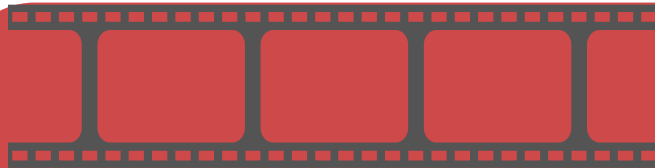
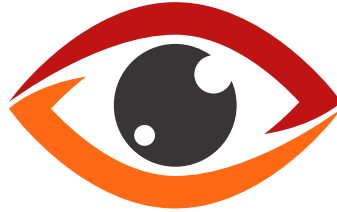


In Focus: Eye Health



Watching a lot of T.V.?

Sit far enough from the TV—about five times as wide as the screen!



Use the 20-20-20 Rule.

Take a 20 second break from your computer screen every 20 minutes and focus your eyes on something at least 20 feet away.

Include eye healthy foods in your meal

Foods containing vitamin C:

- papayas
- red bell peppers
- kiwi
- strawberries
- oranges

Foods containing antioxidants:

- carrots
- sweet potatoes
- squash
- spinach
- kale
- broccoli

Eye Irritation? Get Help Early!

If your eyes are irritated from allergies, infection, or injury, don't just wait for it to get better. Strange symptoms might need treatment or could be a sign of a bigger problem. For eye emergencies, ask your optometrist if they have emergency appointments—it's often faster than going to the ER.

Why Eye Exams Are Important

The best way to protect your vision is to get regular eye exams. Many eye problems don't have obvious symptoms, so it's important to get checked. The Canadian Association of Optometrists says children should have their first eye exam between 6 to 9 months and then once a year after that. Adults should have an eye exam every two years, or as their optometrist recommends.

Hello, Neighbour!

Meet Optometrist, Dr. Blake Dornstauder

Born and raised in Lloydminster, AB, Dr. Dornstauder with Lakeshore Optometry graduated with honours and professional distinction as a Doctor of Optometry in 2014 from the NOVA Southeastern University. From 2015 to 2024, he was one of two test writers who created the annual Canadian board exam for new graduates to the practice of optometry. Using his background in construction and with the help of friends and family, he built Lakeshore Optometry in Cold Lake in 2022. Dr. Dornstauder's neighbourly advice for the community is to "take good care of yourself so that you are in the best position to help others. Eat full and healthy meals, get outside, be open to learning new trades or hobbies, and stay busy with a good mix of work and family time" which he lives by as he spends his free time on the lake fishing and by doing building and small engine projects with his children. [Visit Lakeshore Optometry's website](#)



Why is UV protection important for the eyes

Wearing sunglasses that say "UV400" helps block UV rays. It's good to start wearing sunglasses at a young age. Suncare is for all ages!

How eyes change with age

As we get older, our eyes slowly change. Around age 41 or 42, it becomes harder to see things up close. This happens because the lens in our eye gets stiff and can't focus as well. That's why many people start using reading glasses in their 40s.

By age 60, some people also get blurry vision from cataracts, which make the lens cloudy. Cataracts can be fixed with simple surgery.

Some eye problems are more serious and can cause sudden vision changes. Others can develop quietly in the back of the eye and may not be noticed right away.

That's why eye doctors recommend getting your eyes dilated after age 50. This lets them check the entire retina for issues like:

- Small tears or damage
- Disease-related changes
- Rare eye cancers

Regular eye exams help keep your eyes healthy as you age.

Eye Exams Can Find Health Problems Beyond Vision

Eye exams can help detect health issues like diabetes, high blood pressure, and even brain problems.

- **Retinal blood vessels:** The blood vessels in the back of your eye can show signs of damage from high blood pressure or high blood sugar (diabetes).
 - **Optic nerve:** Changes in the optic nerve can reveal brain issues, like multiple sclerosis or brain swelling.
- So, eye exams are important for more than just vision—they can catch other health problems early!

Protecting Your Eyes from Screen Time

Blue light from screens doesn't damage your eyes, but it can affect sleep. Blue-blocking glasses help reduce glare, improve vision, and support better sleep.

Kids who spend too much time on screens may get nearsighted faster. Spending more time outdoors can help slow this down and improve mental health.



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