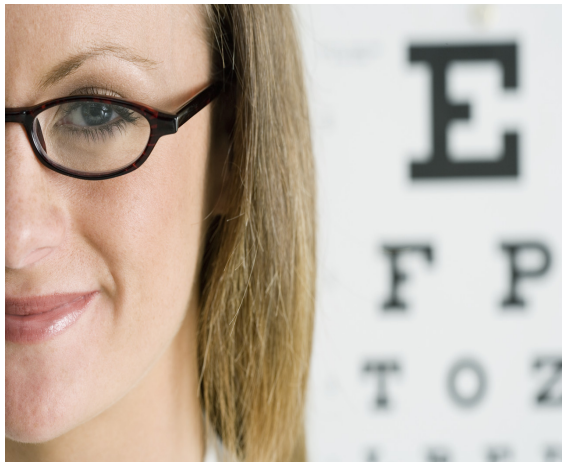


EYE CARE TIPS

- Keep your blood glucose and blood pressure as close to normal as you can
- Have an eye care professional examine your eyes once a year with a dilated eye exam. Have this exam even if your vision is OK.
- Finding eye problems early and getting treatment right away will help prevent more serious problems later on.
- Ask your eye care professional to check for signs of cataracts and glaucoma.
- If you are planning to get pregnant soon, ask your doctor if you should have an eye exam
- If you are pregnant and have diabetes, see an eye care professional during your first 3 months of pregnancy.
- Don't smoke



(www.diabetes.niddk.nih.gov/dm, accessed 2018)

For up-to-date information about local services at any time, contact 211 Ontario by dialing 211 on any phone
OR visiting www.211ontario.ca



Stand up
to Diabetes
Faisons face
au diabète

DIABETES
CANADA
Diabetes Barrie

Barrie and Area Diabetes Collaborative
Jan 2018

DIABETES EYE EXAMS IN THE BARRIE AREA

*Keeping an Eye on Your
Good Health*



**Barrie and Community
Family Health Team**



**Barrie
Community
Health Centre**



LMC Healthcare



**Barrie and Community
Family Health Team**

OPTOMETRISTS

Anne Street Optometry

(Drs. M. Chan, C. Spiegl & A.
Vandendool)
353 Anne St., Barrie, ON
705-726-5800

Barrie Vision Centre

(Drs. W. Bentley, R. Bowser, S. Bowser &
K. Lalonde)
221 Cundles Rd. E., Unit 1, Barrie, ON
705-737-5858

Cedar Pointe Optometry

(Drs. J. Hamilton, D. Hazelett, K. Krmpotic
& P. McLean)
75 Cedar Pointe Dr., Unit 102, Barrie
705-728-0871

Georgian Optometry

(Drs. T. Choi, A. McLeod & R. Singh)
509 Bayfield St., Georgian Mall,
Upper Level, Barrie, ON
705-733-3838

IRIS

(Drs. C. Beverley, G. Costigan, S. Bowser
& I. Erkelens)
350 Big Bay Point Dr., Unit 7A Barrie
705-721-1220

Pro Vision Optical

(Drs. R. MacAlpine & B. Pezik)
649 Yonge St., Unit 2, Barrie, ON
705-719-1671

LMC Optometry

(Dr. L. Gallowitz)
370 Bayview Dr., Suite 110, Barrie, ON
705-737-0830

South Barrie Eye Clinic

(Drs. J. List, A. McLeod & D. Morellato)
431 Bayview Dr., Unit 10, Barrie, ON
705-725-8228

Dr. Bond and Associates

(Drs. A. Bond, R. MacAlpine & A. Miller)
12 Commerce Park Dr., Barrie, ON
705-737-3141

Dr. M. Cook

11 Collier St., Unit 202, Barrie, ON
705-728-4109

BaySide Eye Care

(Drs. E. Haney, A. Miller & J. Siemon)
79 Bayfield St., Barrie, ON
705-728-3396

Dr. Roberti and Associates

(Drs. R. Roberti, M. List & J. Siemon)
509 Bayfield St., Georgian Mall,
Lower Level., Barrie, ON
705-727-1418

Dr. C. Schell

225 Ferndale Dr. S., Unit 6, Barrie, ON
705-734-5700

Dr. Adam McLeod

130 Bell Farm Rd., Barrie, ON
705-792-6116

Stroud Optical

(Dr. M. Lim)
8056 Yonge St., Village Market Plaza,
Stroud, ON
705-431-6332

Innisfil Eye Care

(Dr. M. Sher)
7975 Yonge St., Stroud, ON
705-431-2393

Dr. N. Kingstone

4 Pine River Rd., Unit 3, Angus, ON
705-424-3233

Alcona Optical

(Dr. H. Kader)
1015 Lebanon Dr., Innisfil, ON
705-431-1332

Dr. Mei-Ling Chan Optometry

500 Huronia Rd., Suite 207, Barrie, ON
705-733-8883

Mapleview Optical

225 Mapleview Dr. E., Unit 2, Barrie
705-503-5588

Little Lake Family Eye Care

11 Lakeside Terrace, Suite 102, Barrie
705-503-3937

**OHIP covers dilated eye exams
for people with diabetes once
every 12 months**