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Time to Start Thinking About "Back to School!"



As summer is getting into full swing, the idea of the start of the new school year can be a particularly exciting - and anxious - time. Good vision is essential for children as

July 2011

The View

Note from Dr. Silverman



It's hard to believe that summer is in full swing and it's already July. Have plans to take in a fireworks display this weekend to celebrate the 4th? Our piece on fireworks safety this month is a don't miss. And in observance of Independence Day and in honor of our troops, we're pleased to announce our new charity initiative the United Through Reading® Military Program.

Speaking of reading, don't forget September is just around the corner, so be sure to call today to schedule your child's eye exam.

Erma Bombeck once said, "You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism."

Wishing you and yours a safe and Happy July Fourth weekend.

Yours in good health-



Cary M. Silverman, MD
Medical Director

they develop physically and move through the process of education. Fellowship-Trained, Pediatric Ophthalmologist, Lauren C. Rispoli, M.D. of EyeCare 20/20 encourages parents to be prepared by making sure their children receive timely vision and eye health screenings for the detection and early treatment of eye problems.

Among those conditions which can be detected in children by vision screenings beginning in the preschool years are: reduced vision in one or both eyes from amblyopia, misalignment of the eyes (called strabismus), and uncorrected refractive errors or other eye defects, the most common form, nearsightedness (poor distance vision), is usually seen in school-age children and is treated effectively, in most cases, with glasses.

Or, maybe your child is interested in learning more about contact lenses. Nicholas Xanthos, O.D., our Board-Certified Optometrist, provides full service family eye care including refractions, eyeglass and contact lens exams. We maintain a large inventory of contact lenses from daily wear to specialty lenses. Because the health of your eyes is our primary concern, we fit only high quality lenses.

Remember, you can't assume your child has 20/20 vision just because

4th of July Firework Safety Tips



Each Fourth of July, thousands of people are injured from using consumer fireworks. According to the U.S. Consumer Product Safety Commission, more than 9,000 fireworks-related injuries happen each year. Of these, nearly half are head-related injuries with nearly 30 percent of these

injuries to the eyes. One-fourth of fireworks eye injuries result in permanent vision loss or blindness.

Children are the most common victims of firework accidents, with those fifteen years old or younger accounting for half of all fireworks eye injuries in the United States. For children under the age of five, seemingly innocent sparklers account for one-third of all fireworks injuries. Sparklers can burn at nearly 2,000 degrees Fahrenheit, which is hot enough to cause a third-degree burn.

"Among the most serious injuries are abrupt trauma to the eye from bottle rockets," according to Dr. Silverman. The rockets fly erratically, often injuring bystanders. Injuries from bottle rockets can include eye lid lacerations, corneal abrasions, traumatic cataract, retinal detachment, optic nerve damage, rupture of the eyeball, eye muscle damage, and complete blindness.

For a safe and healthy Independence Day celebration, Dr. Silverman and EyeCare 20/20 urges observance of the following tips:

- Never let children play with fireworks of any type.
- View fireworks from a safe distance: at least 500 feet away, or up to a quarter of a mile for best viewing.
- Respect safety barriers set up to allow pyrotechnicians to do their jobs safely.
- Leave the lighting of fireworks to trained professionals.
- Follow directives given by event ushers or public safety personnel.
- If you find unexploded fireworks remains, do not touch them. Immediately contact your local fire or police departments.
- If you get an eye injury from fireworks, seek medical help immediately.

Feel free to [contact](#) our office for an appointment, or if you have a question, you can [Ask the Doctor](#) on our website.

Have a SAFE and happy July 4th weekend!

he/she never complains about not being able to see; children with vision problems may not realize the world isn't blurry to everybody else. If your child often has headaches, tearing, tilts his head to one side to read schoolwork, or holds objects unusually close or far away to view them, it could be a sign he/she has a vision problem.

To schedule an appointment with Dr. Lauren Rispoli or Dr. Nicholas Xanthos call us today at (973) 560-1500. We offer convenient hours including evenings and Saturdays. But hurry, back-to-school appointments are booking quickly.

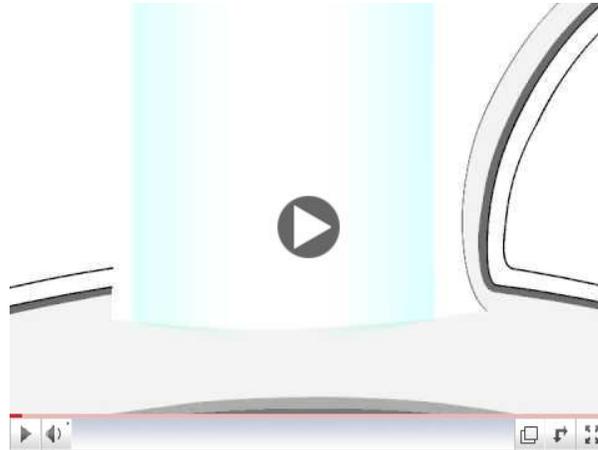
EyeHear 20/20



Did you know that according to a study by the [National Institutes of Health \(NIH\)](#) that hearing loss is about twice as common in adults with diabetes compared to those who do not have the disease?

Because of the strong connection between our vision and our hearing, we at EyeCare 20/20 are pleased to announce the addition of our new fully integrated audiology department. If you or a loved one has diabetes and are concerned about hearing loss, contact us today at 877-752-9594 to schedule a free evaluation with our Hearing Care Professional.

LASIK vs. Advanced Surface Ablations



Dr. Silverman discusses the anatomical difference between LASIK and Advanced Surface Ablations

EyeCare 20/20
EYEBALL CHALLENGE
SUBMIT YOUR GUESS!
WWW.FACEBOOK.COM/EYECARE2020
WIN a pair of SWITCH Magnetic Lens System Glasses!

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](https://www.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](https://www.facebook.com/EyeCare2020) to see if YOU have won!

Dr. Silverman's Picture of the Month



Brooklyn Bridge

United Through Reading



Think back to a time, when you were a child and you couldn't wait until the end the day for a bedtime story read by mom or dad. Now imagine, what it's like for the child of one of our military personnel who has a parent (or

two) who is away somewhere defending our country's freedom and isn't around for this nighttime ritual.

The United Through 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.