

BEWARE OF ORDERING GLASSES ONLINE

If you are doing more and more shopping online, you're not alone. According to Statistics Canada, more than 8.4 million Canadians over the age of 16 purchased something online in 2007, up from nearly 6.9 million in 2005. Some products, however, aren't as well-suited to online purchase. If you're thinking of buying your eyeglasses online, you may want to consider the following:

Ordering glasses requires an accurate, current prescription. Many of the choices involved in obtaining attractive and effective eyeglasses require the knowledgeable, personal advice of a professional, face to face. Online eyeglass purchasing is fraught with potential problems, negating purported cost savings.

Here are some reasons to order your glasses through a licensed optometrist or optician:

1. A comprehensive eye examination by an optometrist or ophthalmologist will assess your eye health and determine an optical prescription. Patients are entitled to a copy of this prescription which allows you to purchase eyeglasses from an individual regulated to dispense eyeglasses (including your optometrist). Patients are cautioned NOT to use expired prescriptions. **Eye care professionals have the expertise to help you** select the frame style, and lens design and features that will best suit your needs. You can't get that personal service online.
2. **Eyeglasses must be fitted properly** to avoid causing blurry or double vision, fatigue, headaches, nausea, and pain or pressure around the nose or ears. Proper fitting of eyeglasses requires that precise measurements be made, to ensure that the lenses are mounted in the frame so that they are accurately positioned in front of the pupils of the eyes. The selected frame must be the correct size and shape, and be adjusted properly, to hold the lenses securely in the right position. All of this can only be effectively done with the personal involvement of an optometrist or optician.
3. If you have difficulty with your glasses, **you can return to your eye care professional** and have the problem corrected. This service can't be provided online.
4. Dispensing of eye glasses is a regulated act in all provinces. By buying eyeglasses on the internet, you are purchasing from an unregulated provider. Also consider that prescription eyeglasses are regulated as medical devices by the Federal Government. See the Health Canada site on '**Buying Medical Devices over the Internet**' - www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/med_mat-eng.php.
5. The Canadian Association of Optometrists strongly cautions against buying eyeglasses online. Your eye health and vision are too important. **Your eyes deserve an optometrist.**

For more information, contact your local optometrist.