

From: Westside Optometry <info@westsideoptometry.net>

Subject: News from Westside Optometry

Reply: info@westsideoptometry.net

Westside Optometry Newsletter for June 2014



Westside Optometry

Issue No. 26

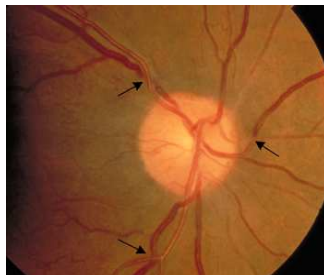
"Enhancing lives with personalized vision care"

Dear Karen,

As we roll into summertime activities and outings, I'm reminded of the convenience of daily use contact lenses. Last week I ordered them for patients going houseboating, on a honeymoon and for paint-balling (Not the same person). The **multifocal lenses** have been very successful for everyday use. And there are daily use lenses for astigmatism, too. If you think freedom from glasses and contact lens solutions will enhance your summer, let's talk about it at your next visit.

Karen Griffith
(707)762-8643
drgriffith@westsideoptometry.net
Westside Optometry

How does High Blood Pressure Effect the Eyes?

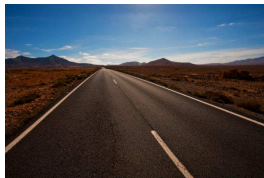


An individual's blood pressure can be elevated without any symptoms for years. High blood pressure can cause

stroke, heart attack and vision loss. The arrows in this picture show blood vessels in the eye that are at risk for occlusion (stroke) due to high blood pressure. This is called **hypertensive retinopathy** and it is visible to the doctor during a dilated eye examination. Don't be surprised if she measures your blood pressure too.

Prepare for Summer Travel

Before you hit the road for your summer vacation, or drive across the bridge for a baseball game, make sure you have the best vision possible. Clear vision relieves eyestrain and fatigue on long road trips and stress when traveling on

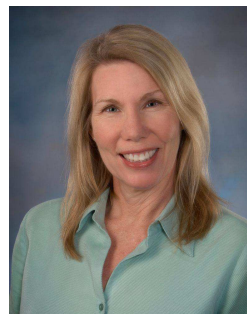


Taking Care of Your Glasses

As you hit the road this summer, don't leave your glasses or sunglasses on the dashboard. It gets too hot. The extreme heat will damage the lens coatings and frame material.



Another **recommendation** for maintaining the quality of your eyewear is to clean them regularly. Rinsing the entire pair of glasses in water with a very mild, non-moisturizing soap and wipe the lenses with a clean soft cloth or the lens cloth that came with your glasses. If your frames need adjustment or repair, bring them into the office.




Dr. Karen Griffith is the primary optometrist and owner of Westside Optometry. She has been in practice since 1988.

unfamiliar highways. Update your driving glasses and sunglasses, make sure you have appropriate and clean contact lenses. For other tips about safe and comfortable driving, [click here](#).

Westside Optometry is located at 320 Petaluma Blvd. South in Petaluma. (707) 762-8643

Like us on Facebook 

Visit our blog

 Forward to a Friend

[Make an Appointment](#)

Office Hours

Monday and Wednesday 8:30 - 5:00
Tuesday and Thursday 9:00 - 6:00
Friday 8:30 - 12:00
Saturday, August 2nd 8:00 - 12:00

Schedule an Appointment

(707) 762-8643

[Forward this email](#)

 SafeUnsubscribe®



This email was sent to info@westsideoptometry.net by info@westsideoptometry.net | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Westside Optometry | 320 Petaluma Blvd. South | Petaluma | CA | 94952