



# Women and Eyecare

BY DR. THOMAS P. FINLEY, *Optometrist*

**Today's women do it all.** Remaining healthy is extremely important. As important as general health is, taking care of your eyes and vision is also important. When health surveys ask, "What are your most worrisome health fears?", the answer is often, "loosing my vision". Yearly eye examinations are your best insurance making 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. **Have a yearly eye examination.**

**"Everyone requiring eyeglasses should have at least two to three pair; one for back up in case something happens to the first pair, and sunglasses. Think how difficult your life would be without your glasses. If your only pair breaks, your world flips".**

New stylish eyeglass frames are available to complement your appearance on any occasion. Everyone requiring eyeglasses should have at least two to three pair; one for back up in case something happens to the first pair, and sunglasses. Think how difficult your life would be without your glasses. If your only pair breaks, your world flips. In contrast, all cars have a spare tire.

Think about clothes, shoes and accessories; clothes for dress, business, exercise, different seasons, etc. But many people have only one pair of eyeglasses to wear for everything. The first thing a person notices about you is your face. Make a good impression! Eyeglasses are not inexpensive, but compared to other apparel, their cost per time worn is significantly less.

Glasses worn for "dress up" should be different than glasses worn with your most comfortable blue jeans. Don't dress up in your best clothes and jewelry, have your hair and make-up perfect, then pull out your "dime store" glasses or sunglasses from your dress purse and negate your efforts. Some say, "I can't buy good sunglasses or reading glasses because I always lose them." This negative thinking is counterproductive. Put proper emphasis on your vision and eye care products so taking care of them becomes automatic.

Based on activities, eyeglasses should vary. Computer users should have glasses designed specifically to reduce eyestrain. Eyeglasses for exercise and sports should be durable and impact resistant. Quality sunglasses with polarizing filters should be worn outside to protect from glare and harmful ultraviolet rays.

Eyeglass lenses have improved dramatically. New thinner light-weight lenses are available. Anti-glare filters allow more light transmitting through lenses so you see better, especially at night. They also reduce unwanted reflections.

For people suffering from TMB syndrome (too many birthdays) and presbyopia, no line invisible multifocals continue improving and expanding distance, intermediate and reading areas, simulating more natural vision. These newer designs are more optically advanced and easier to wear. Know what lens design you're paying for, especially if you're price comparing. Older, inferior designs are typically offered at significantly reduced prices. All lenses are not the same.



As people become more age-challenged, their normal tears do not wet as well and their eyes become drier. This is especially true in pre, peri and post menopausal women. New treatments are available helping relieve this chronic problem.

Contact lenses are another option for correcting vision. Disposable contact lenses, especially those replaced every day are extremely popular because of their comfort, convenience, safety, and cost. Bifocal contact lenses and tinted lenses to enhance/change the natural color of your eyes are now available. Many people who were unable to wear contact lenses can now because of industry advances.



**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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