

Summerland Optometry

APR 25



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

May - Invest

Wear protective eyewear for activities like: sports, DIY projects, or when using power tools!

hey,
★ May



In this edition find...

Eye health and Eye wear tips for Vision health and Sun awareness month!

May welcomes sunshine & longer days and brings with it two important reminders: it's *Vision Health Month* and *Sun Awareness Month*—a perfect time to protect and prioritize your eyes!

This month, we'll be sharing tips on maintaining eye health, choosing the right sunglasses, and other tips to keep your eyes healthy, protected and happy!

Whether you're gearing up for summer adventures or just enjoying the beautiful Okanagan sunshine, we've got your eyes covered – literally!

-The Summerland Optometry Team



Vision Awareness month

Your eyes do so much for you—this month, let's return the favor.

May is **Vision Health Month**, a national reminder to prioritize our eye health and take **preventive steps** toward lifelong clear vision. Did you know that a large percent of vision loss is preventable or treatable with early detection?

At Summerland Optometry, we believe regular eye exams are about more than just seeing clearly—they help **detect early signs** of eye diseases like glaucoma, cataracts, and macular degeneration, even before symptoms appear.

This month, take a moment to check in on your vision:

- Are your glasses or contacts **up to date**?
- Have you **booked** your next eye exam?
- Are your sunglasses offering proper **UV protection**?
- Are you taking steps towards a healthier **diet and lifestyle**?

Let's work together to keep your eyes healthy—for life.



Sun Awareness month

May is **Sun Awareness Month** – Protect Your Eyes from the Inside Out

Prolonged sun exposure doesn't just affect your skin; it can significantly **increase the risk** of cataracts, macular degeneration, and skin cancers around the eyes. The good news? Simple steps like wearing UV-blocking sunglasses and a wide-brimmed hat can go a long way in keeping your eyes healthy.

Also, if you're already experiencing dry, irritated eyes, the **sun can make things worse**. UV exposure can intensify dryness, inflammation, and overall discomfort.

We offer Dry Eye Treatment packages with Radio Frequency and Intense Pulsed Light (IPL) therapy—a safe, non-invasive treatment that targets dry eye symptoms at the root.

And the benefits don't stop at dry eye relief, with Sun Awareness Month in mind, IPL also treats the skin around your eyes and entire face, helping to minimize:

- Sun-related **skin damage**
- **Uneven** tone
- Broken blood vessels and **redness**
- **Rosacea** and hyperpigmentation

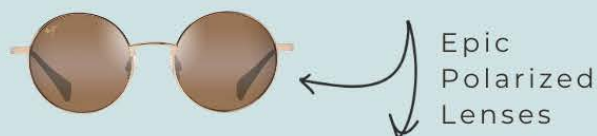
Whether you're interested in our Dry Eye Treatment Package or you would just like to benefit from the additional skin perks of IPL, we can help you protect and refresh—from the inside out.

Ask us if IPL is right for you!





SUNNIES FOR ALL SEASONS



How to choose the right sunglasses?

Not all sunglasses are created equal. When it comes to protecting your eyes, choosing the right pair of sunglasses matters more than you might think. Here's what to look for:

100% UV Protection (This One's a Must)

Always choose sunglasses that block 100% of UVA and UVB rays. This helps reduce your risk of cataracts, macular degeneration, and other sun-related eye damage.

Polarized Lenses (Optional, but Awesome)

If you spend time driving, at the lake, or outdoors, polarized lenses are a game-changer. They reduce glare and enhance visual clarity and comfort.

Fit & Coverage

Wraparound styles or larger frames block sunlight from more angles—but they're not for everyone. The best sunglasses are the ones that fit so comfortably, you barely notice them.

Lens Color & Material

Grey, brown, and green lenses are great all-around choices, but other tints can enhance specific activities like golfing or driving. If you're active, ask about impact-resistant materials. We'll help you personalize your lenses to match your needs.

Prescription Options

Need vision correction? You don't have to choose between clear vision and sun protection—prescription sunglasses give you both.

We'll help you find sunglasses that **protect** your eyes, fit your **lifestyle**, and match your personal **style**. Come try on our latest selection—you'll look great and see even better.



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

