

From Blurry to Bright: Chic Eyes' Commitment to King City's Vision

By Aladin Jarrah

Located in the King's Ridge Marketplace, Chic Eyes Optical & Optometry is dedicated to eye health for the whole family. While Dr. Wendy Ng offers top notch optometry services for all, she has developed a reputation of being a leader in children's eye care. Using child-friendly techniques, some specialized equipment, and having a wide array of fashionable frames has made Chic Eyes the destination of choice for eye care in King.

Dr. Ng explains that one of the main challenges with children is that they might not even know that their vision is blurry because they have no frame of reference if they've never had 20/20 vision before. Dr. Ng illustrates the importance of children's Vision and Eye Health Evaluations with this example: "I saw a 6-year-old for her first ever eye exam. Both she and her mom reported no issues with her eyes or vision – in fact, she only came in for an eye exam because her brother was having one. Her mother told me that she thought her daughter might have had a learning disability or dyslexia. But after getting glasses, her vision and reading ability improved dramatically, and her teacher reported that she was no longer afraid of reading aloud in front of the class. I almost cried tears of joy that day, and this case really stuck with me because it shows that vision can really impact a child's academic success and confidence!" She adds, "It's really important for parents to look out for signs like squinting, eye-rubbing and holding things closer, as it can be an indication of vision problems in children."

A full Vision and Eye Health Evaluation is a complex process, and Dr. Ng tries to transform the process into a fun game for children to hold their attention in different ways. She also has some specialized equipment that makes the process quicker and more comfortable. "Optomap Ultra-Widefield Retinal Imaging has been a game changer for my practice. It takes a panoramic image of the retina (the inside of our eye) in one quick second, covering an area that could take a minute or more to assess when using the slit lamp (the "microscope"), which is made even more difficult if the child is looking all over or moving around. It's also best to have photo-documentation that gives greater detail and that we can compare to year after year (because it's impossible for me to remember what everyone's eye looks like in a year's time) – a picture is worth a thousand words. Another new technology that makes it easier for both children and adults is the iCare tonometer for screening eye pressures. Instead of the much-hated air puff test or using anesthetic eye drops, the iCare tonometer can accurately and quickly measure eye pressure. I've done it in children as young as 3 years old – no tears!" says Ng.

Dr. Ng is a staunch advocate for annual eye exams for children to make sure that any potential problems are caught early on, so that children see better and learn better, especially because children spend so much time in front of screens nowadays. Excessive screen use can lead to myopia (nearsightedness), which increases the risk of developing eye diseases such as macular degeneration or retinal detachment in later adulthood. Says Ng, "Our goal now is to slow the progression of myopia in children, and the first step is to encourage them to spend more time outdoors – at least 2 hours a day. If a child is nearsighted, there are now new technologies and treatment plans that can help in slowing their myopic progression. I also encourage my patients, especially children, to abide by the 20-20-20 Rule, which is: every 20 minutes, take a 20 second break, by looking far away at 20 feet. It doesn't have to be exact, but the idea is that every once in a while, we're letting our eyes relax from focusing at such a short distance."

If a child needs corrective lenses, the fun part comes next: from choosing a stylin' pair of glasses to getting the correct lenses, Chic Eyes has you covered. "We stock amazing frames from brands such as Nano, Dutz Kids, and Eleven Paris Boys & Girls, which have frames that don't look like your 'typical kids frames'. They draw a lot of inspiration from adult frames, which helps encourage the child to wear their glasses more, just like their parents or favourite celebrities, and it also helps them to feel more fashionable! These frames are also durable and comfortable. Some can even be twisted in any direction and still bounce back to its original shape - practically indestructible and perfect for children!"

Whether it's for you or your children, an emergency or a routine exam, Chic Eyes Optical & Optometry is an excellent destination for all your eyecare and eyewear needs. Come here to see your best and look your best!



Dr. Wendy Ng, Optometrist and Owner



Chic Eyes

📍 1700 King Rd, Unit 10, King City, ON
(Located close to Sunset Grill,
diagonally across from Starbucks)

☎ (289) 467-6000

✉ info@ChicEyes.ca

📷 ChicEyesOptical

📘 ChicEyesOptical

🌐 ChicEyes.ca