



A PUBLICATION OF



Dr. Colleen Gnyp
Dr. Adrienne LeVasseur
- Optometrists -

Fall 2011

VIEWPOINT

We're Growing at Cranston Market Optometry

Cranston Market Optometry is pleased to welcome Dr. Adrienne LeVasseur to our growing practice. Dr. LeVasseur completed an Honours degree in Life Science at Queen's University as well as a Doctor of Optometry from the University of Waterloo. She has extensive experience working with patients of all ages and with a variety of unique visual needs.

Dr. LeVasseur has traveled to Mexico, Costa Rica and the Philippines to provide eye care to underprivileged populations. She takes great interest in preventative health and teaches fitness classes in her spare time. Dr. Adrienne LeVasseur is pleased to offer eye examinations in French and Spanish as well as English.

Amanda Grasza, a licensed optician, has also joined our team this year. She has been serving the optical industry since 1983 and is dedicated to providing professional advice and building long term patient relationships. As our frame and lens expert, Amanda loves educating our patients in regards to the latest eyewear technology. With a flair for fashion,



Colette Blochlinger, Dr. Colleen Gnyp holding baby Matthew, Amanda Grasza and Dr. Adrienne LeVasseur.

Amanda aims to have all our patients feel good about their eyewear.

On March 25, 2011, Dr. Colleen Gnyp and her husband Malcolm celebrated the birth of their first child, Matthew Christopher, who surprised everyone arriving seven weeks early. Weighing only 3 pounds, 11 ounces at birth, Matthew has now quadrupled his weight. He has proven to be a dream baby and enjoys visiting with the staff and patients at his mom's office. Matthew is a very welcome addition to the Cranston Market Optometry family.

Your Doctor Recommends™

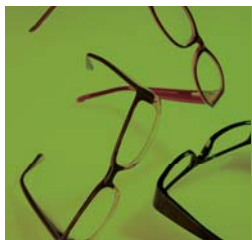
Dr. Colleen Gnyp

Q. My daughter doesn't show signs of vision problems, so why does she need an eye exam?



A. Many children don't complain because they don't know what defines "normal" vision. Undiagnosed problems can result in permanent visual impairment, or a misdiagnosis of a learning disorder.

Only a comprehensive exam by an Optometrist can confirm her eye health. Optometrists – with their training, technology and tools – can detect problems such as lazy or turned eye in the early stages. Have your child's eyes examined before they start school (ideally by age three) and guarantee a clear view of the smartboard and computer screen. ▢



30% Off All Frames

with purchase of anti-reflective lenses

Valid until October 31, 2011.

Not available on "value" packages and cannot be combined with any other offer.

A one-of-a-kind professional eye care experience to enhance your visual life and great looks.

DOCTORS

EYECARE
NETWORK

Your eye health exam

Trust in our thorough medical expertise

Would you trust your car repairs to a piano tuner, or your hair cut to a welder? Probably not. Then why trust your precious sight to someone other than a Doctor of Optometry? While a technician or an automated device can determine a lens prescription, only an Optometrist can perform a comprehensive eye health exam, supported by cutting edge technology and professionally trained staff.

Your Optometrist has the knowledge and the equipment to detect and diagnose serious eye conditions, even before any symptoms appear – diabetic retinopathy, glaucoma, macular degeneration and retinal detachments to name a few.

You may not realize it, but our thorough eye health exam can also detect non-eye health issues such as diabetes and high blood pressure.

Peace of mind. Place your vision care in the hands of qualified professionals. Schedule your eye exam today – we're a phone call away. ▢



Dr. Adrienne LeVasseur at the slit lamp, a large microscope that allows the doctor to examine the inside and outside structures of your eye. The automated phoropter, in the background, helps the doctor to determine your final prescription.

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WHATEVER
THE DAY
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BLINK. REFRESH. ENJOY.

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Shared Passion for Healthy Vision and Better Life

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DAILIES BRAND
#1 Selling Daily Disposable Contact Lens in Canada.



Why smart people buy their glasses from Cranston Market Optometry

Top ten reasons

10. Frame styles and brands to suit every budget – something for everyone!
9. Innovative lens technologies from top lens manufacturers
8. 60-day vision satisfaction guarantee
7. Two-year “worry-free” frame warranty on manufacturer defects
6. Support for eye care in developing countries. We match patient donations, fundraise and recycle your old eyewear to give others new sight
5. Attractive ‘value bundles’ of the vision products you need
4. Professional staff who stay current through ongoing education and training
3. Complimentary adjustments, nose pad replacements and cleanings – service that doesn’t end with your purchase
2. Opticians who consult with your doctor to fill your prescription accurately, with the same exceptional care you received in your exam
1. And the number 1 reason why smart people buy their glasses from us...we focus on YOU, the most important part of our practice. *We know you deserve the best!* ▢

> For those times when you prefer to skip the specs, consider daily disposable contact lenses – with an expert fitting by our doctors.



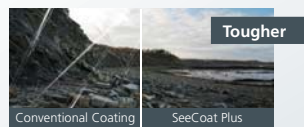
Nikon

— See life at its best. —

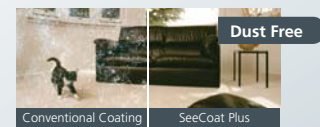
Nikon Premium Lens Coating
Advanced Clear Protection Technology

**SEE
COAT
PLUS**

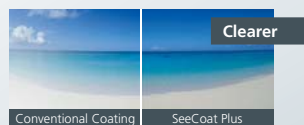
Nikon SeeCoat Plus is the latest and most advanced Nikon premium coating, providing the highest level of lens protection while offering aesthetic appeal and easy everyday usability.



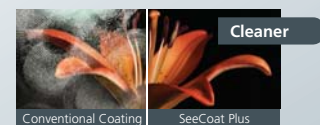
- 2 times more scratch resistant
- Longer lens durability



- Avoids dust accumulation on the lens
- Reduces the frequency of lens cleaning



- Optimized transparency
- More natural look



- Easier to clean and keep clean
- Smudge-resistant

www.nikonlenswear.ca

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Friday • 8:30 am - 4:30 pm / Saturday • 9 am - 2 pm

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Also at Cranston Market Clinic for your
healthcare needs:



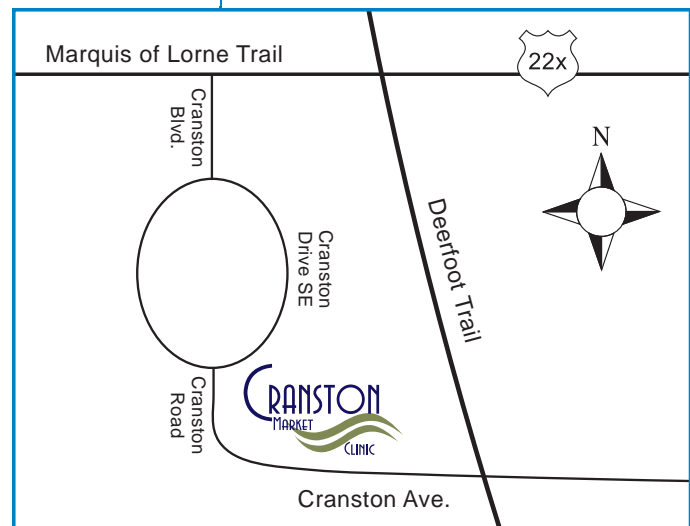
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Vitamins and your eyes

Eat carrots for your eyes? Well, it's not quite as simple as that, although Grandma had the right idea – nutrition and vitamins play an important role in your vision and eye health. In a recent study, scientists found that people who ate at least three daily servings of bananas, oranges and other fruits had a 36% lower risk of developing age-related macular degeneration (AMD) than people who ate fewer than one and a half servings. The more fruit people ate, the less likely they seemed to develop AMD.

But are you one of those busy people on the run who don't eat as many fruits and vegetables as you should? Consider taking nutritional supplements that contribute to healthy eyes. Look for ingredients such as beta-carotene, lutein, zinc, selenium and vitamins B, C and E for extra protection from conditions such as glaucoma and AMD. ▢

