

ClearVu Eye Care

80 Clementine Drive Unit B9
Brampton, ON L6Y 0L8

Optometrist @ Steeles & Mavis

Eye Health

Eye Wear

Eye Care

It's back to school eye exam time!!!

According to the Ontario Association of Optometrists one in six children has a vision problem significant enough to impair their ability to learn. That is a staggering statistics.

An equally disturbing statistics conducted by the Vision Service Plan (VSP) revealed that 70% of children under age six had never had a comprehensive eye exam.

Young children who have vision problems are used to seeing blurry and therefore assume that that is normal for everyone else. Often, there are no signs that a child has a vision problem, making regular eye exams crucial.

Your child's ability to see clearly greatly impacts his/her leaning and development in school, on the playground, and at

home. Studies have shown that uncorrected vision problems greatly impact on cognitive abilities of children as young as pre-



school age. Sometimes children who struggle in school are misdiagnosed as having a leaning and/or behavioural disability when in fact they just need a pair of glasses. Improved vision can directly improve reading ability, hand eye co-ordination, and even behaviour and self

esteem in as little as six weeks.



A comprehensive eye exam is more than just reading letters on a chart. It involves a variety of tests develop a diagnoses to ensure the eyes are healthy, seeing well and working well together. If your child cannot read yet or is non verbal, they can still be examined.

In Ontario, Children 19 years of age and under are covered under the provincial health insurance (OHIP) every twelve months.

At ClearVu Eye Care, we follow the guidelines of the Canadian Optometric Association and recommend an eye exam for every child at age 1 year, 3 years, 5 years, and annually thereafter, or as recommended by the optometrist depending on the health of the child.

At ClearVu Eye Care, we are committed to providing you and your family with the highest standard of eye care services and products available.

Our optometrist and staff provide a very friendly and relaxing atmosphere when you come in for your eye exam. **Call our office at 905-451-9982 to schedule an exam today or stop by in person.**



We have a wide selection of quality frames for the whole family. You do not need an appointment to browse through our frame collection.

Computer vision Syndrome

If you sit at a computer all day and suffer from headaches, eyestrain, dry eyes, or blurred near and distance vision, light sensitivity, tired and burning eyes, double vision, then you may have computer vision syndrome (CVS). In the last ten to fifteen years CVS has become an epidemic as so many people mush work with at their jobs. The symptoms of CVS are even worse for people over the age of 40 who require bifocals or progressive lenses.

With so many patients suffering from CVS, at ClearVu Eye care, we perform a “computer vision examination: as a separate battery of tests for computer-using patients.

Children also spend a lot of time on computer and are therefore exposed to CVS. A study at the University of California at Berkeley found that 25% to 30% of children who use computers need corrective eye wear in order to work safely on computer monitors.

To prevent CVS in children, experts recommend arranging computer workstations to accommodate a child's smaller size. This means changing the viewing angle of the monitor, making sure the child is 18 to 208 inches from the monitory and placing the keyboard within comfortable reach.

Proper corrective glasses and quality anti-reflective coating on the lenses cut the glare from computer monitors significantly.



If you are having headaches and eyestrains or if you are struggling with your current glasses at the computer, **contact our office at 905-451-9982 today or stop by in person.** You never need an appointment to shop for glasses in our office.

Patient Referral Program

Our clinic is rapidly growing. Thanks to all our patients especially many of those who referred other patients to our clinic. Your confidence in our service is greatly appreciated. We appreciate your patronage and the patients you refer to our clinic.

We are still accepting new patients, so do not hesitate to refer family and friends to us.

Comprehensive Eye
Prescription Glasses
Low Vision
Laser Vision Correction

Family Eye Health
Contact Lenses
Quality Sunglasses
Wide Frame Selection

Clinic hours: Monday **CLOSED**
Tuesday **12pm – 7pm**
Wednesday **11am – 3pm**
Thursday **12pm – 8pm**
Friday **10am – 3pm**
Saturday **10am – 4pm**
Sunday **CLOSED**

We accept walk-patients but appointments are recommended.

Appointment in person, phone or online.



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www.clearvueyecare.com