

Summerland Optometry

JULY 25



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

July - Commit

Wear my glasses or contacts daily as prescribed, and keep them in good condition.

July

Hello from Summerland Optometry!

Summer is here, and while we're enjoying the sunshine, we're also keeping your eye health front and center.

This month, we're diving into what really happens during a comprehensive eye exam in our *Education Corner*, shedding light on the effects of *blue light and screen time*, and sharing some of our team's staff picks: sunny edition. Whether you're inside or outdoors, we've got you!

-The Summerland Optometry Team



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



Patient Education Corner

What happens during our **comprehensive** eye exams?

Pre-Test Screening (done by Optometric Assistant):

- **Summary:** of case history and reason for visit.
- **Measurement:** of current glasses worn.
- **Autorefraction:** Gives your Optometrist a starting point for final refraction.
- **NCT (puffer test):** Measures intraocular pressure.
- **FDT (Visual Field):** Initial screening of peripheral vision.
- **Optos Retinal Imaging:** Ultra-wide retinal photo, for your Optometrist to assess your retinal health.

Doctor's Exam:

- Your Optometrist will **review** pretest screening results, and **complete** the comprehensive ocular health assessment and refraction.

Additional Testing (When recommended by Optometrist):

- **Dry eye evaluation:** Imaging and health assessment of lids, lashes, cornea and meibomian gland function.
- **OCT Imaging:** Non-invasive high-resolution imaging of the macula and optic nerve used in the monitoring of macular disease and glaucoma.
- **Visual Field Testing:** Tests your peripheral vision, or how wide of an area you can see when looking at a central point.
- **Corneal Topography:** Creates a detailed map of the corneal surface used to diagnose and manage eye conditions including keratoconus, astigmatism, as well as contact lens fitting and refractive surgery preparation.



Understanding blue light, screen time & the circadian rhythm

Many of us spend a **significant** amount of time in front of a screen, and the impact can be huge on our **eyes** and **circadian rhythm**.

What is blue light?

Blue light is part of the **visible light spectrum**—what our eyes can see—it has shorter wavelengths and **more energy** than most other colors. It comes **naturally** from the sun, but also from **screens** (phones, tablets, computers) and **LED** or fluorescent lights.

A little blue light is good—it supports alertness, mood, and your sleep-wake cycle. But too much, especially at night, can cause **eye strain and sleep disruption**.

How it affects the eyes and body:

- **Eye strain:** Prolonged exposure can contribute to digital eye strain, and include **dryness, blurred vision, and headaches**.
- **Sleep disruption:** The body's internal clock, which regulates the **sleep/wake cycle**, is highly sensitive to blue light. Blue light **suppresses** melatonin, the hormone that signals your body its time for sleep. Excessive exposure in the evening can make it **harder to fall asleep** and wake up in the morning affecting sleep quality.

Tips to protect your eyes and rhythm:

- Enable Night Shift (Apple), Night Light (Windows), or **blue light filtering** apps to reduce HEV light in the evening
- Wear **blue-light-blocking lenses** when spending time in front of screens—especially after sunset.
- Practice good screen hygiene, like the **20-20-20** rule (every 20 mins, look 20 feet away for 20 seconds) and avoiding screens **1-2 hours before** bedtime

If you're experiencing screen-related discomfort or disrupted sleep, **we're happy to help you** find the right eyewear or lifestyle adjustments to support your eye and overall health.





SUNNY STAFF PICKS



Teija-
Maui Kahana



Michelle-
Rayban
Clabmaster



Louise-
Maui
Alulu



Amy-
Maui Pua



Sandrine-
Julbo Slack



Maegan-
Maui
MokuPuni



Tannis-
Maui Blossom



Teresa-
Maui Honi



Shae-
Maui
Hiehie

