



FOCAL POINT
COMPREHENSIVE VISION CARE

CARMAN
VISION SERVICES

SUMMER 2024 NEWSLETTER



ACCESSOR EYES EVENT

THANK YOU

For taking part in our Spring frame show. Our team had a fabulous time helping our amazing patients! Congratulations to Dennis Pearce who won their eyeglass purchase back!

WELCOME FREDERIC BEAUSOLEIL

FREDERIC
BEAUSOLEIL

Artiste Lunelier

We've had the pleasure of introducing FREDERIC BEAUSOLEIL to our eyewear gallery in 2024. More than an ophthalmic device, a frame is an accessory meant to express and assert our personality. This explains the brand's highest respect in the traditional craftsmanship, while incorporating the latest techniques to offer a unique product. The brand is strictly manufactured in France, assembled by hand, and a manual polishing cycle is carried out for long-lasting corrosion protection. With the french effortless elegance in mind, Frederic is distinguished by strength and the singularity of his ideas. By fusing a visionary mind to tradition and being inspired by the cosmopolitan lifestyle, his collections are always the fruit of a long research process, always guided by his passion. Leaning toward the vintage vibe, the frames are infused with retro details such as patinated, brushed, and aged finished and old-fashioned engraving.



Meibomian Gland Dysfunction

Meibomian Gland Dysfunction (MGD) occurs when the meibomian glands, the tiny oil-producing glands located in the eyelids, do not function properly. These glands play a crucial role in maintaining the tear film on the surface of the eyes. The tear film is essential for keeping the eyes moist and providing clear vision.

In MGD, the meibomian glands become blocked, inflamed, or dysfunctional, leading to a decrease in the quantity and quality of the oil (meibum) they produce. Meibum is a crucial component of the tear film. It prevents the rapid evaporation of tears and maintains tear stability. When the meibomian glands are not functioning properly, it results in evaporative dry eye and other ocular surface issues.

Symptoms of Meibomian Gland Dysfunction may include:

- Blurred or fluctuating vision
- Dryness and irritation of the eyes
- Grittiness or a foreign body sensation in the eyes
- Redness of the eyes
- Increased sensitivity to light

Common features of Meibomian Gland Dysfunction include:

- *Blocked Glands:* The openings of the meibomian glands become clogged with thickened meibum, leading to blockages. This prevents the normal secretion of oil onto the surface of the eyes.
- *Inflammation:* Chronic inflammation of the meibomian glands, known as meibomitis, can occur. Inflammatory changes affect the structure and function of the glands, contributing to MGD.
- *Decreased Meibum Quality:* Even if the glands are not completely blocked, the quality of the meibum may be compromised. This results in an insufficient lipid layer in the tear film, leading to increased tear evaporation.
- *Risk Factors:* Factors that contribute to MGD include age, hormonal changes, certain medical conditions (such as rosacea), prolonged screen time, and environmental factors.

Management of MGD typically involves a combination of lifestyle changes, warm compresses, lid hygiene, and sometimes prescription medications. Therapies such as Intense Pulsed Light (IPL), LLLT or other in-office procedures may be recommended to address MGD and improve gland function. For more information, visit our website at www.focalpointmorden.com.

Thank You Morden Chamber of Commerce!



We were honoured to receive the Morden Chamber Business Excellence Award in 2023! To be recognized in this way was incredibly humbling for our team. We congratulate all the other award winners.

SEE, FEEL and LOOK your best!



Setting high standards for our optometrists and certified support staff is at the heart of our eye care practice. Creating an environment that fosters exceptional patient care encourages trust between patients and our team.

A lot goes into seeing well. It starts with a comprehensive eye exam where your Optometrist looks at all the complex structures of your eye. They review any potential eye conditions present, and work with you to get an accurate eyeglass prescription.

We love helping you fill your prescription, maintaining your eyewear, consulting with you on the best ways to protect your eyes or manage eye conditions, and so much more! We are so appreciative of our patients that allow us to do what we love!

There's a Drop for That

If you struggle with redness, there's a drop for that! LUMIFY® redness reliever eye drops use a unique formulation (low dose over the counter brimonidine) to significantly reduce eye redness. Lumify is the safest whitening eye drop on the market. It helps eyes appear whiter and brighter which is great for special occasions. It begins to work in one minute and lasts up to eight hours. This drop is cosmetic, so it is not intended for use to mask redness from underlying conditions like dry eye disease or inflammation. Please use the product as directed.



What's New?

WE LOVE EYES

Your eyes will love the clean ingredients in this product. We Love Eyes Eyelid Foaming Cleanser uses Tea Tree Oil to moisturize and revitalize tired, red eyes. Tea Tree Oil has natural anti-bacterial properties which is great for washing away dirt and bacteria. The formulation uses Leuconostoc/Radish Root Ferment Filtrate - a probiotic preservative system that balances the biome of the eyelid area, as well as grape seed oil which provides anti-inflammatory benefits. We Love Eyes is available at both our Morden and Carman locations.



EYES ARE THE STORY

Eyes Are The Story mascara is formulated to protect, strengthen and extend lashes while keeping a natural and elegant look. The intense pigment and creamy texture meld with the anti-clumping brush to volumize lashes while keeping them healthy and lifted. Each package comes with three mini mascaras. This design is intentional to help minimize contamination and bacteria build-up, traditionally caused by overuse of the same mascara wand over long periods of time.



TWENTY TWENTY BEAUTY

Twenty Twenty Beauty is a clean, water-resistant treatment mascara designed to lengthen and strengthen lashes. Made with nourishing hyaluronic acid, vitamin E & biotin, to create an eye-safe formula to help hydrate and strengthen lashes. Safe for sensitive eyes, the buildable mascara is perfect for every-day wear.

- Safe for sensitive eyes, dry eyes & contact lenses
- Free of parabens, carbon black & coal tar dyes
- Ophthalmologist developed & tested
- Vegan & cruelty-free

Ingredient Highlights:

Hyaluronic acid: Helps draw in moisture and plump the look of dry, dehydrated lashes.

Biotin: A form of vitamin B that can promote stronger, thicker, and longer-looking lashes.

Vitamin E: Potent antioxidant that works to nourish lashes while helping to fight off environmental damage.



OAKLEY SUN

Introducing Oakley sunglasses to our eyewear gallery in 2024! The brand Oakley is well known for their sporty and durable frames. Their quality lenses are ideal for many sports and water activities while providing 100% UVA and UVB protection.



Eclipse Safety

Monday, April 8th was a very special day for residents across North America. A solar eclipse began at 12:54 PM, peaked at 2:01 PM and ended at 3:08 PM. Manitobans saw a 0.62 solar eclipse while some areas across the USA and Eastern Canada experienced an extremely rare total solar eclipse.

Sunglasses, unfiltered cameras, telescopes or binoculars do not provide enough protection to safely view a solar eclipse. To safely view the eclipse, individuals were encouraged to wear ISO approved eclipse glasses, make a pinhole camera, or watch a livestream.

Your retina is located at the back of your eye. Its job is to receive images that are brought into focus by the front of the eye and to pass those images along to the optic nerve to your brain. Staring at an eclipse, or the sun, without protection can result in permanent damage to your retina called solar retinopathy. There are no pain receptors in the retina, therefore damage can occur without any sensation of pain and you may not realize it until irreversible vision loss has occurred.

To educate the public on how to safely view the phenomenon, Golden West Radio reached out to Focal Point to set up an interview with Dr. Crystal Henderson. You can read the full article at <https://pembinavalleyonline.com/articles/a-doctors-eclipse-tips-for-children>.

Staying Hydrated and Your Eyes

Good hydration and eye health are connected. Our bodies are more than 50% water, so it should come as no surprise that dehydration can lead to vision problems and have other serious impacts on our health. If you want to maintain healthy eyes, grab a cup of water and drink it as you read this article. Water plays an essential role in keeping our organs functioning. If you do not have enough fluid in your system, your body will become dehydrated. Dehydration affects your kidneys and other vital organs. It limits our ability to get rid of waste and slows our ability to heal wounds and recover from injuries. When it comes to the health of your eyes, proper hydration plays an integral role in keeping your eyes moisturized. Blurry vision, eye fatigue, and headaches are all signs that you need to drink more water. Avoiding dehydration is a simple, but easily forgotten, task. To ensure you drink enough, keep a water bottle with you at all times and set reminders for yourself to take in more fluids, especially after physical activity! In addition to ensuring you are hydrated, make sure you stay on top of getting your eyes examined on a regular basis. To learn more about the effects of dry eye, book an appointment with your optometrist today.



Welcome to the team



Dr. Shayna Timmerman

Dr. Shayna Timmerman grew up on a farm which included a saskatoon berry orchard near Rathwell, Manitoba. In 2017, she moved to Winnipeg to complete her undergraduate degree in biological sciences at the University of Manitoba. During this time, she volunteered at the Ronald McDonald House and was actively involved with the Schulich Leader Student Group. She moved to Ontario in 2020 to pursue her Doctor of Optometry degree at the University of Waterloo. During her studies, she was the recipient of the Drs. Wensveen and Smith Award in Binocular Vision and Perception and the Manitoba Association of Optometrists A.H. Basman O.D Scholarships.

Dr. Timmerman and her fiancé, Jeremie, have opted to make Morden their home. She likes to spend her spare time being active whether it be on a volleyball court, a hockey rink, or the side of a mountain. She also enjoys reading, travel, adventure, and spending time outdoors and with family and friends.

Dr. Timmerman is excited to practice full scope optometry and has a special interest in managing ocular diseases and pediatric patients. She looks forward to living in Morden, exploring the community, and meeting new people while providing patients with quality eye care.



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Sat & Sun: Closed

Optometrists

Dr. Tio Bellisario

Dr. Jessica Lautenschlager

Dr. Cynthia Magarrell

Dr. Crystal Henderson

Dr. Graham Noseworthy

Dr. Daniel Klauke

Dr. Karen Deane

Dr. Shayna Timmerman

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