

COMPUTER VISION SCREENING

Anyone who works on a computer should have their binocular function evaluated, how your eyes work together; the layout of your workspace, ergonomics, and your light source should be evaluated as well.

If you are using your eyes correctly and your work space is set up properly, computer work can be a comfortable rewarding endeavor. How many of us use a computer and find that our eyes burn and our necks and arms ache?

Did you know that there are lenses available specifically for computer use?

VISION THERAPY

With the increased demands on our eyes and vision, it is important to be using them properly. Vision therapy provides exercises that allow you to use your eyes and eye muscles more efficiently.

Okay, so we have talked about testing that can document and/or detect issues before they arise. We have mentioned ergonomics and therapy to help your eyes work better.

HOW ABOUT SOME PROTECTION?

1. Sunglasses to block UV rays which lead to cataracts.
2. Sport glasses that prevent ocular injury whether you are playing baseball, riding your bicycle, traveling by motorcycle, or swimming.
3. A spare pair of glasses "just in case": your good pair breaks; you can't wear your contacts; or you lose your good pair.

DIET AND NUTRITION

We offer nutritional advice on proper diet and supplements to help you maintain healthy eyes! We are distributors for Nordic Naturals, Oasis Tears Plus and Simulasian Eye Drops.

Dr. Laura Anne Potvin, P.C. is proud to offer you affordable, state of the art care in the form of prevention, documentation and protection.

Ask about Care Credit, a year's worth of financing with no interest!

Ask about our second pair discounts, good for sunglasses, computer lenses and spare pairs.

Ask about our discount line.

Ask what you can do to keep your eyes working well, staying healthy and seeing strong.

ASK!!!

We are here to help you!

WELLNESS CARE WHAT IS IT?

DR. LAURA ANNE POTVIN, P.C.
Optometrists

NOW OFFERING WELLNESS CARE

Practicing Optometrists:

Dr. Nyla Lambert

Dr. Kathleen Horn

Dr. Cathleen Doucette

Dr. Judith Marrocco

Dr. Laura Anne Potvin Owner and General Manager

Donna Girard, Office Manager
Kelley Bartlett, Dispensing Optician
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THERE IS MORE TO YOUR EYES THAN VISION



WHAT IS WELLNESS CARE AND WHY SHOULD I SEEK IT?

WELLNESS CARE is a form of prevention through documentation, ergonomics and exercise. Most insurance companies do not cover preventive care and will only pay for testing and photo documentation when medically indicated. Rarely do they pay for visual training, the training of your eye muscles which improves visual performance. **Wellness care is a progressive form of vision care.**

We are proud to offer Wellness Care!

If you can answer yes to any of these questions, you should consider the Wellness Care that is right for you!

- Do you have a positive family history for any medical or ocular disease?
- Do you work with a computer?
- Are you intrigued with photo documentation allowing for accurate visual comparison should your eye change?
- Do you believe in doing tests that could detect problems before you have difficulty?
- Do you believe in prevention?

FUNDUS PHOTOGRAPHY

We offer fundus photography to all our patients. Unfortunately, insurance companies only pay for photos if you have a problem. The staff at Dr. Laura Anne Potvin, P.C. is proud to offer screening photos with the Synemed 35 mm fundus camera.

Screening photos offer documentation of the back of your eye. Should anything happen to the back of your eyes, we will have an image to compare the changes to better enabling diagnosis and treatment.



Screening Photos: \$35.00 for both eyes

OCT: Optical Coherence Tomography

OCT digitally maps your fundus and optic nerve, measuring the thickness of your nerve fiber layers and looking for abnormalities. It can also measure the thickness of your cornea.

At this time we do not have an OCT but... Mobile Glaucoma Diagnostics brings their instrument to our office twice a year.

MGD is willing to do screenings for \$45.00, both eyes.



Donna, Dr. Lambert, Dr. Doucette, Dr. Horn, Dr. Potvin, Dr. Marrocco, Deb, Keri, Kelley. (left to right)

AUTOMATED PERIMETRY

We have always checked your side vision and will continue to do so. The Humphrey Vision Analyzer is a more sophisticated and sensitive method of testing your peripheral vision. It tests the conductivity of your nerves from the back of your eye, the retina, to the back of your brain.

Again, insurance companies will only pay for this test with specific diagnoses. However, this test can aid in detecting anything that can occur in the brain that affects the eyes: tumors, strokes, Multiple Sclerosis and.....

So, a screening Visual Field Test with this instrument gives us the documentation for comparison if something should happen.....and possibly detect an issue even if you are not having symptoms!



Screening Visual Fields: \$45.00 for both eyes