

Katie Johnson: Good morning, and welcome to Apple a Day, Lake Region Healthcare's Health and Wellness segment, where we feature news and information you can use to live a healthier lifestyle. This is Katie Johnson, your host, and my guest today is Dave Gaustad. Many people know him as the founder of 20/20 Optical, and he continues to manage that optical shop for us in the beautiful new lobby of Lake Region Healthcare's Clinic Services Building. Good morning, Dave.

Dave Gaustad: Hello. Good morning. Yes, now that the summer and the fishing and the weather is conducive to getting outside, it's time to think about sunglasses or healthy things for your eyes, protection for your eyes. Yeah, it's something we'll talk about today.

Katie Johnson: That's right. May is Healthy Vision Month. As you said, it's also the time when we usually break out the sunglasses. We're heading out on the water and important to remember to protect our eyes. When we talk about thinking about your vision and your eye health, what are some important facets to that, of maintaining healthy eyes and healthy vision?

Dave Gaustad: Well, of course, the ultraviolet rays from the sun. We go outside, and it's thrown at us all the time to wear sunscreen. You go to the store, and there's sunscreen, all different types and levels of protection, and same with your sunglasses. I mean you really do need to have an ultraviolet filter in your sunglasses. Polarized sunglasses are the best. They filter out glare off of water and snow. Whether it's the summertime fishing or the wintertime driving, polarized are the best because they do filter out 100% of the ultraviolet rays. That is a very important part of eye health and also just to have glasses on when you're weed whipping or mowing the yard or running the chainsaw. This weekend I was cutting some trees down, and I'm glad I had my glasses on.

Katie Johnson: Yeah.

Dave Gaustad: Sunglasses are filtering the ultraviolet filter, but protection is also good.

Katie Johnson: Right. Safety glasses are important with all the things that can come flying at you, whether you use your sunglasses or your regular glasses for that, or if you don't, putting some kind of protective eyewear on is important. When we talk about sunglasses, I wanted to ask, is there an age when you should start wearing sunglasses? I would imagine it's important to protect our eyes at all ages.

Dave Gaustad: I think there's evidence of younger kids, really younger kids, four, five, six years old ... because a lot of the manufacturers now are coming out with polarized lenses for kids, little frames, polycarbonate lenses for kids because that also filters out the ultraviolet rays. Yeah, it is. I'm looking at a little brochure here on five tips for healthy eyes, and I see a little girl wearing a pair of sunglasses. To make sure that they're fit properly, that they will wear them, because if they're not comfortable or they don't fit, they probably are just going to take them off and throw them around. It is important to make sure if you buy a pair of sunglasses, there are some

labels on there that say either polarized, they do filter out 100% of the ultraviolet rays, or if you buy them elsewhere, just make sure that there is that tag on there that they are filtering out the ultraviolet rays.

Katie Johnson: Right. Another tip that's listed here for healthy vision is getting a regular eye exam. You work really closely with the eye clinic in helping people make sure it's easy to get in for that regular exam.

Dave Gaustad: Yeah, and that is so important. It is. Yeah, you can get just a regular eye exam, but the overall health of your eyes, too, is a very important thing. If there's any family history, it is really important to get a professional eye exam, and we do have four doctors here, two ophthalmologists, two optometrists, and they do an awesome job. I've been working with Dr. Kaliher for 15 years, Dr. Schmidt for 30 years, Dr. Ottenbacher for five or six, and Dr. Thom for three or four years, so I know what kind of work that they do, and I'm proud to be associated with them.

Katie Johnson: One of the things that I've found interesting to learn about as I've been working with you the last couple of years is the variety of specialized lenses people can get to address things that they might not even know is a real issue, like my headaches or my neck aches might be related to the way that I'm looking at my computer screen and that you actually have glasses that can help with that. Can you tell us a little bit more about these office lenses, as they're called?

Dave Gaustad: I've been in the optical industry for 30 plus years, and I don't know if there's a product that has made more of a difference, and there might be a couple others in that timeframe. We have lenses that are called Epik Office Lenses. So many people go to work, and they have progressive lenses or bifocals, which are really truly made for a downward gaze. There you sit in front of your computer eight hours a day or even two hours a day, and not even so much office work ... they're labeled that, but it is for any type of work that you do that is up to 156 inches away. There's five designs of these Epik Office Lenses, depending on what your workspace is. I know because I do it at work, too, my nose is up in the air quite a bit as I look at my computer screen.

If I was to do that for eight hours, six hours a day, I'm pretty confident I would go home with a sore neck. These office lenses are designed for that. You're not having to lift your chin up to see that distance away. With the five different designs, they are fit for any person that has a bifocal that has problems seeing at a computer-length distance. They are excellent lenses.

Katie Johnson: You say there's five different variations of this. Do you do some sort of an analysis to help choose the right one, or is that something that the eye doctor does?

Dave Gaustad: Well, as you get your eyes checked, the eye doctors will talk a little bit about lifestyle and what you do. They'll recommend an office lens or computer lens, and then we'll sit down with our customers, and we'll figure out how far their distance is for their needs of this lens. With the five different designs, it depends on how far

away most of your work is done. The most popular lens is called an Epik Office 40, which means anywhere from 40 inches and in should be covered with this lens. We have had some very positive feedback from this lens. People have said, "At the end of the day, I feel better. My neck isn't sore. My eyes are less strained. My day just goes better because of these lenses."

Katie Johnson: By kind of increasing the width and depth of what a traditional bifocal does, I can imagine not having to have your neck propped at that distance could make a really big difference in your day-to-day life. You mentioned that it's not just computers, though, or just reading.

Dave Gaustad: Right.

Katie Johnson: This can be related to your hobby or anything that you do at a fixed distance for a long period of time, right?

Dave Gaustad: Well, and we talk about ergonomically correct workspaces. We move our computers up and down. We stand. We sit on exercise balls. We wear steel-tipped boots. We wear hardhats. Yet we sit at a computer or at a workstation with our nose up in the air because our everyday glasses work well every day, but they don't work so well when you're at your workspace and at your office. That's what these are geared for. You will take these off and set them by your computer. I would bet that you won't even do that. I think that you will take them home and use them at home when you're doing some hobbies or doing at that distance. They're that nice a lens and they have been so helpful for the people that we've dispensed them to.

Katie Johnson: Well, thanks for the tips on healthy vision. Any last reminders for folks as we wrap up our May Healthy Vision Month?

Dave Gaustad: Again, it is important. We talked about sunglasses. We talked about office lenses. It really does start with that comprehensive eye exam.

Katie Johnson: Right.

Dave Gaustad: It is very important to have a qualified eye doctor check your vision and make sure that that's all good, and then we can move from there and help you out with a lot of different things, whether it's sunglasses, regular glasses, safety glasses, magnifiers, contact lenses. As far as an optical goes, we have all your needs covered, I believe.

Katie Johnson: I hear there might be a sunglass sale coming up in the future.

Dave Gaustad: You know what, in June. I would hang in there because we've got some really nice Oakleys and Ray-Bans and Maui Jims that are going to be a reduced price. We have a great selection right now, too, so it's really good.

Katie Johnson: Fun. Dave Gaustad, 20/20 Optical, our guest today on Apple a Day for May, Healthy

Vision Month. Remember to get your eyes checked regularly, wear those sunglasses to protect your eyes from the UV rays this summer, and wear protective eyewear as well. Dave, thanks for joining me.

Dave Gaustad: Always. Thank you.

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

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