

Katie Johnson: Good morning and welcome to Apple A Day, Lake Region Healthcare's health and wellness show, where we feature news and information you can use to live a healthier life. I am Katie Johnson, your host, and my guest today is Dave Guastad from 20/20 Optical located in Lake Region Healthcare's eye clinic right in the lobby of our brand new clinic. Good morning, Dave.

Dave Guastad: Hello. Good morning. Yeah, we're here to talk a little eyes this morning, maybe some sunglasses, contact lenses.

Katie Johnson: Summer is a time that we think about being in the sun and out enjoying summer activities, whether that's on the lake, or the golf course, or the trails. We talk occasionally, we've had summer safety, we've had protecting your skin, and I thought it would be a good chance to talk about eye health, too, because the eye clinic is such an important part of the services we provide at Lake Region Healthcare. Tell us a little bit about 20/20 Optical first of all, and your role there, and how that incorporates into our eye clinic and eye care services.

Dave Guastad: We work very closely with the eye clinic here. Doctors Thom and Schmidt, Ottenbacher, and Kaliher, and that relationship that we have with the eye clinic is really important, because we're able to help our customers and their patients with their optical eye care needs. With the two departments working very close together, it produces the best possible that we can for our customers.

Dave Guastad: That relationship with the eye clinic, it's nice to be able to go to one of the doctors and say, "Is this the direction we're going? Do you want to do something else? What do you think about this?" There's a lot of interaction between the optical and the eye clinic, which is really good for the end user, the customer.

Katie Johnson: Exactly. It's all about what's best for the patient and you're able to work together closely, and you've been doing it for many years.

Dave Guastad: Yeah, Dr. Schmidt, he started here June of '87, and I started in Fergus in February of '87. Dr. Schmidt and I have grown up together, and same with Dr. Kaliher. He's been here for many, many years, and of course, Dr. Thom and Ottenbacher do a great job too. It's a good working relationship. We have a good time together during the day, even the difficult ones. We put our heads together.

Katie Johnson: That's very evident. When we think about summer ... As I mentioned, we talk about protecting our eyes from the sun. What can you tell us about the importance of protecting your eyes from the sun?

Dave Guastad: You know, evidence, of course, that the ultraviolet rays promote cataract growth, there's some retinal issues that we need to be careful of, and when buying regular glasses, or sunglasses, of course, the ultraviolet filter protection

is vital. With sunglasses, that's a big thing. Polarized lenses in sunglasses is another thing that a person should be looking for.

Dave Guastad: Yeah, it goes further, because we're out chopping wood now, we're out fixing bikes, and motorcycles, and cars, and so just to protect your eyes, safety-wise, is always a good thing, because we're way more active in the summer than we are in the winter.

Katie Johnson: That's just it. The more that we're out and active, the more prone we are to encountering situations where we put our eyes at risk. When you're shopping for sunglasses, what should you really look for, beyond ... Obviously you want to look good, and have them feel comfortable, but what are the important features that you want to look for when you're picking out a pair of sunglasses.

Dave Guastad: You know, if you're out in water a lot, of course, polarized lens is going to filter the glare off of water and snow. Again, polarized lenses are very good. If we're buying them at a discount store, make sure that it has the ultraviolet label on it, to make sure you're filtering out the ultraviolet rays, because some of these lesser cost sunglasses that don't filter out the ultraviolet rays, you get your eyes behind a tinted window, and your pupils will dilate a little bit, and allow more of the ultraviolet rays through. So, an ultraviolet filtering sunglass lens is vital. All polarized lenses have an ultraviolet filter inherent in the lens, so that's a bonus.

Dave Guastad: Some of the sunglasses that we work with are Oakleys, Maui Jims, Ray-Bans, Columbia, all top quality stuff. Of course, there's different levels of it. What Maui Jim does is they go to ... I should know this, but they go to a river in Africa somewhere, I believe, and get the sand, because it is such fine sand, to make their glass lenses with. So the quality of the Maui Jim sunglasses are ... They really take it to the next level, and they are super, super awesome. You really have to come and try a pair on to see how clear you can see out of them.

Dave Guastad: Oakley's got a really nice line of sunglasses. They have different lenses for baseball, for golf, for biking. I don't know if they have for Frisbee golf, but ... I'm sure you could use the golf ones.

Katie Johnson: Exactly.

Dave Guastad: Yeah, they have different particular lenses for different activities, so it's really gotten to the point where it's real specific to an activity. At 20/20 Optical, we are versed on all the lenses, and the colors that you should maybe ... Skeet shooting is another big one. The competitive shooting, or just out on the range. There's different lens colors that enhance.

Katie Johnson: That's really interesting, that you can get that specific about which lens is going to be best for which activity you want to do in the summer. So, beyond just looking for the UV filter, that's the number one important thing, but then you can take it from there, and customize it further. If you're looking for that sticker,

no matter where you're buying these, at the fashion store, the discount store, is it just one sticker? Who's it endorsed by? Is it 100%, 50%? Can you always trust the sticker?

Dave Guastad: Lots of good questions there. I think I would ... I'm hoping that once a sticker's put on a lens that it meets certain requirements. It is something that, unless the salesperson that you're working with knows what the requirements are ... There are a lot of cool sunglasses out there that are cool frames, not so good lenses. I get that, where you want to be out in the sun, and have some cool sunglasses, but really important to make sure that we get lenses that are comfortable to be looking out of, they're going to protect your eyes, and you're going to see better with them.

Dave Guastad: I've had a lot of friends that have had lesser quality sunglasses, because, "I don't want to buy a pair of Maui Jims, or Oakleys, or Ray-Bans, because they're more than the \$10," and 15 years later, they still have those sunglasses, because they know where they're at. They don't lose them, because they really like how they fit. These better quality ones stay in adjustment. You can really see the difference. You really can.

Katie Johnson: When you've made an investment like that, you're more likely to protect it, I think.

Katie Johnson: Summer is also a time that people sometimes think about contact lenses, not being tied to the frames on your face, and them getting in the way of your activities. Tell us about contact lenses. Do they protect your eyes from the sun at all, or is it just an opportunity now to have fun sunglasses because you're wearing contacts?

Dave Guastad: Well, fun sunglasses are fun. At the beginning, we don't hear this talk much, prior to summer, but now I want to my glasses off, I want to put contact lenses on so I can wear cool sunglasses. We get that now that the summer has started. We do a lot of contact lens work. I have fit the contacts for the doctors here for about 30 years now, and yeah. It is fun to see somebody, particularly kids, where they've experienced contacts for the first time. It's fun to see them have me put on a pair of contact lenses in the morning, and then they come back in the afternoon with some sunglasses.

Katie Johnson: Oh, cute.

Dave Guastad: Yeah.

Katie Johnson: Yeah.

Dave Guastad: You get a 15, 16 year old boy or girl, and they are just tickled pink. That's kind of fun.

Katie Johnson: Yeah, that is a big deal.

Katie Johnson: You mentioned kids and teenagers. Is there an ideal age, or an appropriate age for a child or teenager to switch from glasses to contacts?

Dave Guastad: I don't know if this is the right question or the wrong question to ask mom and dad, but contact lenses are a great tool, but it is very important to take care of them, to make sure that we're not abusing them, we're not sleeping in them, we're cleaning them, we're taking care of stuff. So I just ask mom and dad, "What does their bedroom look like?"

Katie Johnson: That's a good indication of how they'll take care of the contacts.

Dave Guastad: Yeah. I don't know. I have a couple kids that I said, "I don't care what your bedroom looks like. Just close your door." So I think most parents are receptive to their kids' wearing contact lenses, because they're either involved in activities, or breaking them, or whatever. But, yeah, we do ... It gets to be kind of about the first of August, people start thinking, "Oh, yeah. School's going to start here. I wonder about contacts." So if you're thinking contacts, I'd get a jump on it.

Katie Johnson: Sure. Don't wait until August, when the rush starts.

Dave Guastad: That is exactly right. Yeah, because then it gets kind of piled up.

Dave Guastad: I like working with contacts. It's a lot of fun, whether it's a young teenager, or a younger kid than that, or an adult that wants to try some multifocal contact lenses. There are some really good ones out. All different lengths of wear, from daily, where they're in in the morning, throw away at the end of the day, to a couple weeks, a month. There's lots, and lots, and lots different options.

Katie Johnson: Do I understand correctly that you actually let people try the different kinds until they find the right one that's right for them?

Dave Guastad: We do. "Can I put them in? Can I take them out? Are they comfortable? Can I see out of them? Do I want to mess with them in the morning and in the evening?" We usually give them a trial pair to work through that. Of course, I would show them how to put them in, and take them out, and care for them.

Katie Johnson: It's great to take that risk out of it, too, and have that ability to try before you buy.

Katie Johnson: Anything else you want to remind our listeners of, for summer eyecare, before we wrap up today?

Dave Guastad: I think it's always important to get a jump on getting the kids in to get their eyes checked, because it does ... With five kids gone through the school system, it

was end of August when we started our ... Always. But just to make sure that you can get in, schedule-wise. They can always call 20/20 Optical, and we can help them arrange that eye exam too.

Katie Johnson: You have a great crew, too, like you said. Willing to take care of you from start to finish, making the appointment to getting you out the door with the glasses, the contacts, the sunglasses that are right for you. You all do a fabulous job.

Katie Johnson: Thanks for sharing some summer eyecare tips with us this morning. Dave Guastad from 20/20 Optical.

Katie Johnson: As always, Dave and Katie reminding you on Apple a Day there is so much to do here. Stay healthy for it. Have a great day.