



The Spectacle

Dr. Paul V. Hamel & Associates

PEARLE VISION

PEABODY - REVERE - STONEHAM - WILMINGTON

October 2008

We are providers for
Most Major Health Insurances!

Schedule your Exam On-Line!

For those of you with a hectic schedule, we have implemented a feature on our website to make appointments on-line. Now you can schedule your next eye exam more conveniently.

Visit our website:

www.PearleVisionNorth.com

Contact Lens Spotlight



Proclear Multifocal is the only contact lens designed to address two common conditions experienced by those with aging eyes: presbyopia and eye dryness

PEARLE VISION®

Peabody	(978) 532-1022
Revere	(781) 289-5900
Stoneham	(781) 438-0290
Wilmington	(978) 658-8890

**Dr. Paul V. Hamel
and Pearle Vision
wish to Introduce:**

Dr. Dianna Lister, OD



Dr. Paul V. Hamel wishes to introduce Stoneham resident, Dr. Dianna Lister, as his newest associate at his Stoneham office.

Dr. Lister graduated from Ohio Northern University with a Bachelors' degree in electrical engineering and a biomedical concentration. She later graduated from The New England College of Optometry in Boston. Her clinical externships included Vision Care of Maine in Bangor ME, the South End Community Health Center in Boston MA, Ridgefield Family Eye Care in Ridgefield CT, and the Veterans' Administration Hospital-Togus in Augusta ME.

She is currently a member of the Massachusetts Society of Optometrists and the American Optometric Association including the Contact Lens and Sports Vision sections.

"Her extensive knowledge and experience with contact lenses in addition to her ocular disease specialty is a great asset to my practice", claims Dr. Hamel.

Dr. Lister is very excited to see patients, and welcomes both existing and new patients for comprehensive eye exams and contact lens fittings, as well as urgent care needs of red eyes, dry eyes, and blurry vision. If it has been over a year since your last exam, be sure to schedule one today.



UnitedHealthcare®

And many more ...

Don't forget to
visit our website!

www.PearleVisionNorth.com

Website features:

- **NEW!! Schedule your next exam online!**

Save some time and pick an appointment that fits right into your schedule.

- **Insurance information:**

We accept most insurance plans; BCBS, Harvard, Tufts, Cigna, United, Aetna, Medicare, NHP, Mass Health, and Many More...

- **Office News:**

Get the latest information on new lens technology and latest frame styles. Learn about new exam technology & equipment.

- **Order Contact Lenses:**

Register to order replacement contact lenses at significant discounts.



Protective Eyewear

Please don't overlook the importance of safety eyewear when playing sports. Each year, hundreds of men, women, and children are injured when playing sports. To help prevent sports eye injuries, athletes should use protective athletic eyewear whether or not prescription eyewear is needed. One choice is a sports frame with prescription or non-prescription polycarbonate lenses is another choice. Baseball or softball players who are hit in or near the eye, or suffer a blow to the head, should seek immediate care at a hospital emergency room or from an eye care professional.

Astigmatism

Sometimes the cornea is irregularly shaped, causing the eye to focus an object on two different areas of the retina. This is known as astigmatism. For the cornea to bend light correctly, it should be dome-shaped, like a basketball. Astigmatic corneas are shaped more like a football. This causes a distorted view when looking at objects which are close-up and far away.

The cause of astigmatism is unknown. Astigmatism is often associated with myopia or hyperopia, and usually occurs from birth. It may be hereditary, or it may be caused by factors such as pressure on the cornea, incorrect posture, or increased use of the eyes for "near work."


Mild astigmatism usually doesn't need to be corrected. Eyeglasses, contact lenses, or refractive surgery can correct moderate to high degrees of astigmatism.

FAQ's

Q] What do I need to consider when buying contact lenses on the Internet, by phone or by mail?

A] It is very important to ask yourself if your contact lens prescription is current. You should always have a current, correct prescription when you order contact lenses. If you have not had a contact lens exam within the last year, you may have problems with your eyes that you are not aware of, or your contact lenses may not correct your vision as best as they should.

The expiration date for your prescription is currently set by your state. Massachusetts mandates a "one-year" expiration date for contact lens prescriptions. Never order lenses with a prescription that has expired.


Buy One,
Get One Free
On Eyeglasses

(up to \$200)

Buy a complete pair (frame and lenses) at regular price and receive a free complete pair - same prescription valued up to \$200. First pair must be of equal or greater value to free pair. Cannot be combined with any other offer, previous purchases, vision and insurance plans, readers or non-prescription sunglasses. Valid prescription required. Certain brands excluded. Accessories are additional. Valid at participating U.S. locations. Discount off tag prices. Void where prohibited. Some restrictions may apply. Savings initially applied to lenses.

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**Offer Ends
12/31/2008**

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