

## Quick Links

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## Searching for the Perfect Graduation Gift?



Deciding what you get your college or high school graduate as a graduation present can be nearly impossible. Finding something special, memorable, significant, and beneficial may sound suspiciously like the search for the holy grail of graduation gifts: You've heard it's out there, but you're not sure where to start looking.

But what about the gift of a glasses- and contact-free life after graduation? A graduate looking forward to searching for a "real life job" and standing on his or her own feet is sure to be excited at the idea of never having to search for glasses in the morning or putting in contacts.

LASIK surgery can make a positive difference in your graduate's life. No more depending on glasses, which can break or be lost and are both crippling when gone and expensive to replace. Whether your graduate is heading off to college or starting in the job market, money is likely to be tight and having to replace glasses or contact lenses would be a very unwelcome

May 2011

# The View

## Note from Dr. Silverman



Welcome to the second edition of *The View*, our information-packed newsletter that we hope you will find educational and entertaining. This month we will be covering topics including study tips for college students, a summer sunglass checklist and information on carrots and your eyes.

Please feel free to send a copy to someone you know and remember, we welcome your comments or story ideas, so drop us an [email](#) or a suggestion on [Facebook](#). We look forward

to hearing from you.

I'm pleased to announce that our new and completely revised website has been launched. We are sure you will enjoy the addition of several new videos discussing the many procedures we offer, as well as video testimonials from many of our happy surgery patients. See for yourself, log on to [www.eyecare2020.com](http://www.eyecare2020.com) and take a look.

Lastly, I'd like to take a moment to wish all the mothers out there in our EyeCare 20/20 family a Happy Belated Mother's Day. We hope you and your loved ones enjoyed a beautiful day.

Until next time-



Cary M. Silverman, MD  
Medical Director

## Eye Care Tips for College Students



With the end of the school year fast approaching, many college students are busy preparing for finals and exams. Students face special challenges to the eyes when they are under academic performance pressure. Lack of sleep, prolonged computer use and long hours studying make for tired eyes that are dry, scratchy and achy.

Prolonged computer use contributes to eye fatigue because you blink less frequently. Less blinking significantly reduces lubrication in the eye making it feel tired, scratchy and "dry" as a result. Also eyes are not designed for prolonged focus on a single object, such as the computer.

**Remedy:** place a note on the computer screen as a reminder to blink and to look away from the screen and focus on objects in the distance. Looking out a window (20 - 20 - 20 rule: for every 20 minutes of computer work, look away for 20 seconds, and focus on a scene or object at least 20 feet away) is a good break for the eyes.

expense.

If you are looking for a graduation gift to both show how proud you are of your graduate and make a positive impact on their life, consider giving [LASIK](#).

For more information or to [schedule a FREE LASIK screening](#) today for your graduate, call EyeCare 20/20 at **800-475-5525**.

## What's Up Doc? Carrots and Your Eyes



Did you know that carrots contain large quantities of Vitamin A, in the form of beta carotene, that is especially important for eye health? However, eating carrots won't give you 20/20 vision.

Beta carotene's powerful antioxidants help provide protection against macular degeneration and the development of cataracts, while vitamin A plays a major role in preventing night blindness. Carrots are also rich in lutein which can increase pigment density in the eye leading to better retina protection.

Carrots are also a great benefit to the skin, as well as the immune and digestive systems. They are loaded with fiber and water, which cleanse the liver, boost oxidation and plump out skin to stave off wrinkles. Eating a carrot raw will only get you about 1% of the available beta carotene.

By having a glass of carrot juice, your system absorbs almost 100%. Cantaloupes, yams, pumpkins, mangoes and sweet potatoes are all

The key is to give your eyes a rest.

"Dry eye" is a common feeling from not giving your eyes enough rest while some people just naturally do not produce enough tears to keep their eyes healthy and comfortable. Some common symptoms of dry eye are stinging and burning to the eyes, scratchiness, excessive eye irritation from smoke or wind and excessive tearing.

**Remedy:** If you have occasional symptoms of dry eye, you should try eye drops called artificial tears. These are similar to your own tears and help lubricate the eyes and maintain moisture. For persistent "dry eye," see your Eye MD.

### Contact Lenses and Sleep Deprivation

When a contact-lens wearer stays awake studying for 18-20 hours or more with their contacts in, it's almost the equivalent of sleeping with contacts in, something that Eye M.D.s warn against. Prolonged wearing of your contact lenses is a problem for people who wear regular hydrogen lenses, since traditional hydrogels are relatively less permeable to oxygen than newer alternatives like silicone hydrogels. The eye needs oxygen to keep it healthy. Without regular exposure to oxygen, the eye's cornea can become inflamed and the vision blurry. Prolonged contact lens use can even lead to infections or corneal ulcers that in the worst case can permanently damage vision.

Sometimes students fall asleep without knowing it (with their contacts in), while studying.

**Remedy:** Alternate wearing contact lenses with use of eyeglasses during long study periods. Also, students with irregular sleep patterns can wear contact lenses made of silicon hydrogen, a new material with improved oxygen permeability, which may reduce risk of infection and discomfort.

*This article reprinted with permission from the American Academy of Ophthalmology's EyeSmart Campaign.*

## The Best Anniversary Gift Ever... No More Glasses!



For her 45th anniversary Judy Schwartz didn't get diamonds, she got rid of her bifocals with a refractive lens exchange and the ReSTOR IOL. Watch her story.

## 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](http://www.AmeriCares.org) which

an excellent source of beta carotene.

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

## Dr. Silverman's Picture of the Month



Lean On Me

## Connect With Us



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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.

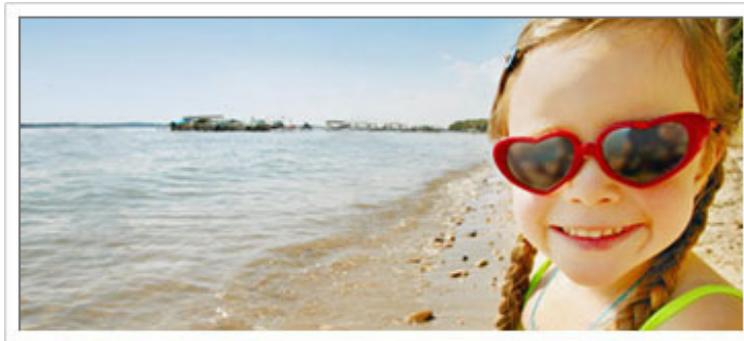
For patients who donate, EyeCare 20/20 will also match the \$50 donation made to [www.AmeriCares.org](http://www.AmeriCares.org) so that the total donation on behalf of the patient is \$100.

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!

## Checklist for Sunglasses



With summer fast approaching, most people will be looking for the perfect new shades to compliment their summer wardrobe. While most people consider the shape, size, design and color of the sunglasses, many forget that it's the lenses that are the most important.

Below is a list of tips for purchasing sunglasses:

1. Check for OSHA label with 99 or 100 percent UV protection.
2. Look for sunglasses that are close-fitting. These will prevent UV rays from filtering in.
3. Look for larger lenses or wrap-around sunglasses to prevent light from entering in.
4. Don't be misguided by price-higher priced sunglasses usually reflect fashion or durability, not UV protection.
5. Dark-colored sunglasses don't necessarily provide better protection. A clear chemical coating applied to the lens is responsible for UV protection, not the lens color.
6. UV-absorbing contact lenses should not be used as substitutes for sunglasses.

Remember, your sunglasses will not make you look better, see more comfortably or protect your eyes when they are in your purse, your pocket or on the dashboard of your car. Get in the habit of putting them on whenever you are in the sun.