

# GIDDENS OPTOMETRY



August is Children's Eye Health/Safety Month. OHIP covers all children under the age of 20 for an annual eye exam. Our offices support the 'Eye See Eye Learn Program', in which all children entering JK this September can receive a free pair of glasses if required. We also offer an extended one-time replacement warranty on eligible eyeglass lenses for children under 15. Please feel free to inquire for details at your next appointment. See you soon!

**Accepting New Patients At Both Locations**

DOWNTOWN GEORGETOWN  
83 Mill St | 905 873 1867

METRO PLAZA  
371 Mountainview Rd S | 905 873 1861

Day, Evening and Saturday Hours | Same day appointments for urgent eye care. Please phone.



**Dr. Ben Giddens**



**Dr. Andrea Kozma**



**Dr. Stephanie Britton**



Are you changing your lifestyle because of incontinence?

Let us help you regain your confidence and independence



ERAMOSA  
**EPA**  
PHYSIOTHERAPY

**Did you know?**

The scientific research clearly shows that physiotherapy should be the first line of treatment for incontinence.

Many people believe that incontinence; the involuntary loss of urine, is a normal occurrence after childbirth or aging. Continence concerns are **common** but **NOT normal**.

Stress Incontinence (SI) refers to leakage that is noticed during a cough or sneeze, when laughing, or during strenuous activities like soccer, jumping jacks, or other aerobic activities. Sometimes women get the sudden and urgent need to get to a bathroom. Urge Incontinence (UI) is the loss of urine that is accompanied by this sudden, urgent feeling.

Leakage may have started off with minimal and tolerable amounts of leakage that occurred with a cough or sneeze, but then leakage can accelerate to amounts that are substantial enough to wear protective padding, continence garments or simply just avoiding activities that were once enjoyed.

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