

eyesight 2020

First Quarter Newsletter 2020

Welcome to 2020!

We like to think of 2020 as the year Vision.

Vision encompasses so much more than just sight. My personal vision for 2020 is to be focused on my family. As the kids are getting older, graduating, and finding their own way in this world, my "vision" of my family is changing. I'm okay with that. At least most days. Of course DR. has his own thoughts on this.

Don't neglect your vision! We are always here to care for you, your eyes, and your vision!

Cheers to the New Year!
Warmly,
Caryn Lawson

We believe the world is a beautiful place.

We want you to see it.



Cornell Eyecare Group

Bethany Optical

Golden Optical



We hope your holiday season was filled with texts of love, snapchats of joy, and tiktoks of silly holiday dance. (Image above)

Emmeline & Metropec by Neesh (Image on left)

Emmeline and Metropec are exclusive to us in all of Oregon! If you want something unique and fun, this is the frame line for you! Designed in Canada, these frames are designed to fit the bridge of your nose perfectly. The colors are bright and fun, the shapes are a bit edgy all while still being attractive and flattering. For the month of February, receive 25% off any Neesh frame, excluding insurance.

How long has it been since your last eye exam?

Protecting your eyesight is vital in maintaining a good quality of life. Regular annual eye exams can help you maintain your best vision, keep your eyes healthy, and aid in the detection of some diseases.

Is it time for your annual eye health exam? If so, contact our office today by conveniently scheduling an appointment online, calling or emailing one of our offices. www.pdxglasses.com

Taking care of your eyes in the digital age.



With the advent of technology, it comes as no surprise why nearly 60 million school-age children use computers and other devices for hours a day. They aren't the only ones, however, many adults are guilty of this also. This increased exposure puts us at greater risk for digital eye strain resulting in dry, itchy or burning eyes that can lead to long term vision problems and eye disorders.

Take steps to protect your eyes now:

1. Position your computer screen at an arms length away and minimize the glare.
2. Invest in quality eyewear with an anti-reflective lens that block and absorb blue light.
3. Take a 20 second break every 20 minutes.
4. Adjust the brightness of your device and change your background to a cool gray.
5. Lessen the amount of overhead and surrounding light.
6. Increase the text size to make it easier to read.
7. Don't forget to blink.
8. Limit your screen time.
9. Get an annual eye health examination with your eye care professional.

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Eye Health and Safety Observances

January - Glaucoma Awareness Month

February - Age Related Macular Degeneration and Low Vision Month

March - Workplace Eye Wellness



Glaucoma leads to a degeneration of the optic nerve which reduces the communication between the eye and the brain resulting in loss of peripheral vision and potentially blindness.



Age-related Macular Degeneration is an eye disease that may get worse over time. It is the leading cause of severe, permanent vision loss in people over age 60. It happens when the central portion of your retina, called the macula, wears down.