

The Spectacle

Dr. Paul V. Hamel & Associates

PEARLE VISION

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FALL 2008

We are providers for
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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
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Back To School!



The ability to see clearly is critical to a child's academic success. Good distance vision is important in the classroom. Most children will complain if they cannot see well far away, and fortunately this problem is easily corrected with glasses or contact lenses.

Reading skills and near point challenges are more complex problems. It takes careful analysis during your child's annual eye examination. Why risk your child falling behind in class because of a near point problem? Call our office and arrange an appointment.

Remember that old saying:

"An ounce of prevention is worth a pound of cure".

Presbyopia

As we get older, usually when we reach our mid to late 40s, a condition called presbyopia can set in. Presbyopia is the inability to focus on objects near the eye. One usually notices that it is harder to read or use the computer. Bifocals or reading glasses are a solution to this problem.

Presbyopia is a natural consequence of the aging process. There is no cure, though researchers are constantly looking for one. Even if someone has never had vision problems before, they can still develop presbyopia. It may seem to occur suddenly, but actually occurs over a long period of time. Symptoms include having to hold things at arm's length to see them clearly, eye strain, fatigue, and headaches from near work.

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

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.

Free Eyeglasses

with a complete pair purchase
for you or a family member

Buy a complete pair (frame and lenses) and receive a second complete pair UP TO A MAXIMUM VALUE (MAXIMUM MAY VARY) - same or different prescription. Cannot be combined with kids' everyday offer, any other offer, previous purchases, vision or insurance plan discounts, ready-made readers or non-prescription sunglasses. Savings applied to lenses. Valid prescription required. Some restrictions apply. See store for details. Valid at participating U.S. locations. Void where prohibited. Offer expires 9/27/08.

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OFFER ENDS 9/27/08

PEARLE VISION

School-Age Vision

A good education for your child means good schools, good teachers and good vision. Your child's eyes are constantly in use in the classroom and at play. So when his or her vision is not functioning properly, learning and participation in recreational activities will suffer.

The basic vision skills needed for school use are:

Near Vision.

The ability to see clearly and comfortably at 10-13 inches.

Distance Vision.

The ability to see clearly and comfortably beyond arm's reach.

Binocular coordination.

The ability to use both eyes together.

Eye movement skills.

The ability to aim the eyes accurately, move them smoothly across a page and shift them quickly and accurately from one object to another.

Focusing skills.

The ability to keep both eyes accurately focused at the proper distance to see clearly and the change focus quickly.

Peripheral awareness.

The ability to be aware of things located to the side while looking straight ahead.

Eye/hand coordination.

The ability to use the eyes and hands together.

If any of these or other vision skills is lacking or does not function properly, your child will have to work harder. This can lead to headaches, fatigue and other eyestrain problems.

As a parent, be alert for symptoms that may indicate your child has a vision or visual processing problem.

Be sure to tell our optometrist if you child frequently:

- Loses their place while reading
- Avoids close work
- Holds reading material closer than normal
- Tends to rub their eyes
- Has headaches
- Turns or tilts head to use one eye only
- Makes frequent reversals when reading or writing
- Uses finger to maintain place when reading
- Omits or confuses small words when reading
- Consistently performs below potential

Since vision changes can occur without you or your child noticing them, your child should visit our office at least once a year, or more frequently, if specific problems or risk factors exist.

If needed, our doctor can prescribe treatment including eyeglasses, contact lenses or vision therapy.

Remember, a school vision or pediatrician's screening is not a substitute for a thorough eye examination.

