

Summerland Optometry

WELCOME TO OUR Monthly Newsletter

★ November

As the year winds down and the holiday season approaches, we are excited to bring you the latest updates, tips, and health information for the month of November.

In this issue, we'll be reflecting on the success of our recent Dry Eye Event and sharing important insights on Diabetes and your eyes.

We're also taking a moment to honor veterans this Remembrance Day.

Thank you for being part of the Summerland Optometry family. We're here to help you see your best—now and all year round!

Warmly,
The Team at Summerland Optometry



In this newsletter you will find:

A recap on our event, health information and more. Read on!



We will remember them...

Honoring Veterans This Remembrance Day

This Remembrance Day, we take a moment to honor the brave men and women who have served and sacrificed for our freedom. Their courage and dedication continue to inspire us all.

At Summerland Optometry, we recognize the importance of vision care for veterans. Many veterans may face unique challenges with their eye health, whether due to age, injury, or service-related conditions. We are committed to providing comprehensive eye care services that support their well-being.

This November, let's reflect on the sacrifices made by our veterans and take steps to ensure they receive the care they deserve. Whether it's through regular eye exams or specialized treatments, we're here to support those who have given so much for our country.

To all veterans, we thank you for your service.



Huge THANKS!...

We want to extend a heartfelt thank you to everyone who joined us for our Dry Eye Event on November 1st! The evening was so much fun! We hope you left with a little more knowledge on Dry Eye disease and possible treatment options.

A huge thank you also goes out to our incredible staff who organized the evening, Sabrina from InMode who flew in for the event, Barkley from Pamplemousse Jus for the delicious wine, Mike from Sweet & Crusty for the sweet treats, and Nikki from Boards of Karemeos for her beautiful and tasty display! The event would not have been the same without you all!

We're excited to continue serving you with the best in dry eye care.



Diabetes and your eyes....

Protecting Your Eyes with Diabetes: What You Need to Know

November is Diabetes awareness month...

Did you know that diabetes can have a significant impact on your eyes? Diabetic retinopathy is a complication of diabetes that occurs when high blood sugar levels cause damage to the blood vessels in the retina. Over time, these damaged blood vessels can swell, leak, or close, leading to vision problems.

What You Can Do:

Monitor Your Blood Sugar Levels: Keeping your blood sugar within a healthy range helps reduce the risk of eye complications.

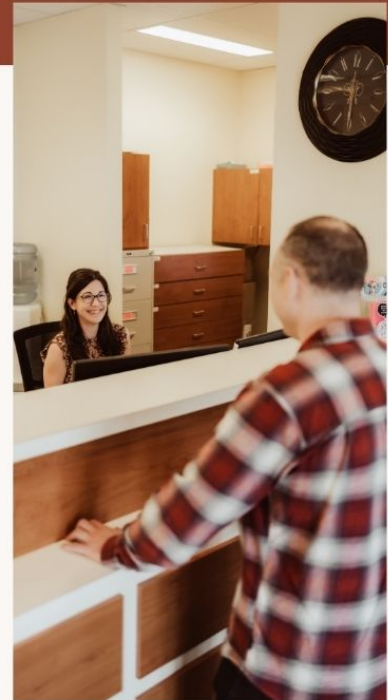
Get Regular Eye Exams: Comprehensive eye exams allow for early detection of diabetic retinopathy and changes. If caught early, many conditions are treatable.

Laser, surgery, or medical injections: In more advanced cases, laser therapy, surgery, or injections can help seal, remove scar tissue, or reduce swelling due to complications.

Stay Active and Eat Healthy: A healthy lifestyle benefits not just your eyes, but your overall well-being and is your best preventative measure for managing diabetes.

Remember, taking care of your eyes is an important part of managing diabetes. Regular visits to your eye care professional can make all the difference in protecting your vision.

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BY PHONE 250-494-9266



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