

# LOOKING AHEAD

HONG, STASKO & MANN OPTOMETRY

WINTER 1997

## OPEN HOUSE UPDATE

*Happy New Years from our office to your home. This has been an exceptionally busy year as our anniversary approaches. Thank you for your patience through our never ending remodeling and office reorganization, for your suggestions, for your referrals and for your loyalty to our practice.*

*We have postponed our open house until April to take advantage of day light savings time and so we can show you our new spring eyewear lines. We will be raffling off FREE frames, progressive lenses, sunglasses, contacts and more. Hope to see you there!*

*We will continue to strive to exceed your expectations. Warmest Regards for a happy, healthy and prosperous 1998!*

## STAFF PROFILES SIGNE BRILL VISION THERAPIST

Signe, wife, mother of three, grandmother of one, and owner of three cats, one dog and two fish, has been an optometric assistant for this practice since June of 1988.

After discovering that her son had vision related learning problems, Signe became very interested in vision and its role in learning disabilities. Signe, our chief vision therapist since 1992, will complete her training as a certified optometric vision therapist technician in October of this year.

## FACTS AND TIPS FOR YOUR CONTINUED GOOD EYE HEALTH

***There is no way to PREVENT GLAUCOMA, one of the leading causes of blindness in the United States, but there are ways to lessen its effects and save sight.***

Glaucoma damages the optic nerve, which is needed for seeing. Buildup of pressure inside the eye is a risk factor.

Anyone can develop glaucoma, but people at greatest risk are those over 40, black Americans, people with diabetes, those who are very nearsighted, and persons who have a family history of glaucoma.

Glaucoma usually develops gradually and painlessly, without warning signs or symptoms. It affects side

Signe enjoys scuba diving, fishing, and church activities. Those who have had the pleasure of working with Signe know that she is very caring, helpful and knowledgeable in all areas of our profession.

## NOHEMI ACOSTA OPTICIAN

“I think you’ll look wonderful in the Silhouette 1443. It comes in black, cognac, and tortoise.” Nohemi’s passion is frames and she sure knows her products. We lured Nohemi back to our office in September and she’s here to see that our dispensary stays in tip top shape. She has broadened your quality eyewear selection with frames that are

(peripheral) vision first and people can lose vision before they realize anything is wrong .

Vision lost to glaucoma cannot be restored, but if the disease is caught early and treatment is initiated, vision loss can be minimized. Treatment involves prescription eye drops and sometimes laser procedures or surgery to help.

The best defense against glaucoma is to have a thorough eye health examination. This includes a test to measure the pressure inside the eye, a peripheral vision test, and an evaluation of the optic nerve through dilated pupils.

People should see their eye doctor immediately if they experience blurred vision or a loss of side vision, see colored rings or halos around lights, or have pain or redness in the eyes.

fashionable, light weight, durable and comfortable.

Nohemi is going to New York City in March to attend the largest frame show in the nation. She is so excited that she is driving us all crazy with her anticipation. She will purchase frames for our open house in April that won’t be available to others until later in the year.

Please stop by our dispensary to have your glasses adjusted at any time. Nohemi may even share with you her recipes for cooking delightful Mexican dishes or give you a movie recommendation since those are her other passions, second to FRAMES of course!

## SKIER'S VISION ON THE SLOPES

There are two things that affect a skier's vision on the slopes. Speed and Light.

Speed puts great demands on a skier's ability to judge distances, use peripheral vision and see clearly at a distance. Vision that may be adequate under normal conditions may not be up to par for the ski slopes, resulting in an accident.

With light, it is either feast or famine. Too little light is the more dangerous for skiers. Shadows and flat light conditions make it difficult to read the terrain accurately. Distance vision is reduced, especially for older or slightly nearsighted skiers. Visual clues used to judge distances are lost.

Too much light is encountered on bright, cloudy and sunny days. It can cause eye irritation from ultraviolet (UV) radiation; squinting, which can lead to tension and fatigue; and a temporary impairment of night vision. Exposure to small amounts of UV radiation over many years may contribute to cataracts, macular degeneration and other eye health problems.

Skiers should begin with a thorough eye examination. If

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vision skills are not what they ought to be, glasses, contact lenses or vision therapy, which consists of repeated visual tasks under controlled conditions to sharpen deficient skills, may be prescribed.

On the slopes, skiers need goggles with tinted, impact-resistant lenses to protect against glare, UV radiation, wind, brush and tree limbs. We recommend goggles with polycarbonate lenses that are gray, screen out 75-90% of light and block 99-100 % of UV-A and UV-B. Those with a mirror-like coat, polarizing lenses, and photochromic or light sensitive lenses are also good choices.

To cope with changing light conditions, smart skiers use several pairs of goggles with different tints or better yet, goggles with interchangeable lenses. Yellow-tinted lenses are most helpful in flat lighting conditions.

At dusk, skiers should either return to the ski lodge early or slow down and keep their eyes moving constantly to compensate for decreased lighting conditions. By being certain that their vision is up to par and wearing the proper eyewear protection, skiers will be safer and enjoy the sport even more.

Vision Therapy for Children & Adults  
Eyewear and Contact Lenses

## WHAT'S NEW ? LASER REFRACTIVE SURGERY

The use of lasers for the correction of refractive errors of the eye is a new technology that may benefit you. Laser refractive procedures may reduce your dependence on glasses or contact lenses and may permit you to more effectively pursue the occupation or lifestyle you desire.

We can advise you about the suitability of this and other available treatment options for your particular visual needs. Schedule your **FREE CONSULTATION** today.

Silhouette Picture:

Get 20% off on any Silhouette frame or your second complete pair of eye glasses through March 1998. Ask for Details.

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