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Sports Eye Safety Month



Take the steps to avoid sports eye injuries:

- Wear proper safety goggles.
- Use batting helmets with polycarbonate face shields for youth baseball.
- Use helmets and face shields approved by the US Amateur Hockey Assoc when playing hockey.
- Know that regular glasses do not provide enough protection.

Wooden Glasses...What??



You read that right! We now offer glasses with wooden frames. In honor of Earth Day, we ordered a supply, so come by and take a look!

Insurance Update!

EyeCare 20/20 is pleased to announce we are now accepting **Vision Service Plan** and **EyeMed**.

Please contact us for more information.

April 2011

The View

Note from Dr. Silverman



Happy Spring, and welcome to the first edition of The View! Providing the very best, state-of-the-art eye care to our patient has always been our top priority here at EyeCare 20/20. Our newsletters will be devoted to keeping you up-to-date on the newest procedures, advancements, and products that allow us to continually improve the quality of care we provide.

At EyeCare 20/20, we're more than a modern medical facility, we are a group of caring eye care specialists dedicated to providing you and your family with the very best in preventative care and treatment.

If there is a topic you would like to discuss in a future edition of The View, please drop us a note through [email](#), or on our [Facebook](#) page.

Warmly,

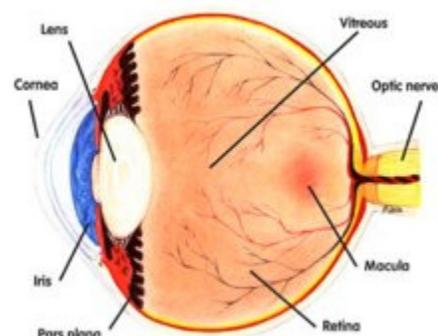
Cary M. Silverman, MD
Medical Director

Dysfunctional Lens Syndrome: Describing the New Paradigm

I had a 60-year-old patient in the [office](#) who I told that she had "early" [cataracts](#). She was a moderate [farsighted](#) patient who was seeing 20/30 with her current glasses, and will see 20/20 with her new bifocals. Now, without her glasses, she is able to see only 20/200 at both near and far. Her question to me was, "Are my cataracts 'ripe' enough to come out?" I gave her my standard "canned" answer: "We don't wait for cataracts to be 'ripe' to remove them. The time for cataract surgery is when you are unhappy with your vision and I can't improve it to your satisfaction with a change in glasses."

This is the standard answer that most ophthalmologists and I will give to patients when their insurance will be paying for the surgery, as there are certain criteria that must be met. Specifically, best-corrected vision should be worse than 20/40 and interfering with daily lifestyle. With the aging Baby Boomer Generation and improved refractive lens based technology, I have noticed a paradigm shift in how I view and discuss cataracts.

First, a little anatomy. Think of the eye as a camera. The front surface is a clear window, called the cornea. Behind the cornea is the colored part of the eye, the iris, which acts like a diaphragm in a camera. It opens and closes to adjust the



Dr. Silverman's Picture of the Month



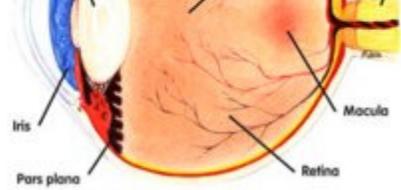
Cement Jungle

Can you figure out where
this is?

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amount of light coming into the eye by changing the size of the pupil. Behind the pupil is the lens. When we are young, the lens is clear and able to easily change its shape to focus light onto the back of the eye, the retina. The retina acts like the film in a camera.

Today's discussion will be limited to the lens as I will be describing a new terminology first described by Harvey Carter, MD: **Dysfunctional Lens Syndrome**. [Read More...](#)

How to Properly Put Drops in Your Eyes



Dr. Silverman shares 2 ways to put drops in your eyes.

Donate for Japan and Save!



Join EyeCare 20/20 in our continuing efforts to give back and help others in need in our community.

We are inviting patients to donate \$50 to www.AmeriCares.org which provides financial support to the

Japanese survivors of the tsunami, earthquakes, and nuclear disaster. As an incentive for donating a minimum of \$50, you will receive a \$500 discount towards a bi-lateral LASIK procedure.

For patients who donate, EyeCare 20/20 will also match the \$50 donation made to www.AmeriCares.org so that the total donation on behalf of the patient is \$100.

AmeriCares is a nonprofit disaster relief and humanitarian aid organization which provides immediate response to emergency medical needs, as well as supports long-term humanitarian assistance programs, for all people around the world, irrespective of race, creed or political persuasion. AmeriCares has developed partnerships here in the US and around the world that ensure that for every dollar you donate to AmeriCares, they can deliver \$35 in lifesaving medicines, medical supplies, and humanitarian aid to the people who need it most.

Just bring us your receipt, YOU get the discount, and the people of Japan receive much-needed help.

Thank you for your support!

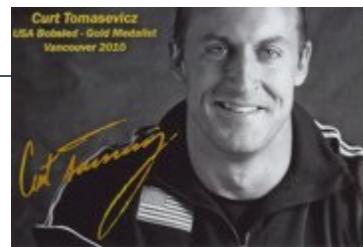
LASIK Success Story: Curt Tomasevicz!

*USA Bobsled - Gold Medalist
Vancouver 2010*

"Life is so much easier without the discomfort and annoyance of contacts and glasses. I love being



able to train without vision impairment as a distraction. I can focus on simply improving my strength and speed to push the sled. This hassle-free training allowed me to reach my best at the 2010 Olympics and win the Gold medal. Thanks Dr. Silverman and staff for playing a key role in my success!"



-Curt

