

# The Spectacle

PEARLE VISION

PEABODY - REVERE - STONEHAM - WILMINGTON

Spring 2008

Introducing Banana Republic Eyewear—the newest addition to our frame selection!

## BANANA REPUBLIC

Staff Favorites:



Curtis likes the “Nathan” and describes it as stylish, with an executive flair



Nicki likes the “Emilie” for its classic shape and elegant wine color



Dr. Martin likes “Ella” for its bold statement

### Feature Spotlight

#### 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](http://www.PearleVisionNorth.com)

# 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. Elizabeth Martin, OD**



New to our practice in Peabody is Dr. Elizabeth Martin, who has recently relocated from our Stoneham Pearle Vision location.

Dr. Martin graduated from the New England College of Optometry in 2006. Prior to optometry school, Dr. Martin obtained her Bachelor of Arts in Biology at the University of San Diego.

After graduation, Dr. Martin did a year-long residency at the VA Boston Healthcare System in Jamaica Plain, specializing in diagnosis and treatment of ocular disease. The focus during the residency was care of elders with disease such as eye complications from diabetes and high blood pressure, as well as management of macular degeneration, glaucoma, and cataracts.

Dr. Martin 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.

### Interested in LASIK?

We are affiliated with TLC of Massachusetts, and are able to provide pre- and post-operative LASIK care, so please bring any questions you have to your next exam!

Affiliate  
**TLC**  
Laser Eye Centers  
*Feel the Difference. See the Results™*

Don't forget to  
visit our website!

[www.PearleVisionNorth.com](http://www.PearleVisionNorth.com)

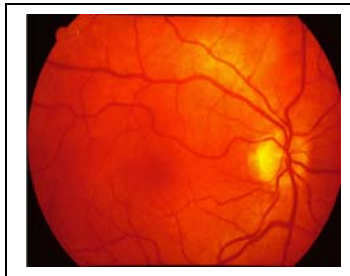
**Website features:**

- **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.

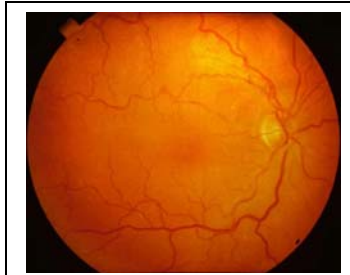
## Spring into healthy eyes this year!

By Elizabeth Martin, OD

Do you remember the last time you had your pupils dilated or had a thorough evaluation of the health of the back of your eyes? Part of your yearly eye exam is to update your glasses and/or contact lens prescriptions, but at each eye exam we also monitor the health of your eyes. One of the most important ways of evaluating ocular health is by dilating the pupils or capturing an image of the back of the eye with our Optomap retinal camera (see below). Patients that we see have very common conditions, such as high blood pressure or diabetes that can cause changes in the back of the eye (more specifically in the retina), as can be seen below:



Normal eye with healthy blood vessels and optic nerve



Eye with changes from high blood pressure (tortuous blood vessels)

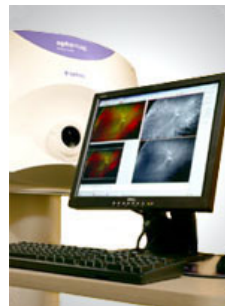


Eye with moderate changes from diabetes (very small pinpoint hemorrhages in the retina)

**All of these changes are very easy to monitor for, and the most important thing is to schedule your annual eye exam to ensure that your eyes are healthy!**



*Dilation equipment*



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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**PEARLE VISION**

Offer ends 5/31/2008