

eyesight insight

Winter
2011/12



SEASON'S
GREETINGS!

Fox Chase Family Eye Care

(215) 745-0993



It's all about **YOU!**

Without you, our patients, we would not exist as a practice.

You enable us to do what we love to do: tend to our patients' eye health and improve their quality of life. State-of-the-art technology and products, an inviting office, top-notch service...it really wouldn't be of much use if we didn't have our patients.

Thank you for putting your faith and trust in us to improve and maintain your eye health, and for referring others to us. Your referrals are indeed a high compliment and something we take very seriously. It's the prime reason we are able to grow.

At this most wonderful time of year, many people reflect on the things they are most grateful for. We just want you to know that at our practice, you are at the top of our list. Your relationship with us is something we greatly appreciate and will not take for granted.

***May you enjoy this most festive of seasons
and have a blessed 2012.***

Playing it **COOL** *in winter*

Sunglasses play an important role in maintaining good eye health...and that includes winter. Warmth may diminish in winter, whining about cold or cooler temperatures may increase, but ultraviolet rays (UVA and UVB) are consistently high throughout the entire year (at least during daylight hours).

Eye exposure to sunlight, over time, can result in a number of eye ailments, including cataracts, macular degeneration, and even cancer, unless proper protection is utilized. And in wintertime, sun is reflected off snow, increasing glare and UV-ray bombardment. Standing in the shade may provide shelter from direct sunlight, but not from light reflected off snow or water.

Sunglasses with UV protection are essential. Make sure they offer UV 400 protection, which protects eyes from UVA and UVB rays. These sunglasses should have

a label that says "UV 400" or "100% UV protection." In this circumstance, labels matter.

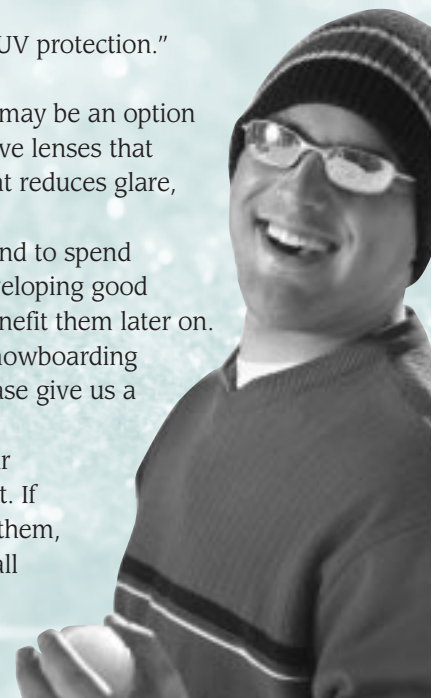
In addition, polarized sunglasses may be an option to consider. Polarized sunglasses have lenses that have been treated with a coating that reduces glare, thereby alleviating eyestrain.

And don't forget the kids. They tend to spend more time outdoors than adults; developing good eye-health habits early in life will benefit them later on.

Winter sports such as skiing or snowboarding require different considerations. Please give us a call if you have any questions.

If you desire a little style with your sunglasses and can afford it, go for it. If that makes you more likely to wear them, it's a good investment for your overall eye health.

Thank you for all your referrals. We appreciate them!





— Fox Chase —
FAMILY EYE CARE
 DRY EYE CENTER

Lance B. Dunoff, O.D.
 7834 Oxford Avenue
 Philadelphia, PA 19111

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Fox Chase Family Eye Care

Lance B. Dunoff, O.D.
Contact Lens Specialist
 7834 Oxford Avenue
 Philadelphia, PA 19111

Office Hours

Monday	12:00 p.m.-8:00 p.m.
Tuesday	9:00 a.m.-5:00 p.m.
Wednesday	12:00 p.m.-8:00 p.m.
Thursday	9:00 a.m.-5:00 p.m.
Friday	9:00 a.m.-3:00 p.m.

**Appointment and Emergency
 Phone: (215) 745-0993**

Web site:
www.FoxChaseFamilyEyeCare.com

Not a dry eye in the house

Dry eyes is a condition many people have to deal with, and it only gets worse over winter. The fact that we're indoors much more in the winter, where the air is drier, is a prime reason. One way to combat this is by using a humidifier, especially when in a small office or when sleeping.

Wear sunglasses or glasses outdoors. This will help provide protection against winter winds, which can dry out eyes. If you wear contacts, try wearing glasses more often during the winter months,

NUTRITIONAL SUPPLEMENTS AND EYE HEALTH

There are a lot of nutritional/herbal supplements out there, including some that claim to benefit eye health. Supplements containing antioxidants are said to be effective in fighting cancer, improving circulation, and slowing the aging process.

Antioxidants can be beneficial to one's health, but a note of caution, please. Just because supplements can be bought over the counter and many boast that they're "all natural" doesn't mean they can't interact with medication in an adverse way. They can and sometimes they do.

More is not always better. Taking too much of any supplement can become toxic to the body, and there's a lot of question as to how much is the right amount.

Beware of some of the claims. When it comes to eye health, antioxidants may help

prevent or slow the progression of some eye diseases such as glaucoma and age-related macular degeneration. **However, they will not reverse the course of these diseases, nor will they restore any sight that has already been lost.**

The supplement business is a profitable one. Claims are sometimes made that can't be backed up (supplements are not fully reviewed/authorized by the Food and Drug Administration). Some manufacturers prey on those who are not well informed. P. T. Barnum famously said that there's a sucker born every minute; make sure you're not one of them.

Always consult with your primary care physician before taking any supplement. Eating a balanced diet (five servings per day of fruits and vegetables) is still the best way to get the antioxidants you need.

as contacts can exacerbate dry eyes.

Cut back on the caffeine. Scratching your head on this one? Caffeine is a natural diuretic, meaning it causes the body to expel more water. More than two servings per day can decrease tear production.

Keep your computer monitor at eye level to avoid looking up, which speeds up the evaporation rate of eye moisture. Maintain proper lighting for reading to avoid eyestrain. Close, intensive work causes a person to

blink fewer times, which means eyes dry out more quickly. Make sure to look away and use the 20/20/20 rule: Look at something 20 or more feet away for 20 seconds every 20 minutes.

Artificial tears can be used throughout the day. A lubricating ointment can be used overnight. Rest your eyes any chance you get by simply closing them for a minute or two at a time. Avoid scratching or rubbing them unless you want to make things worse.