

LOOKING AHEAD

DR. CAROLE L. HONG & DR. KRISTINA STASKO

FALL 1998

WELCOME BACK!!!

We hope you all had an incredible summer with great vacations and fun outdoors. We also hope you will enjoy the personal touch of our newsletter, and we welcome your comments. Please contact our office with suggestions for articles or questions about what you read.

Thanks to all of you who have entrusted us with your eye care and welcome to those who are new to our office. Please share the information in our newsletter with your friends and neighbors.

JANET HERRIES, Optician "We Guarantee Your Glasses"

We're excited to introduce you to Janet Herries, who brings with her a wealth of optical dispensary information and ten years of customer service experience. This means better education and service for you, making your eyewear decisions much easier. Teamed with Nohemi, who's returned from a short sabbatical, Janet will educate you on the latest in eyewear.

Janet, originally from the mid-

CHILDREN'S VISION Back to School Check-List

west, has been taking swing dance lessons. She will glow as she tells you that we take pride in the glasses we dispense, not just because she's planning her June wedding with her fiancé, John Culala, but also because we offer:

Our Eyeglass Guarantee

- All glasses are inspected for accuracy and alignment.
- Periodically, we will tune-up your glasses and adjust their fit to improve your vision and comfort at NO charge.
- We will repair or replace your frames or lenses FREE of charge, if they break or

scratch with normal use, within one year of purchase from our office.

Halloween Eye Safety



Children love scary costumes and treats most on Halloween. Parents can be sure that their children are safe by following these suggestions:

Costumes can be both frightful and visible if parents decorate them with reflective fabric, tape or self-stick decals. Reflective material is the most effective way to make children visible to drivers, even up to speeds of 80 mph. White material is visible only up to speeds of 50 mph.

Options For The YOUNG AT HEART

If you need one or more lens prescriptions in your eyewear, you may have presbyopia. Fortunately, the latest in technology offers you many options. For your specific situation, be sure to consult our office. Here is a sampling of America's most popular choices:

Progressive Addition Lenses:

Simulating the natural use of your eyes without lines or disconcerting jumps between lens power, the triple patented design by *Varilux* is used by Dr. Stasko and our families. Occupational lenses can also be designed for your specific work needs.

Contact Lenses (CL): Millions are now using the *monovision* system. One CL focuses more clearly for distance while the

other focuses for near. This works because your brain, not

Make-up offers children a safer, more natural view, while masks may not fit well or have adequate eye openings. Be sure to keep make-up particles and applicators out of children's eyes. With hypoallergenic make-up, in scary colors and a parent's help in makeup artistry, a child can sport a spooky customized disguise without hampering vision.

In addition, be sure to walk in well-lighted areas, on sidewalks and not in the street. For an added measure of visibility.....and spookiness, use a flashlight or lantern. With these Halloween tips, children can be both scary and spooky and can see and be seen.

your eyes, interprets what you see. Bifocal CLs are another option. *Johnson and Johnson* just made available their new *Acuvue Disposable Bifocal CL*.

Laser Correction: Decrease your dependency on glasses or CLs. Presbyopes can also benefit from

IMPORTANCE OF "CONTACT LENS CHECKS"

There is a risk of eye infection or corneal ulceration with contact lens use. To ensure continued eye health, comfort, and visual acuity, only a short microscopic exam is needed to detect minute changes in the cornea and PREVENT problems such as harmful blood vessel growth. Contact lens wearers should have their eyes and contact lenses checked and evaluated **EVERY SIX MONTHS.**

refractive surgery. Over 98% of patients are very pleased with the results, including one of our staff members, Audrey.



Kids are set for another year of growth and learning with their new clothes, backpacks, and nutritious lunches. But, are their visual systems adequately prepared? A child's vision is too important and precious to take for granted. Many youngsters with vision problems often do not know the world is different from the way they see it.

School screenings and visual acuity tests at the pediatrician's office are not a substitute for a comprehensive visual exam. These screenings generally miss farsightedness, tracking, focusing and binocular vision problems.

We recommend that children have their first eye exam at six months of age. If there are no problems, vision exams should then be scheduled at three years, five years, and annually thereafter. Timely examination and management are critical to reducing the risk of vision loss or associated symptoms.

As children's vision care specialists, we are happy to evaluate your child's eyes and will suggest activities to prevent vision problems from occurring and encourage the development of healthy visual systems.

Hong, Stasko & Mann
Optometry
 1234 Cherry Street
 San Carlos CA 94070
 650.593.1661

Office Hours	
M	9am-1pm & 2-5pm
T	9am-1pm & 2-7pm
W	8:30am-1pm & 2-5:30pm
Th	9am-1pm & 3-7pm
F	9am-1pm & 2-5pm
Sa	9am-2pm twice a month

Vision Care for the Entire Family
 Special Testing for Infants and



Children

Tell-Tale Signs of Possible

Vision Problems:

- ✓ Squints, Rubs eyes
- ✓ Closes or covers one eye
- ✓ Blinks excessively
- ✓ Avoids close work
- ✓ Short attention span
- ✓ Close working distance
- ✓ Looses place with reading or copying from the board
- ✓ Complains of headaches
- ✓ Head turns or tilts to side
- ✓ Excessive clumsiness

WHAT'S NEW IN CONTACTS
Disposables for Astigmatism are HERE!

If you have astigmatism, you now have a great new choice to correct your vision: **Freshlook Toric**, the first soft **disposable** toric lens. Astigmatism can enjoy the comfort and health benefits of two-week replacement. Toric disposable lenses are easy to care for, they come in six-packs and have an inversion mark to help you insert it perfectly every time.

Depending on your prescription, you can try a **FREE TRIAL PAIR*** and experience the vision and convenience of disposable lenses. Call our office today to set up an appointment to try the latest in contact lens technology.

** Professional Fees Not Included*

people's lives. *Success Stories* typically describe diminution or elimination of headaches or eyestrain, and improved school achievement, ability to sustain attention, sports performance, self-esteem and interpersonal relations for people of all ages. Do not hesitate to ask us if vision therapy is for you.

1. Christopher, age 9:
 "My son has progressed from not reading to being one of the better readers. His esteem has dramatically improved and he really enjoys school. His report cards are now great and he can do his school and homework quicker. Life in general is much better. Thanks for improving his eyes and his life!"

2. Dena, age 25:
 "Before I started VT my eyes were always tired, I had headaches and couldn't focus on things. This caused me to have a hard time socializing because I felt very insecure. Now I feel more confident and can do things that I couldn't do before. The staff made VT a fun place to be. I'm really going to miss everyone."

BULK RATE
 US POSTAGE PAID
 PERMIT # 00138
 SAN CARLOS, CA

Address Correction Requested

Evening and Saturday Appointments
 Comprehensive Eye Health Testing

Vision Therapy for Children & Adults
 Eyewear and Contact Lenses

We would like to reveal the tremendous positive impact that vision therapy (VT) can have on

VISION THERAPY
SUCCESS STORIES