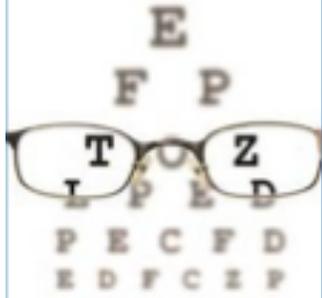


January 2020



Insight



## Happy New Year

Welcome to 2020, The Year of Vision!

As you are aware, I care about your eyes as well as what you eat. Just like there are healthy eating choices you can make to protect your heart and bones, there are foods to help you maintain your quality of vision and protect your eye health. My contest winning asparagus risotto recipe is posted on the YMEC website. You may have heard about it on the *New Classical* FM 96.3 as well as seen it in the *Zoomer* magazine.

## Don't Forget Your Sunglasses in Winter!

Popular belief has it that the first sunglasses were invented by the early Inuit to reduce snow blindness. The first pair was made by cutting the centre out of a bone held over their eyes, it would prevent sunlight from above and reflection from the snow below from hitting their eyes.

Although today's sunglasses are more sophisticated, the early Inuit knew what they were doing. It is as important to wear sunglasses in the winter as it is in the summer. Ultraviolet radiation (UV) is harmful to your eyes no matter the time of year. Chronic exposure to UV is a factor in the development of cataracts and age-related macular degeneration.

Don't forget to pack your sunglasses for that winter vacation as well as March break travelling. Sunglasses are also mandatory accessories for that winter walk and driving – helping to reduce blinding glare and to keep pedestrians safe

## Office Hours

Monday: 8:30AM – 5:00PM  
Tuesday: 8:30AM – 5:00PM  
Wednesday: 11:00AM – 7:00PM  
Thursday: 8:30AM – 5:00PM  
Friday: 9:00AM – 2:00PM

First Saturday  
Of the month 9:00AM – 2:00PM

Closed Saturdays June-August

## Contact Information

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[info@yorkmillseyecare.com](mailto:info@yorkmillseyecare.com)

Website:  
[www.yorkmillseyecare.com](http://www.yorkmillseyecare.com)



## Contact Lens Recycling

You wear them – you throw them out – but now they are actually recyclable! Approximately 290+ million contact lenses end up in Canadian landfills or waterways, creating microplastics that can harm our planet (Bausch & Lomb).

York Mills Eye Care is very excited to be partnering with Bausch & Lomb and *Terracycle* to bring you the *Every Contact Counts* initiative – making it easy for you to recycle your contacts while reducing waste. YMEC is one of the few places in Toronto that currently offers this program.

Simply collect your used contact lenses and blister packs, just drain the solution, and drop them off. The cardboard boxes that your contact lenses came in can be added to your regular recycling.

Regardless of the brand you wear or where you got them from, we will take your contact lenses. The best part? Participation in the program is completely free.

## Shorter Days and Longer Nights = DriveSafe Lenses

Ask yourself: is it hard for you to see objects quickly when driving in low light conditions like rain, twilight or night? Are you bothered by glare from oncoming headlights? Do your current glasses give you problems when scanning the road, mirrors and dashboard? Benefits of Zeiss DriveSafe lenses include better vision in low light conditions, reduced glare from oncoming car headlights and streetlights and clearer viewing of the dashboard, rearview and side mirrors and the road ahead. I was impressed with my real-life experience with these lenses. There was less glare from the road surface, LED street lighting and headlights. The specialized coating Zeiss has put on their DriveSafe lenses helps prevent glare, as they proved through vigorous testing with headlight manufacturer HELLA. Night-time driving and pedestrian safety is in the news. Try these lenses. If you are not 100% satisfied with them, I will refund you the purchase price of the lenses.

