

eyesight insight

Fox Chase Family Eye Care (215) 745-0993

Winter 2016/17

A TIME FOR *Thanks*

The holiday season is a time for family, friends, faith, and fellowship. It's a good time to count our blessings and to remember those who are less fortunate. For our office, it's also the perfect opportunity to say...thank you.

Thank you for your loyalty and support. We know we're not the only game in town; you have choices. The fact that you have selected us to care for you and your relatives is the highest honor we could receive. Thank you as well for your referrals of friends, neighbors, and colleagues.

Sight is a gift that should not be taken for granted. We are here to serve you in any way we can. Together, we can make sure your eye health and vision are the best they can be.

Help your eyes fend off winter weather

Wintry temperatures and wind are natural enemies of the eyes. They are generous contributors to dry eyes and the itchy, gritty, burning sensations they produce. Indoor air dries out eyes more quickly as well, as heating systems zap moisture out of the atmosphere—dry air helps create dry eyes.

In contrast, some people's eyes get teary in the wind and cold, which blurs vision. The cold can also constrict blood vessels in tissue surrounding the eyes or even freeze your cornea, both of which are painful and compromise vision. Eyelid twitching may be part of the mix, too.

Excessive exposure to ultraviolet (UV) light is always a threat to eyes, and winter weather can exacerbate the situation. Light rays reflect off snow



and ice, bombarding eyes a second time with increased intensity. Over time, cancer of the eyelids, macular degeneration, and cataracts may result. Prolonged UV exposure can actually sunburn the surface of the cornea and conjunctiva (photokeratitis). It's temporary but painful.

UV-protective sunglasses and/or goggles offer protection from wind (and wind chills), UV light, and objects kicked up by the wind and snow activities (e.g., skiing and snowboarding). Proper hydration, eyedrops (over-the-counter or prescription), omega-3 fish oil, and a humidifier can fight dry eyes.

If winter weather distresses your eyes, give our office a call. We have tools at our disposal to ease your discomfort.



Thank you for all your referrals. We appreciate them!

These glasses are the sunscreen of the future

Blue light is the harmful, high-energy light that is emitted from almost all electronic devices. This is causing our vision and overall health to deteriorate. Blue light is most harmful at night—when most of us scroll through our newsfeed before bed or fall asleep to a movie.

According to Harvard Medical School, exposure to blue light from technology greatly affects our sleep-wake cycle by suppressing the secretion of melatonin. When our sleep suffers, we're at a higher risk for cancer, diabetes, heart disease, and obesity. Not to mention we're crankier, more forgetful, and more prone to accidents.

Blue light and our kids

Children today spend more than seven hours per day in front of technology, which, as studies have proven, disrupts sleep cycles. The rise in ADHD has also directly coincided with the rise of technology. Maybe it's not that our kids are just too hyper; it's the fact that they're missing out on quality sleep and are feeling the effects.

What can be done

We need a way to protect our eyes and our children's eyes from harmful blue light emitted by technology.

One solution is to wear glasses that protect our eyes from blue light when using digital devices. Eye Solutions Technologies' BluTech Lenses are dedicated to providing smart eye protection for everyone. BluTech Lenses are an actual lens, not simply a coating. They're infused with ocular lens pigment, a natural pigment that occurs as we age. The lenses filter out harmful, high-energy blue light so we can enjoy technology without worrying about deteriorating our eye health or disrupting our sleep-wake cycle.

BluTech Lenses are available in prescription or nonprescription versions, for both indoor and outdoor use. They can be worn by toddlers, kids, and adults.

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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



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Lance B. Dunoff, O.D.

7834 Oxford Avenue

Philadelphia, PA 19111

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www.FoxChaseFamilyEyeCare.com

These glasses are the sunscreen of the future

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Another solution is to limit the use of technology at night. Start a family rule where instead of using the internet before bed or falling asleep to a movie, you read together or play a game. Not only will this encourage family bonding time, it will also give everyone a better night's rest.

We're the first generation where technology is a huge part of our daily lives. Instead of waiting to see the damage caused by blue light, be proactive. Wear glasses to protect your eyes and limit the use of technology before bed. It's the sunscreen of the future.

Back in the day, sunscreen didn't exist. Now, it's a must to protect our skin from the sun. Perhaps the same is true for blue light.

Our office accepts CareCredit®

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will be added beginning with the original purchase date.

Longer-term plans of 24, 36, and 48 months are available for purchases of \$1,000 or more, with a monthly interest charge. Purchases of \$2,500 or more are eligible for 60-month financing, with interest.

When it comes to our office, you can utilize your CareCredit card on vision exams, frames and lenses, sunglasses, a second pair of glasses, contact lenses, corneal refractive therapy, and LASIK, among other purchases.

For more information on CareCredit, give us a call or visit www.carecredit.com.