

WESTSIDE OPTOMETRY



320 Petaluma Blvd. South • Petaluma, CA 94952 • (707) 762-8643
www.westsideoptometry.net



Celebrating 20 Years



Once upon a time there was a little girl growing up in Cotati, CA who at age 16, decided she wanted to be an optometrist. She left home to begin her studies at the University of California, Davis. After earning a Bachelor of Science degree, she was accepted to the University of California, Berkeley, School of Optometry. She completed her doctorate, passed the required state and national board examinations and went home to Sonoma County. In 1989, Dr. Karen Griffith purchased an established practice on Keller Street owned by Dr. Alice Trayle.



Twenty years have flown by with a few notable changes. Among them, Dr. Griffith married Lou Breuer and they are raising 3 daughters, Annie, Maggie and Katie. She also earned a Masters in Business Administration from Dominican University, moved the



practice to Petaluma Blvd. South and changed its name to Westside Optometry.

And what is most notable about these past 20 years? Friends and staff agree that Dr. Griffith has maintained her passion for all things ocular. Says Griffith, "I am most thankful for the wonderful staff I have had and all my patients. I look forward to the next 20 years."

To celebrate, Westside Optometry has special events planned throughout 2009. Look for our first trunk show of the year on Saturday, March 7th. We will feature Maui Jim Sunglasses and Kate Spade designer eyewear, plus light refreshments.

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Please note: We have changed our domain name to westsideoptometry.net. If you tried to access our website last fall, we apologize for the difficulties. Once again, contact lenses are available to order online. Simply go to the website and click on *Order Contacts* and follow the directions. If you experience any difficulties, please call our office.

VISUAL FIELD TESTING

At your next eye exam, you may have a visual field test. Your visual field includes what you can see to each side when you are focused straight ahead. The test detects a wide degree of vision loss, from loss that is quite subtle, to large and profound vision loss. Because the visual field of each eye overlaps the other to a great extent, this test may be the first indication of a significant loss of vision that is otherwise not really noticeable by the patient. One eye simply "fills in" the area of vision loss present in the opposite eye. This is why the side-vision test is always administered to each eye separately.

A perimeter is used to test your visual field. Once you are seated comfortably, you will be instructed to look straight ahead at a central fixed point. You will

press a button each time you become aware of a small shimmering light anywhere within your peripheral field of vision. It's important that you keep your eyes focused on the central target throughout the examination so that an accurate reading of your visual field is obtained.

We rely on this examination for a variety of reasons. The nerve pathways from the retina to the part of the brain where vision is interpreted are very similar from person to person. For this reason, the visual field test has a great deal of diagnostic value. Visual field loss related to glaucoma usually follows a particular pattern. In addition, other diagnostic patterns of visual field loss can indicate a detached retina or neurological diseases. We will be able to tell you a lot about the health of your eyes by using this simple diagnostic test.

OFFICE HOURS

Monday and Wednesday:
8:30 a.m. to 5:00 p.m.

Tuesday and Thursday:
9:00 a.m. to 6:00 p.m.

Friday: **8:30 a.m. to 12 noon**

Saturday: **By appointment**

COMPUTERS AND VISION

Computers are so commonplace that most of us use them frequently and without much consideration. Their use in our daily lives has evolved faster than the human eyeball has evolved to accommodate them. For reading a book or magazine, our eyes focus downward and approximately 16 inches away. Most computer monitors sit about 18 to 24 inches away from our eyes and only a few degrees below eye level. This is not much of a problem for those with keen vision, but if you have a little refractive error such as astigmatism, farsightedness, or a difference between your two eyes, the result may be headaches, eyestrain and frustration.

In addition, if you are 40 years of age or older, the stress of viewing a computer screen is probably compounded by presbyopia: your eyes no longer easily



accommodate, or focus to read. Bifocals, which allow you to see a distant object and also focus downward and close-up, are commonly prescribed by age 50.

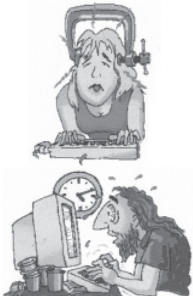
For someone who spends more than a couple of hours a day in front of a computer screen, a pair of glasses with lenses designed specifically for that task is the best solution. They may be glasses with a single vision lens or a specifically designed bifocal or trifocal. Choosing cleats for golf, shoes with tread for hiking, or flip-flops at the beach would be smart choices based on easing the experience, safety and/or comfort. The same

can be said for glasses prescribed specifically for computer usage.

Here are a few more tips for comfortable computer use:

- Modify room lighting to reduce glare and reflections
- Consider glasses with an anti-glare coating, which can eliminate reflections from windows, overhead lights and other computer monitors
- Place reference materials close to the computer screen so you do not have to turn your head back and forth to read
- Request high-index materials for your prescription lenses to keep them thinner, lighter and more comfortable for longer wearing
- Take regular breaks to rest your eyes.

Do You Suffer From **Computer Vision Syndrome?**



- ✓ Headaches
- ✓ Eye Irritation
- ✓ Itching Eyes
- ✓ Difficulty Focusing
- ✓ Eye Fatigue
- ✓ Double Vision
- ✓ Burning Eyes

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Offer ends March 31, 2009

WE WELCOME REFERRALS OF FAMILY, NEIGHBORS, FRIENDS AND CO-WORKERS