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**New Eyes for
the Needy**

August 2011

The View

Note from Dr. Silverman



Welcome to our August newsletter. Where did the summer go? Hopefully you were able to get out and enjoy the sun and found some time to relax. If not, get to it, there's still plenty of time before September gets here!

This month I've included an article on a very important topic, preventing eye injuries at home. Did you know having a good pair of protective eyewear at home for household projects can cut down on the risk of eye emergencies?

Don't miss my **famous guacamole recipe** below. Grab some tortilla chips and dig in and while you're at it, you'll be helping your eyes stay healthy.

We would also like to congratulate **Paul Borstein**, our winner and recipient of a brand new pair of Switch Magnetic Lens System Glasses! Paul was the closest guesser with an estimate of 419 eyeballs when there were 425! We'd also like to congratulate **Nancy Wozny Duchnowski** for winning our drawing for the actual jar of candy eyeballs! We hope you all had as much fun as we did with this contest, and be watching for our next one (it's right around the corner!)

We hope you enjoy our monthly newsletter. Have an idea or topic you'd like see as an article? [Click here](#) to submit your idea and stay tuned, we might just select your idea to be featured in a future newsletter.

Yours in good health-



Cary M. Silverman, MD
Medical Director



Help Prevent Eye Injuries at Home

Did you know nearly half of all eye injuries happen in the home?

We at EyeCare 20/20, consider the "gift of sight" as one of the most precious gifts. That's why we encourage our patients to assist us in our ongoing efforts to donate patients' used glasses to New Eyes for the Needy, a national charity with a local affiliate in Short Hills.

Each year collections of used eyeglasses are distributed and used in hospitals and missions all over the world. They are given to needy individuals in the United States and overseas and make an immense improvement in their lives, allowing them to complete school or find a job or craft, not to mention the pleasure that good vision gives to all of us.

It has been our pleasure here at EyeCare 20/20 to participate in such a wonderful and beneficial cause and thank those of you who have donated your glasses. [Contact us](#) for more information, or stop by our office and look for our **donation box**.



What do a bungee cord, a pan of frying bacon, and lawn-care chemicals have in common? They are just a few of the common items around the house that can cause eye injuries. A clinical survey of eye injuries across the US found that nearly half of the 2.5 million eye injuries that

Americans suffer annually now happen in and around the home in common places like the lawn, garden, kitchen, or garage. In fact, Americans are more likely to be injured in their homes from common, everyday activities like mowing the lawn, cooking, cleaning, and do-it-yourself home improvement projects that impact both participants and bystanders.

In an effort to combat the rate of household eye injuries, the American Academy of Ophthalmology issued a new recommendation that every household in America have at least one pair of ANSI-approved* protective eye wear to be worn when doing projects and activities at home to safeguard against eye injuries. People seem to understand that you need safety glasses when using power tools, but the threat to your eyesight lurks even in basic home repairs and cleaning. People should use protective eye wear during any potentially hazardous tasks around the house, from cleaning your oven with a chemical cleaner to using bungee cords to home items in place. In the event that you do suffer an eye injury, have an ophthalmologist examine the injury as soon as possible, even if the injury seems minor at first.

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Dr. Silverman discusses the ReStor IOL

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United Through Reading



The United Through

LASIK for the GOLD!

Countdown to the Olympics...

Did you know July 27th marked just one year to go to the start of the 2012 London Olympic Games? Just as we did prior to the 2010 Olympics, EyeCare 20/20 will be extending our world class eye care services to America's best athletes as they prepare to take on the world's best in sport next year in London.



"For years I put up with blurry vision and dry contacts while racing and training until Dr. Silverman and EyeCare 20/20 put all that behind me. My eyes are now one less thing I have to worry about in my training, competitions and in my life. I see better than ever. For all the great athletes getting ready for London, and everyone getting ready to cheer them on, who are still dealing with glasses...I highly recommend LASIK surgery at EyeCare 20/20."

Katherine Reutter - Speedskater / 2010 Olympic Silver & Bronze Medalist, 2011 World Cup Champion

Watch our upcoming newsletter for the latest additions to our LASIK for the Gold program - clearing the vision of American's best athletes!

Holy Guacamole!



Did you know avocados are full of healthy eye nutrients like Vitamin A, C, B6 and E, as well as the powerful antioxidant, Lutein? Studies have shown that Lutein can increase pigment density in the eye leading to better retina protection and can improve visual function

in cataract sufferers. So grab your favorite tortilla chips and dig into this eye-healthy recipe...one of Dr. Silverman's specialties!

Ingredients:

- 4 ripe avocados
- 1 small chopped Bermuda onion
- 1 small chopped tomato

Reading® Military Program

helps ease the stress of separation for military families by having deployed parents read children's books aloud via DVD for their child to watch at home. This powerful program is available to all deploying military units and at select USO locations. It provides parents a chance to make powerful and lasting connections with their children from afar.

From now until September 30th, [donate](#) \$50 dollars and you will receive a discount good for \$500 off a bi-lateral LASIK procedure*. We'll even match your donation bringing the total to \$100.

Your gift to United Through Reading will help many children and families bond through the very special medium of reading aloud together. Contact us for more information.

Dr. Silverman's Picture of the Month



The Photographer

- 1 small chopped jalapeno pepper
- 1 squeezed lime
- 1 squeezed lemon
- 1/4 teaspoon kosher salt

Directions:

Cut the avocados in half lengthwise and remove the pit. Scoop out and mash the avocado meat. Stir in the other ingredients. May also use a blender on low. Serve immediately.

Servings: 3 cups

Vision Harvest 2011

On October 28, 2011, Dr. Silverman and the doctors at River Drive Surgery and Laser Center of Elmwood Park, New Jersey, will perform **FREE cataract surgery** for the third straight year during Vision Harvest 2011, for those that are uninsured and can't afford to pay for the procedure. Do you know someone who is in need of cataract surgery, but has no insurance? **Call us today at 973-200-8250** to find out more about our Vision Harvest Program!



SEE. HEAR. LIVE. BETTER!

Vision and hearing are our two most valuable senses, the information they provide help form a bridge between our world and how we relate to it.



As vision specialists, we have come to learn that many of our patients with eye conditions also have hearing problems. We now offer annual complimentary hearing screenings to all of our patients age 58 and over. And if you already have hearing devices, we can clean and check them as well!

We remain committed to our new hearing service and look forward to helping you, our patients, to see and hear your best.

Call our Hearing Concierge at **(877) 752-9594** to schedule your hearing exam or hearing device cleaning.