.

After Dr Pepper retired in 1990, Dr. Brent Morrison took reigns. He partnered with Dr. Chris Snow in 1997 and they hired associates Dr. Ann-Marie Stewart in 2000 and Dr. Suzanne Sutter in 2005. The Gordon Head location of SIO continues to grow quickly through patient referrals, family doctor referrals and the introduction of innovative, advanced technology. This location was the first in Victoria to employ the use of the revolutionary Optomap retinal scan, an instrument that, in a split second, takes a large picture of the back of the eye. Patients have really been enjoying this new technology.

In 1999 Drs. Morrison and Snow expanded into Colwood by acquiring the practice of then retiring, Dr George Lynn. Dr Lynn created the Colwood practice in 1964. It has

always been located at Colwood Corners (Sooke Road and Goldstream Ave). In recent years it has blossomed tremendously. Many new residents of Victoria are residing in the West Shore communities and finding the Colwood practice a convenient location.

In 2003, the practice was moved from its small upstairs office to larger premises on the ground floor of the same building to accommodate additional examination rooms for a growing patient base. At the same time, newer, more sophisticated instruments were added and in 2006; the Colwood office became the second practice in Victoria to obtain an Optomap Retinal imaging instrument.

Following the tradition of our roots, our staff and doctors at SIO welcome new and returning patients. We welcome you to visit and experience our extensive technology and customer service.

**Ask our Optometrists  
How to trial  
Night & Day  
Lenses**



**For more info  
Visit our Website at  
Cibavision.com**

## Spotlight on Contact Lenses

South Island Optometry has always had a special interest in contact lenses, dating back to the 1960's with the founder of the Gordon Head practice, Dr. Pepper. Back then, contacts were difficult to order commercially, so Dr. Pepper made his own in his fabricating lab.

There are two general types of contacts—hard and soft lenses. Hard lenses, typically called Rigid Gas Permeables or RGP, are made from a more rigid, oxygen breathable material than soft lenses, but soft lenses tend to take center stage. This is mainly due to the automation of manufacturing plants and the subsequent advent of disposable lenses.

Disposable contacts are soft lenses that are disposed of as often as after 1 day, 2wks or 30 days of use. These lenses are now not only equal or superior in comfort to traditional daily wear or “yearly” soft lenses but they are healthier for your eyes and much easier to care for.

Today, disposable contacts encompass such a wide range of prescriptions and fits, almost anyone can wear them. Previously, it was thought individuals with astigmatism (a “football” shape to the eye) could not wear soft lenses; now soft disposables offer so many options for astigmatism that they too can be changed monthly, biweekly, or even daily.

Disposable Contacts also apply to those of us over 45 or 50 years of age that need “some extra help with near vision” in the form of reading glasses, bifocals or progressive glasses. These “presbyopic” patients can benefit from the new bifocal/progressive disposables available on the market. They may not be the perfect answer for everyone but with some expert fitting and fine-tuning of the lens powers they are a very rewarding option for those who are frustrated with reading glasses and “arms that are too short”.

RGP lenses are also an excellent option for individuals needing bifocals. The clarity of vision with RGP bifocals is often better than their soft counterpart.

A more recent development has optometrists even more excited: the development of a new, more breathable material for soft lenses called silicone hydrogel.

The lenses made of this new material can be up to 5 or 6 times more oxygen breathable – that’s 500% to 600%! This results in a much healthier, whiter and typically more comfortable eye. And this new material has penetrated into all corners of the disposable market so that anyone can now access the benefits.

To see if you are a candidate for any of the options we’ve discussed, book an appointment with one of our optometrists at the South Island Optometry Centre most convenient for you.

### Things that make you say hmmm... “Why does my eye twitch?”

Mild twitching of the eyelid is a common phenomenon that tends to occur in young, healthy individuals and may last several hours to days. Although these involuntary spasms of muscles are annoying, they are almost always temporary and completely harmless.

Typically, it affects just one eye with the lower lid most commonly involved. The medical name for this kind of twitching is called ocular myokymia.

Myokemia is commonly associated with fatigue and is not usually visible to anyone else.

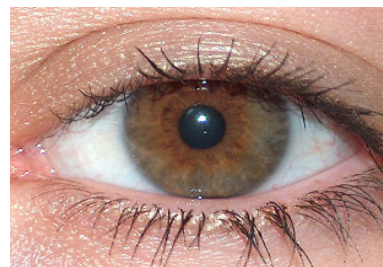
Optometrists are often asked what causes the twitching and what can be done.

Lack of sleep, too much caffeine, alcohol, certain medications, increased stress or eyelid surgeries are the usual culprits.

Often, massaging your eyes will relieve the symptoms, but in

constant prolonged cases botox can be injected to quiet the muscle. Usually, the twitch will disappear after sleep.

Myokymia, which begins with one eyelid but spreads to include other muscles of the face, requires further investigation.



## The Optomap Retinal Scan

As the second optometry practice in Canada to acquire the Optomap, South Island Optometry is leading the way in Victoria with new technology for examining the health of the eye.

The Optomap is a laser-scanning instrument that gives an ultra wide digital record of the human retina through an un-dilated pupil.

“This is the best instrument we have ever acquired for South Island Optometry. Patients really like the new technology and the convenience of usually not requiring dilating eye drops that make vision blurry for hours afterwards”, state the eye doctors at SIO.

The optometrists enjoy the ability to review the images with the patient in the exam room and make comparisons from year to year. It is an excellent way to detect disease early and to monitor patients at risk –such as those with diabetes and macular degeneration.

In fact, the doctors at the Gordon Head location of South Island Optometry enjoy the Optomap so much they recently acquired a second instrument for their Westshore office located at Colwood Corners.

“We have patients coming in for eye exams just because they have heard of the Optomap from their friends and family and want to have their own retinal scan performed.”

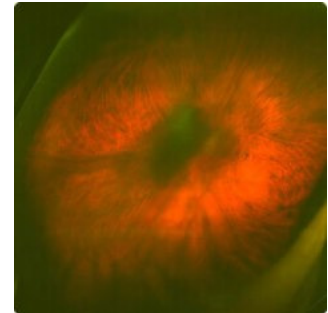
In about ¼ of a second, the Optomap takes a painless scan of the patient’s retina and saves it to a computer network so it can be reviewed in each examination room. The image encompasses up to 200 degrees of the retina in each scan. So far, the benefits have been enormous.

Diseases such as diabetes, high blood pressure, macular degeneration and retinal detachments are detected regularly. Other less common diseases like brain tumors and choroidal melanomas (cancer of the eye) have been detected usually before the patient notices symptoms.

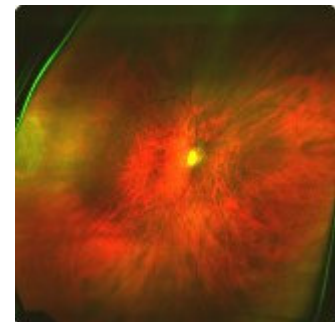
### Optomap Retinal Scanner



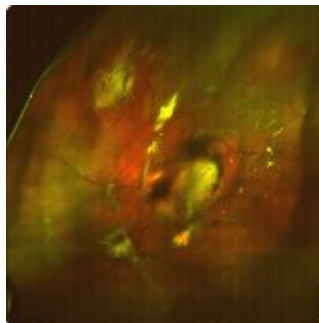
Posterior Vitreous Detachment



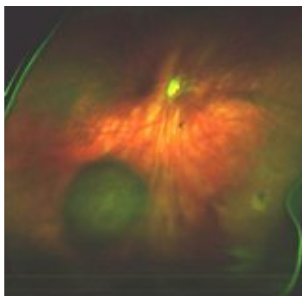
Retinal Tear



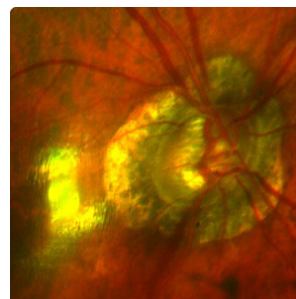
Age-Related Macular Degeneration



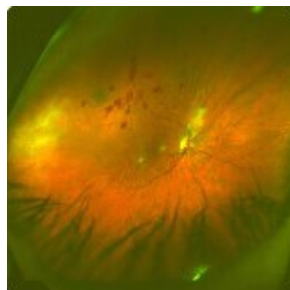
Melanoma



Glaucoma



Diabetic Retinopathy



“At South Island Optometry our goal is to provide the best possible care for our patients using the latest proven technology available. The Optomap fits extremely well into that plan.”



## Take Care of your Child's Vision

amblyopia/lazy eye, binocular problems (inability of the eyes to work as a team), farsightedness, nearsightedness, and astigmatism.

While nearsightedness, farsightedness and astigmatism are the most common, the treatment of lazy and crossed eyes in a child's early years is crucial as these conditions can become entrenched and much more difficult to correct later. A thorough eye examination will determine if your child's visual skills are developing properly to allow them to read, write and learn in and out of the classroom.

At **South Island Optometry** we are happy to provide excellent eye care for people of all ages. A comprehensive eye examination can be completed even if your child can not read an eye chart. The doctors at South Island all enjoy children and use child-friendly techniques to evaluate vision and ocular health.

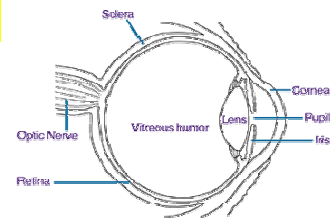
Vision plays a large role in your child's early development and ability to learn. Over 80% of a child's learning is based on vision. If vision problems remain untreated, children who are full of potential may lag behind. They may even become withdrawn or disruptive. Surprisingly, one out of six children diagnosed with a learning disability actually have a correctable vision problem. Seeing an optometrist at a young age can not only detect these vision related learning problems, but also prevent potentially vision-threatening disorders.

Most children do not recognize when they have a vision problem. They assume that the way they see is normal. Furthermore, many visual disorders have no obvious symptoms, meaning that parents may not realize that their child has a problem. Common visual problems seen in children include:

**Parents, you can play a role in being the first to detect early symptoms of eye problems in a child.**

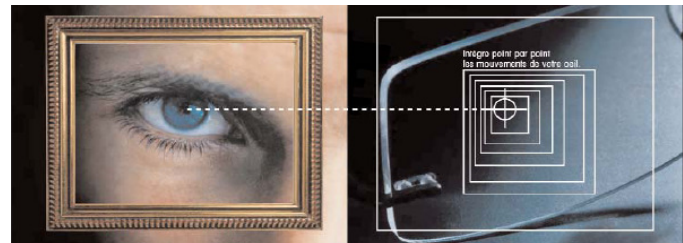
**Some warning signs are:**

- Sitting very close to the television
- Holding objects too close
- Avoiding puzzles, books, colouring or other near-distance work
- Covering one eye when looking at something up close
- Body rigidity while looking at distant objects
- Lack of concentration
- Visible frustration or grimacing
- Excessive blinking or rubbing of the eyes
- Tilting of the head or unusual posture
- Lack of participation
- Performing below potential
- Headaches
- Blurred or double vision



- Burning sensation in eyes or itchy eyes
- Marked inability to catch, build, balance or do other related eye-hand coordination activities
- Hyperactive or short attention span

*We recommend that children be examined by the age of three years, before starting kindergarten and yearly thereafter. A good way to help you prepare your child for their first eye examination is to visit the BCAA website ([www.bcao.ca](http://www.bcao.ca)) and check out the ABSee program. We look forward to meeting your little ones!*



### Varilux® Ipseo®

Tailor-made progressive lens designed to match your visual behaviour

**Your visual behaviour pattern is unique**  
Using the VisionPrint System™ developed for Varilux Ipseo, your eye care professional will make a personal diagnosis of your head/eye movements.

**Your lenses are custom-made**  
Based on the diagnosis made with the VisionPrint System and your prescription, complex optical calculations enable us to produce lenses that exactly match your visual behaviour.

**High Resolution Vision™**  
Varilux Ipseo lenses offer you the most accurate correction thanks to the latest patented W.A.V.E. Technology™, which includes a double innovation:

- complex optical calculation of the lens
- manufacturing process with accuracy of 0.1 microns

Your satisfaction is guaranteed.



**Dr Stewart, Dr Snow, Dr Sutter & Dr Morrison**



**Stay tuned for our next issue...**

