



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 is 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) and Knights of Columbus (past board member), and is a 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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Failing the Grade In Vision and Eye Care

We use our eyes every waking minute of every day. When people were surveyed about what their greatest fear was, "losing their vision" topped the list. Yet very few people do anything about this. Think about how difficult life would be with severely reduced vision or loss of vision. Don't leave good vision to chance.

More than 80% of what we learn is through our eyes and visual processing. Nearly 75% of a child's school day is spent in visual activities. Yet, 20-25% of children ages 5-17 have vision problems that can negatively affect their educational performance, with more than one in four complaining of headaches. In a recent nationwide survey, many children complained of difficulty seeing the classroom whiteboard/chalkboard even though 45% of them reported wearing corrective eyeglasses or contact lenses.

Vision disorders are the fourth most common disability in the United States. One in thirty-five children has amblyopia or lazy eye, meaning the vision in one eye is not correctable to 20/20 acuity. A child can't read if they can't see. These vision deficiencies can often times be misidentified as behavioral or social problems. If you combine this with the fact that 75% of

juvenile offenders have undetected and untreated vision problems, proper vision care for everyone becomes much more significant and necessary.

These alarming statistics persist and even worsen as we become older. Consider these numbers:

- 2% of adults over age 40 have glaucoma, which, if undetected and not treated, will cause blindness.
- 1.5% of adults over age 40 have age related macular degeneration. Macular degeneration is the leading cause of vision loss in people over age 55.
- 16% of adults over age 40 have cataracts.
- Diabetes affects 4.1 million Americans over age 40. 30% will develop diabetic retinopathy, a leading cause of blindness in our country.
- Because of our aging population, blindness is predicted to double over the next 13 years.

New research of over 6,500 adults reveals that 44% surveyed share the misguided belief that seeing well translates to good eye health. Seventy-nine percent believe that improving their vision will positively impact their enjoyment of life. Seventy two percent say that improving their vision will also help them feel bet-

ter about themselves and give them more confidence.

Despite these reported beliefs, only 54% of survey participants have ever had a comprehensive eye exam. More than one in three parents/caregivers has never taken their child under 18 years of age for any type of vision assessment. The reasons for not having an eye examination were "haven't really thought about it" (34%), "no perceived issues" (30%), and "vision isn't bad enough" (26%). Cost was only cited 10% of the time.

The time is now to act on our beliefs. Focus on good vision and eye health. Protect your most precious sense of vision. Schedule a yearly comprehensive eye health and vision examination for yourself and your family. See the world clearly and equip your children with the tools they need to learn properly and effectively. It's that important.

Don't take good vision and eye health for granted. Have a comprehensive eye examination to make certain you're seeing your best at all distances, your eyes are working well together as a team, and your eyes are healthy and free of sight threatening diseases.

WE BELIEVE *SUCCESS* STARTS WITH YOUR *VISION*

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