

Summerland Optometry

APR 25



Don't forget about our eye health resolutions from the New Year:

April - Boost

Add at least 1 serving of eye-healthy foods (like spinach, carrots, or fish) to my diet.



In this edition find...

Spring Break tips, Giveaway info, Spring cleaning, and more...

April



Hey Summerland!

Spring is here, and we're buzzing to bring you all the latest from Summerland Optometry!

This month, we're chatting about Rocacea and how it can affect your eye health, how to handle those pesky seasonal allergies that can make your eyes feel itchy and irritated. Plus, we've got news on some exciting giveaways!

Here's to clear vision and sneeze-free days!

-The Summerland Optometry Team

Rosacea Awareness

April is **Rosacea Awareness** Month

While Rosacea is known for causing redness and irritation on the skin, it can also affect your **eyes**, a condition called **ocular rosacea**.

Ocular rosacea is an **inflammatory** eye condition that causes redness, itching, and burning around the eyes, and can also affect the eyelids and conjunctiva.

Common symptoms include:

- Red, itchy, or watery eyes
- Burning or stinging sensations
- Sensitivity to light
- Swollen eyelids
- Blurry vision

What can I do?

If you **suspect** ocular rosacea, it's a good idea to have it confirmed by your Optometrist. Book your comprehensive **eye exam** to see what your options are. At Summerland Optometry we offer **IPL** (Intense Pulsed Light) as a treatment option. IPL is used to **reduce inflammation**, improve tear production, and clear blockages in the glands around your eyes.

How IPL Helps:

- **Reduces redness:** It targets blood vessels and reduces inflammation of the ocular surface.
- Improves **tear stability**.
- **Unclogs** blockages: Improving oil flow.
- **Repairs:** Long term IPL can repair meibomian gland function damaged by the inflammatory condition.
- Reduces **bacterial load** on lids & lashes!

Considerations:

- Rosacea is a **chronic condition**, you may need 4-6 treatments to see results, **and ongoing maintenance** treatments are usually recommended.
- IPL **isn't right for everyone**. Talk to your Optometrist to see if IPL is right for you.
- Spring is a good time to book your IPL sessions, before your skin is summer sun-kissed. IPL makes the skin more **photo-sensitive** to the sun and can cause skin to burn easier!



Front Desk Coordinator Position Available

We are seeking a **highly motivated** and organized individual to join our team as a full-time Front Desk Coordinator, starting in **April**.

If possible, we would love for you to drop off your resume in person, so we can meet you! Alternatively, you can email it to amywall@summerlandoptometry.onmicrosoft.com.

We look forward to meeting you!

Spring Cleaning - Out with the Old, In with the New

Spring is the perfect time to update your look—starting with your eyewear! If your frames are worn out or just need a refresh, now's the time to treat yourself.



We now carry ALLSAINTS! Come by and check out these fashion forward styles!



Eye Spy- Summerland Optometry Edition



Looking for a fun, eye-healthy **family activity**? Join us for an Eye Spy Nature Walk! Celebrate spring, get outside, and give your eyes a workout!

- **Gather Your Family:** Head to a local park, trail, or your backyard.
- **Play Eye Spy Nature:** As you walk, take turns playing a classic game of "Eye Spy." — What are your **eyes** noticing in nature? Each person will have to **spot** an object, plant, or animal and **describe** it based on color, size, shape, or texture. You can even challenge your kids to find something small, like a leaf or flower, or something far away, like a bird in a tree.
- **Eye Health Tips:** Keep allergies at bay with sunglasses and allergy eye drops. **Protect** your eyes from pollen and UV rays.
- **Bonus Challenge:** While you're playing, challenge everyone to **spot** things at different **distances**. First round, find something **close-up**, next round, try spotting something **far away**. This helps you practice focusing on objects at various distances, which is great for eye health!
- **Snap & Share:** Capture your nature moments and tag @summerland.optometry on Instagram or Facebook for a chance to win a special prize!

Have fun, stay active, and keep those eyes healthy!

April Giveaway! Dry Eye Relief and Allergy Solutions!



This month, we're giving away a fantastic prize pack to help combat **dry eyes** and **seasonal allergies!**

The prize includes trusted dry eye products, including **Hylol Dual** – a powerful solution for allergy-related eye discomfort, the **Bruder Warm Compress**, and **Lid & Lash** eyelid wipes.

Enter our draw at the front entrance on your next visit to see us!

Here's to clear, **comfy** eyes and **happy** spring!



Function & Fashion
Vision & Values
Sight & Style
Eye health & Eye wear
it's nice to see you...

