



## Vision Therapy at Atrium – Through the Eyes of a Child...

Vision problems can impair the ability for children to read or interfere with their performance in the classroom. These treatable conditions may include weaknesses in visual acuity, efficiency and information processing skills. Our doctors are able to recognize vision problems that require treatment and refer those patients to our therapy department located at our downtown office. Please feel free to contact us if you have any questions or for further information.

### Update at the Atrium

Please help us welcome Dr. Kerry Bishop as a full-time Associate. She will be working out of our Downtown and West offices

## Atrium's Corporate Event Suite

The doctors and staff would like to thank our sponsors for a successful year. With their help we were able to purchase tickets for patients and staff for all major events at Sask Place (now Credit Union Center).

The office would also like to CONGRATULATE the patients who won an opportunity to join us at an event in our corporate suite. It is one small way we can thank them for trusting their visual needs to Atrium.

The companies participating in this years events were: Aspex, Bausch & Lomb, Centennial Optical, CIBA, Coopervision, Maui Jim, Nikon Optical, Ronor, Safilo, Vistakon and Western Optical.

See Our New



### Discussion with Dr. Kenton Fredlund

**Q** I have diabetes – should I be concerned about my sight?

**A** Diabetic retinopathy is a sight-threatening eye problem that people with diabetes may develop. The disease damages blood vessels in the retina, the tissue at the back of the eye that translates light into electrical impulses, that the brain interprets as vision. Many people with diabetic retinopathy have no early symptoms such as pain, inflammation, or blurred vision. In fact, many do not encounter any visual impairment until the disease has advanced. At this point, the vision that has been lost cannot be restored.

Only early detection, timely treatment, and regular monitoring can reduce your risk of severe vision loss or blindness from diabetic eye disease. I recommend you have a complete eye exam to detect these problems before they impair your vision, and let me know about any vision or eye health matters that concern you.

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more details

# Eyes through the Ages

## Changes in your eyes, changes in vision technology

Vision is a precious asset that deserves to be protected and celebrated! Your eyes have distinctive characteristics that will change throughout your lifetime. Fortunately, advancements in optometric instruments and in vision products allow us to help you – whatever your age and vision needs.

## The view through a child's eyes

The world is a wondrous place for children but inadequate vision will diminish your child's early experiences. Since 80% of all learning is visual, eye problems will create barriers to learning. Parents can easily miss the subtle signs that their child is suffering from focus problems, nearsightedness, or lazy eye. Serious conditions can lead to blindness if not diagnosed and treated within the first few years.

Catch problems early – the Canadian Association of Optometrists recommends that all children have a complete eye examination by the age

of three years. Early detection helps your children have healthy eyes for life.



## Young and cool

**Colourful first impressions are important to young adults.**

Have you tried coloured contact lenses? How about cool tints for your lenses and ultra lightweight rimless



frames? For sunglasses – whether you wear prescription lenses or contacts with non-prescription lenses – change your style when you change your wardrobe. And remember to add UV

protection to your sunglasses so you can enjoy the sand and slopes without the risk of damage to your eyes.

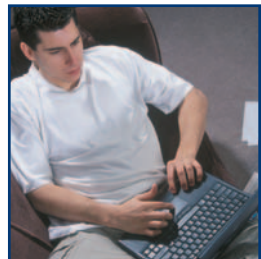
Stop in to our office and check out the latest shapes, dramatic colours, and cutting-edge materials. We have the look for you!

## Hard at work

As you know, eye strain is an unfortunate side effect of the hours people spend each day in front of a computer screen.

Blinking to re-wet the eyes and taking a break every 20 minutes to rest your eyes certainly helps, but also consider the use of special lenses.

Reflection-free coatings on lenses provide you with safe, comfortable, and effective vision. A reflection-free coating improves your vision by:



Our office is a member of Doctors Eyecare Network (DEN). DEN is a group of over 150 Optometrists in western Canada dedicated to providing our patients with complete eyecare and eye health services.

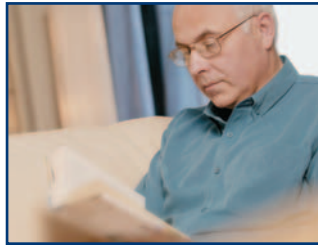


- reducing eye strain
- increasing transmission of light, which produces clearer colour and clarity
- reducing distractions from lamps and bright lighting.

If you now wear progressives or bifocals, you may also be constantly tilting your head to get the computer screen focused in just the right spot in your lenses. Are you familiar with the new “office” lenses? Ask one of our staff about these new lenses that eliminate neck strain and produce greater clarity of your desk and screen.

### Are your arms getting shorter?

As we age, it is normal for us to experience a diminished ability to focus. Most people over age 44 start to experience the challenge of reading small newsprint or fine print in a phone book.



Why? The natural lens in your eye hardens with time and results in a continuing loss of your ability to focus. Fortunately, special vision prescriptions for this common condition – called presbyopia – can help.

Since your vision needs are unique and because no single product is right for everyone, we can recommend the best lens options for your lifestyle. Choose from progressive lenses that allow you to see a range of

distances without a visible bifocal line. Or, consider the latest bifocal or multifocal contact lenses for a blend of distance and close vision.

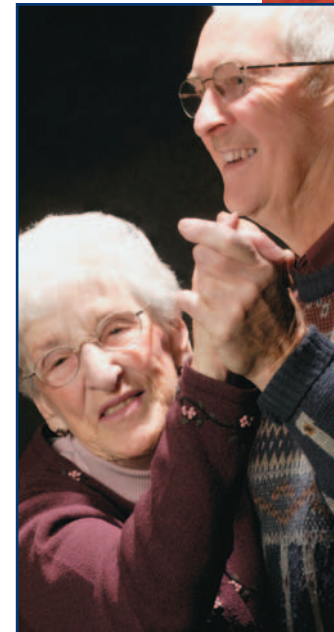
Don't let the challenge of focusing put the brakes on your active lifestyle!

### Answers for aging eyes

As we age, we need to take extra care that diseases such as glaucoma don't rob us of our sight. Did you know that many forms of glaucoma show no early warning signs and no obvious symptoms? For this reason, a complete eye exam is extremely important – a simple ‘sight test’ is not enough.

New digital testing technology can greatly improve the likelihood of early detection. Who should be tested? Anyone who is of advanced age or affected by headaches, unexplained vision loss, elevated eye pressure, or a family history of glaucoma. Other risk factors include previous eye injuries, African or Asian descent, and diabetes.

With regular eye examinations from an Optometrist, you can help protect your sight throughout your lifetime. We are dedicated to providing you with the very best eye care available.



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**Dr. Kenton Fredlund Dr. Michael York  
Dr. Barb Patterson Dr. Jim Kerr  
Dr. Brent Beaton Dr. Kerry Bishop**

**Atrium Optometric Group**

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Saskatoon, SK S7K 1X5

Phone (306) 652-4374 • Fax (306) 652-7875  
Open Monday to Friday: 8:00 am to 5:30 pm  
Saturday: 8:00 am to 12:00 pm & 1:00 pm to 4:30pm  
(Closed long weekends)

**West Vision Centre**

3120A Laurier Drive, Saskatoon, SK S7L 5J7  
Phone (306) 683-4374 • Fax (306) 683-4376

Open Monday to Friday: 8:00 am to 12:00 pm & 1:00 pm to 5:00 pm  
(Closed weekends)

**Outlook Office**

Credit Union Building, Outlook, SK S0L 2N0  
Phone (306) 867-8989 • Fax (306) 652-7875  
Open Tuesday: 9:00 am to 12:00 pm & 1:00 pm to 4:30pm

**eyecare@atriumoptometric.com  
www.atriumoptometric.com**



# Dr. Austin Forsyth Memorial Fund

Atrium Optometric Group is proud to announce the establishment of the Austin Forsyth Memorial Fund at The Saskatoon Foundation.

In 1948 Dr. Austin Forsyth joined his father W.W. Forsyth at the practice of Optometry in the McMillan building in Saskatoon, after beginning his practice in Kindersley. Dr. Forsyth devoted 43 years to this practice which has evolved into the Atrium Optometric Group. Dr. Austin Forsyth was one of the seven founding members of The Saskatoon Foundation and devoted to community service throughout his career.

His interests included Arts, Sports, Politics, Health and Community Service and fittingly, donations to the Dr. Austin Forsyth Memorial fund are unrestricted, assisting the many local charities in the areas of greatest need.

If any of our patients would like to find out more about the Dr. Austin Forsyth Memorial Fund or donate, you can contact:

**The Saskatoon Foundation**

101 – 308 Fourth Avenue North  
Saskatoon, Saskatchewan, S7K 2L7

Phone: 306-665-1766 Fax: 306-665-1777

e-mail: [office@thesaskatoonfoundation.ca](mailto:office@thesaskatoonfoundation.ca)

[www.thesaskatoonfoundation.ca](http://www.thesaskatoonfoundation.ca)

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Have you been in to see us recently? The recommended intervals for eye examinations are annually for children, those who wear contact lenses and adults over 65 years; healthy adults every two years.

If you are experiencing any vision difficulties, please arrange to see your Optometrist immediately.