

# Summerland Optometry



Don't forget about our eye health resolutions from last month...

February: **Protect.**  
Invest in a pair of sunglasses with 100% UVA & UVB protection & wear daily, even on cloudy days.

## February

### An ode to your eyes

In Summerland, where skies are blue,  
We care for eyes, and hearts, too.  
This February, let's unite and see,  
Heart and eye health, in harmony.


Protect your sight and keep it bright,  
Healthy hearts mean clearer sight.  
With every check, we'll help you see,  
A future full of clarity.

So love your eyes, they're worth the care,  
Come visit us, we'll be there!  
For heart and vision, side by side,  
Summerland Optometry, your trusted guide.



In this edition find  
Information on AMD awareness,  
Omega 3's and 2025 trends...





# February Focus: AMD Awareness Month & Heart Health Month

Heart Health and Eye Health - A Strong Connection

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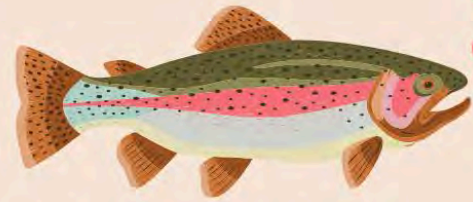


Did you know that the health of your **heart** and the health of your **eyes** is closely linked? As we acknowledge **Heart Health Month** and Age-Related Macular Degeneration (**AMD**) **Awareness Month**, it's important to understand how conditions like high blood pressure, diabetes, and cardiovascular disease can impact your vision.

- **High blood pressure:** High blood pressure can damage blood vessels throughout your body, including those in your eyes.
- **Diabetes:** Poorly controlled diabetes can affect both heart health and eye health. It can cause damage to the blood vessels in the retina and lead to vision loss.
- **Poor circulation:** Reduced blood flow due to cardiovascular disease can also impact the retina, increasing the risk of vision problems like AMD.

This February, take a proactive approach to both your heart and eye health. Schedule an eye exam to check for signs of AMD & diabetes and ensure your cardiovascular health is on track with a healthy diet and regular exercise.

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## Speaking of the heart...

Show your eyes some **love** by nourishing them with **Omega-3** fatty acids! These healthy fats do more than support heart health—they also benefit your eyes!


### Why Omega-3s Are Essential for Eye Health

1. **Soothe** Dry Eye Discomfort: Omega-3s support and stabilize tear production, providing much-needed **relief** from dryness and irritation.
2. **Support** Healthy Vision: DHA, a key Omega-3, is vital to the **retina**, helping to maintain clear, sharp vision.
3. **Nourish:** Omega-3s are essential for producing **meibum**, the oily layer of your tears that keeps your eyes lubricated and protected.

### Not All Omegas Are Created Equal

When choosing an Omega-3, it's important to make sure you're getting a high-quality product.

**We have 3 options** at the office we **know** and **trust (come ask us!)** otherwise:

1. Look for supplements in a **dark bottle:** This protects the product.
  2. EPA & DPA: We recommend at least **2000mg/day**
  3. Avoid **Enteric** Coating: Enteric coating = low quality & less absorbable.
  4. Consider: If you're taking **anticoagulant** medications, **avoid** Vitamin E (Tocopherol) within the supplement of some brands.
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# 2025 Eye Wear Trends

## TRANSPARENT FRAMES



Available in a range of colors from clear to soft pastel tints, as well as a range of styles from bold to minimal. Transparent frames complement many styles.



## ECO-FRIENDLY FRAMES

More consumers are prioritizing sustainability, choosing frames made from recycled ocean plastics or biodegradable materials that are kind to the planet.



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

## GEOMETRIC FRAMES



Sharp lines and modern shapes offer a fresh take on eyewear. From hexagons to squares, these frames combine style and sophistication, making them the perfect accessory for those looking to add a unique edge to their look.

Come in for an eye **exam** this month, and you'll be entered into our draw to **win** a bottle of our Premium **PRN Omega 3's (\$175 Value)**! PRN Omega 3's offer a high-quality blend of EPA and DHA, supporting both **eye** and **heart** health. Sourced from premium fish oil, these sustainably sourced, easy-to-digest capsules provide **maximum absorption** without the fishy aftertaste, making them a great addition to your health journey! Show your eyes some **love**!

