

Quick Links

EyeCare2020.com

[Patient Center](#)

[Their Stories](#)

Connect With Us



Review us on Google



[Join Our Mailing List!](#)

Experiencing Eye Irritation after Swimming in a Pool?



Irritation is typically not caused by high levels of chlorine, as most people suggest, it is often caused by poor pH levels, or water that is not chemically balanced.

The human eye carries a pH of about 7.2. Exposure to pH levels significantly lower or significantly higher than 7.2 will irritate the eye. That is why citrus fruits that are acidic and soaps and shampoos that are alkaline sting our eyes as well. A pool water pH of between 7.2-7.8 is recommended for ideal eye comfort and disinfection.

June 2011

The View

Note from Dr. Silverman



I hope you all enjoyed your long Memorial Day weekend, and were able to take time to reflect and remember all the brave men and women of the United States who have given their lives while defending our freedom and country. We at EyeCare 20/20 extend our deepest gratitude for their courage and dedication to preserving peace.

Summer is finally here! This month we will discuss what to do to help alleviate the "sting" of pool water. It's not necessarily the chlorine levels like most people think. And speaking of "sting", did you know wearing make-up with contact lenses doesn't need to be an irritating experience? Check out my make-up tips for contact lens wearers to learn more.

I hope you enjoy our third edition of *The View* and be sure to [email](#) me or find us on [Facebook](#) if you have any ideas or topics you'd like to see featured in a future newsletter.

Yours in good health-

Cary M. Silverman, MD
Medical Director

Give the Gift of Sight This Father's Day



Father's Day is Sunday, June 19th. So what's on your gift list for Dad? Another tie, maybe some tools...BORING! Be sure you have the right stuff to help the man in your life enjoy a Happy Father's Day.

This year, why not consider the "Gift of Sight"? With LASIK, he'll get the crisper, clearer vision he needs and deserves. At [EyeCare 20/20](#), we think it's the "Father" of all gifts ideas and the perfect way to say "Thanks Dad".

Does Dad have bad vision? We can fix it! Call us today at (800) 475-5525 to schedule an appointment or to get your personalized LASIK gift certificate! Don't forget to ask us about our no money down, no-interest financing options!

Just in Time for Summer: The Switch Magnetic Lens System

By testing the swimming pool water and correcting these levels daily, the problem should disappear. To keep from experiencing eye irritation while swimming, always wear goggles or a mask.

We Need Your Help!



Once again the *New Jersey Family- Morris County Edition* will devote an issue of their magazine to highlighting the state's "Top Children's Doctors and Pediatric Specialists." This year's issue will be December 2011.

We need your help. This year, we at EyeCare 20/20 would like for Lauren C. Rispoli, M.D. to AGAIN be among those listed for being top in her field for Pediatric Ophthalmology. Dr. Rispoli was awarded this honor the last two year thanks to your votes and words of praise.

Please visit the survey website now www.njfamily.com/vote to complete the survey and cast your vote for Dr. Rispoli.

But hurry, the deadline for responses is June 30, 2011.

EyeHear 20/20



Because of the strong connection between our vision and our hearing, we are pleased to announce the addition of our new fully integrated [audiology department](#).

If you or a loved one are experiencing a hearing loss, call our Hearing



Dr. Silverman and the Switch Magnetic Lens System

Dr. Silverman reviews the switch interchangeable magnetic lens, one of the most protective sunglass lenses on the market. Perfect for the sportsman or anyone who spends time outdoors during the summer months.



Take Part in the Eyeball Challenge

EyeCare 20/20 is hosting the Eyeball Challenge, a contest to see which patient truly has the best vision! We have taken a picture of a jar filled with candy eyeballs from inside the office and posted it to our Facebook Page. Go to Facebook.com/EyeCare2020 and comment on the photo with your guess of how many eyes are inside, and you could win the grand prize!

The closest guess will be awarded a brand new pair of Switch Magnetic Lens System Glasses, PLUS every entrant who tags him or herself in the photo with the eyeball jar is automatically entered in a drawing to win the actual jar of candy eyeballs!

Each entrant is only allowed to comment with a guess once; any deleted or double entrants will be disqualified. Keep an "eye" on our Facebook page - Facebook.com/EyeCare2020 to see if YOU have won!

This Week's Teaser Article: Makeup Tips for Contact Lens Wearers



Use cosmetics that are designed specifically for contact lens wearers. These products are free of nylon and rayon fibers and mica articles that can flake off in your eyes and damage your contact lenses.

Concierge today at **877-752-9594** to schedule a hearing evaluation with our Hearing Care Practitioner.

Happy Birthday Dr. Silverman!



We hope that you help us make [Dr. Silverman's Birthday Wish](#) Come True!

Dr. Silverman's Picture of the Month



The Urban Treasure Hunter



They're water-soluble for easy removal; and they're hypoallergenic, so you're less likely to experience a sensitivity reaction to them.

Wash and dry your hands thoroughly before inserting your

contact lenses. Avoid soaps containing oils, fragrances, dyes, and anti-bacterial or anti-fungal agents. These substances can remain on your fingers and contaminate your contact lenses.

Insert your contact lenses before you apply makeup. This prevents makeup on your hands from getting on your hands from getting on your contact lenses and it allows you to see better when applying makeup...[Read More](#)

Donate to AmeriCares and Save!



[AmeriCares](#) is a nonprofit disaster relief and humanitarian aid organization which provides immediate response to emergency medical needs - and 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 U.S. 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 the most.

From now until the end of June, EyeCare 20/20 is supporting AmeriCares and their continuing relief efforts for those in need here at home, as well as abroad. Whether it's aid assistance to those affected by last week's deadly tornado in Joplin, the storm-ravaged south, or tsunami-stricken Japan, AmeriCares is there. You can help, too, make a \$50 [donation](#) to AmeriCares and we will match the donation and give you \$500 off a bilateral LASIK procedure*. To get started, visit [AmeriCares.org](#) and click on the button to Donate Now! Save your receipt and then call us to schedule your LASIK, it's that easy. For more information, contact Keri or Barbara at 973-560-1500.