



**Thomas P. Finley, OD**

Dr. Finley received his Bachelor of Science degree from St. Francis College in Pennsylvania, and his Doctorate of Optometry from the Pennsylvania College of Optometry. Following graduation, he served as an optometrist in the U.S. Air Force and was awarded the Meritorious Service Medal and the Commendation Medal.

Dr. Finley has served as an adjunct clinical professor for three optometry schools and has been a clinical investigator for two major contact lens companies. He has published several articles in professional and trade journals and local newspapers, as well as lectured at many conferences throughout the area.

Dr. Finley is a Fellow of the American Academy of Optometry, a Fellow of the Virginia Academy of Optometry, and a member of the American Optometric Association, Virginia Optometric Association, Northern Virginia Optometric Society, and Armed Forces Optometric Society. He is an Advisory Board member for TLC Laser Eye Centers, and area Administrator for Vision Source, a national network of independent optometrists.

Locally, Dr. Finley serves as an active member of the Herndon Rotary Club (past president), Chamber of Commerce (past board member), Optimist Club (youth sports coach), Knights of Columbus (past board member), and current board member for the Jeannie Schmidt Free Clinic. He was awarded Herndon's "Distinguished Service Award," the Chamber of Commerce's "Small Business of the Year Award," and The Times Newspapers "Best Eye Doctor Award." He has owned his practice in Herndon since 1989.

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## Beauty Is In the Eyes Of the Beholder

By Thomas P. Finley, OD

The eyes are the windows to the soul. Looking into a person's eyes can tell you a lot about that person. So why not try to improve your own "eye appeal?"

If you require eyeglasses to see, make certain your glasses add value and style to your face. Also, make certain your glasses compliment your wardrobe.

Who decided that one pair of eyeglasses is all anyone needs? We have different clothes and accessories for every function: work, exercise, casual, etc. And, we have several outfits for each occasion. So, why limit yourself to one pair of eyeglasses to wear every-day, day after day?

Eyeglasses are far more functional than any clothing or outfit, and can be a wonderful stylish accessory that improves your appearance. Eyeglasses are not inexpensive, but if you calculate their cost relative to the amount of time worn, you'll find they're a significantly better value than most apparel.

Based on your activity, your eyeglasses should vary. Computer

users should have glasses specifically designed to reduce eyestrain. Eyeglasses for exercise and sports need to be more durable.

Quality sunglasses with polarizing filters should be worn outside to protect from glare and harmful ultraviolet rays. If you're dressing up and wearing your best dress and jewelry, wear your best pair of eyeglasses.

Eyeglass frames come in all shapes, sizes and colors. Choose a style to compliment your facial features and skin tones. At the minimum, have at least two pairs, one for back up as well as to interchange from time to time.

Also have a good pair of sunglasses. Most people change their eyeglasses every other year, so be careful choosing your frame. Choose a stylish quality frame that will hold up well to normal everyday use.

Different eyeglass lenses and options are also available. Anti-glare filters eliminate most annoying reflections in eyeglass lenses. They also allow more light to transmit through your lenses helping a person to be better able to focus on your eyes while speaking with you.

Progressive addition lenses (invisible multi-focals) are cosmetically much more appealing and more functional than lined bifocals.

Thinner high index lenses minimize the weight of the lenses as well as appear more attractive versus the older and thicker "coke-bottle" look.

If you'd like to see well without glasses, contact lenses are available in many powers and shapes. They are a nice alternative to minimize your dependence on eyeglasses.

Contact lenses are also available in many different colors to change or accentuate your natural eye color. And, for those who wear contact lenses all of the time, make certain you have a good pair of eyeglasses to wear when you remove your lenses. Mix it up a little. A nice pair of eyeglasses will draw some favorable attention toward you.

Many of us require eyeglasses to see clearly. That doesn't mean they have to be burdensome and boring. Have fun with your eyeglasses.

View them as the functional necessity they are, but also view them as an important fashion accessory. Beauty truly is in the eyes of the beholder.



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