

SPRING 2019

Tacoma Eye Times



Business Hours:

M-Th 8:30AM-4:30PM
Fri 8:30AM-2PM



Dr. George Meers

Tacoma resident & optometrist with over 20 years experience.



Dr. Meers provides non-surgical treatment for eye diseases. He prescribes topical medications, eyeglasses & contact lenses.

TACOMA EYE at Westgate

6004 North Westgate Boulevard - Suite 180
Tacoma, WA 98406

253-220-2563 www.Tacoma-Eye.com

THREE OPPORTUNITIES TO SCHEDULE AN EYE EXAM

1

CALL

During business hours, select option "1"

253-220-2563

2

ONLINE APPT.

Request an appointment online - day or night

1

3

ANSWERING SERVICE

Call after business hours & select option "2"



www.tacoma-eye.com

Protect yourself from workplace eye injuries

Higher risk jobs include construction, manufacturing work, mining, carpentry, auto repair, chemical lab, electrical work, plumbing, welding, and maintenance. More than two thousand workers in this line of work seek medical attention for an eye injury every day.

That may sound alarming, but the good news is that 90 percent of these injuries can be prevented or at least reduced in severity through the use of proper safety equipment. Safety glasses, goggles, face shields, welding helmets, or full-face respirators should be used as needed.

Following safety policies and using chemicals and solvents properly cuts down on the risk of chemical injuries. Polycarbonate lenses made of the proper thickness are a step in the right direction. A safety frame is often overlooked but is equally important. Safety frames designed to take a direct blow and absorb an impact (per ANSI standards) are critical. **One manufacturer of quality safety frames is Wiley-X.** If you have an office job, you may not face the same risks of eye injuries, but your work conditions can still be hazardous to your ocular health. Blue light and digital eye strain are very real hazards.

Our blink rate is reduced when staring at the computer screen. Dry eye might not cause permanent damage to your eyesight, but it can make your eyes tired and irritated. Eyestrain negatively impacts work with headaches, neck pain and back strain.



A few ways you can fight back against that eye strain include repositioning your screen to a more ergonomic location, using artificial tears, drinking plenty of water, upgrading your antireflective coating to block certain wavelengths of blue light and following the 20/20/20 rule.



**TACOMA
EYE**

Excited to offer
Twelve84
To our patients

Simple. Affordable. Original.

1. Choose a Frame  2. Select your lenses  3. Be Clearly Original

Rx	Package	
Single Vision	Discover	\$149
	Inspire	\$299
Progressive	Discover	\$249
	Inspire	\$399
Optional Upgrades	Polarized/Photochromic	\$100

Discover (CR-39/Polycarbonate/Standard AR)
Inspire (Any material 1.67, Premium AR)

Ask about our \$50 frame credit for contact lens wearers
The \$50 Frame credit cannot be combined with insurance discounts