

Add Eyecare & Vision Care to This Year's "TO DO" List

BY DR. THOMAS P. FINLEY, OPTOMETRIST

When health surveys ask, "What are your most worrisome health fears?"

The answer is often, "losing my vision." Yearly eye examinations are the best way to make certain you're seeing your best and your eyes are healthy and free of disease. Without good vision, performing many day to day tasks becomes near impossible.

Take proper care of your precious sense of sight. Don't take your vision for granted. Unfortunately, many people put more emphasis on having their hair cut and styled than they do in having their eyes examined. Add yearly eye examinations to your "To Do" list!

For people needing eyeglasses, new stylish eyeglass frames are available to complement your appearance. Everyone requiring eyeglasses should have at least two or three pairs; one for backup in case something happened to the first pair, and one pair of sunglasses. Most people would never think about driving without a spare tire in their car. Why would you only want one pair of eyeglasses?

The first thing a person notices about you is your face. Make a good impression! Think about your clothes; you have dress-up, business, casual, exercise, clothes for different seasons, etc. But many people have only one pair of eyeglasses to wear regardless of their activity. Eyeglasses are not inexpensive, but compared to other apparel,

their cost per time worn is significantly less. Plus they're functional!

Based on your activity, your eyeglasses should vary. Computer users should have glasses designed specifically to reduce eyestrain and glare. Eyeglasses for exercise and sports should be more durable and impact resistant. Glasses worn for "dress up" should be different than glasses worn with blue jeans. Quality sunglasses with polarizing filters should be worn outside to protect from glare and harmful ultraviolet rays. Consider the newest Transitions lenses that become dark outdoors and light indoors.

New light-weight lenses with thinner edges are now available. Non-glare filters allow more light through your lenses so you will see your best, especially at night. They will also reduce reflections in your glasses so people will be able to see your eyes more clearly.

For people suffering from TMB syndrome (too many birthdays) and presbyopia, no line invisible multifocals continue to improve and simulate more natural vision. These newer designs are more optically advanced and easier to use. The newest high definition lenses help people see even better, and tend to have larger areas for distance, intermediate viewing, and for reading.

Other changes that occur as people become more age-challenged is they become more susceptible to developing sight threatening eye diseases

like macular degeneration, cataracts, glaucoma, etc. Also, their eyes become drier. Yearly eye examinations are the only way to make certain your eyes remain healthy and free of these diseases.

Contact lenses are another option for correcting vision and are often preferred over eyeglasses. Disposable contact lenses are popular because of their comfort, convenience, safety, and cost. Bifocal contact lenses are also available. Tinted lenses to enhance or change the natural color of your eyes are also popular. Many people who were formerly unable to wear contact lenses are now able to because of industry advances in materials and designs. Daily disposable lenses (wear them once and throw them away) are becoming increasingly popular and available for astigmatism and for people needing bifocals.

Make comprehensive eye examinations one of your tasks to do this year! Keep your eyes healthy and seeing as well as possible.



Dr. Thomas P. Finley received his Bachelor of Science degree from St. Francis University in Pennsylvania, and his Doctorate of Optometry from the Pennsylvania College of Optometry. Following graduation, he served as an optometry officer in the United States 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 and has also lectured at educational conferences.

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, and Northern Virginia Optometric Society. He is an Advisory Board member for TLC Laser Eye Centers.

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), and Knights of Columbus (past board member). He serves on the board of the Jeanie 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 Herndon optometry practice since 1989.

Dr. Finley was recently recognized by the Virginia Optometric Association as Distinguished Optometrist of the Year.



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