

Optometric Center for  
**Family Vision Care & Vision Therapy**  
 1234 Cherry Street  
 San Carlos, CA 94070  
 Phone: 650-593-1661  
 Fax: 650-595-5203  
 E-mail: email@familyvisioncare.org

**Wishing you and your family a wonderful Holiday Season and all the best in 2012!**

Please share this with your Family & Friends

**From Struggling to Success!**

"Even though Grace was an early and voracious reader, she started backing off from reading in third grade. She became defensive about reading by the beginning of fifth grade and really resistant to reading anything for pleasure.



We had been trying to figure out what was wrong for some time when we came to Family Vision Care.

Our doctor was able to not only diagnose Grace's issues right away but also show us how her convergence and focusing problems were affecting her reading and performance on the softball field. As it turned out, the vision problem was also causing her to see two balls when she was at bat. Grace reported that she just looked at the real one and ignored the other.

Within two months of optometric vision therapy, Grace picked up the Twilight series of books and read them straight through! The results of vision therapy were dramatic and we were so excited to see Grace reading so actively again.

In addition, Grace has become quite a slugger and her confidence and self esteem have soared."

- Mrs. Baird Nuckolls

**OFFICE HOURS**

**Monday, Wednesday, Friday: 9:00—5:00**

**Tuesday: 9:00—7:00**

**Thursday: 2:00—7:00**

**Saturday: 8:00—1:00**

\*We close daily between 1:00—2:00 for lunch



www.FamilyVisionCare.org



**Free Monthly Vision & Learning Screenings**

**Over 60% of children struggling in school have vision problems not detectable by most vision screenings.**



**Please share this coupon with parents of children (5-17 yrs.) who struggle with reading & learning.**

**Call 650.593.1661 to schedule TODAY!**

To learn more, visit:  
**www.FamilyVisionCare.org**



www.FamilyVisionCare.org

**Optometric Center for Family Vision Care & Vision Therapy**

**FVC's OUTLOOK**

**Eyecare News from Family Vision Care**

**Just in time for the Holidays**

**Is there a Lucky kid or two on your shopping list?**

Of course you'll want what's most fun for them, but if children play too many computer games and watch too much TV, they don't get the necessary opportunities to develop the visual skills that are critical to reading and academic success.



**Play to Promote Development**

Did you know there are many toys that can actually improve a child's coordination and stimulate vision?

You can help your child by looking for toys to help with promoting: eye-hand coordination, shape and size discrimination (important for reading), general movement skills (for everything from writing to sports), left/right awareness (vital in avoiding reversals), visual thinking, visualization, and visual memory skills (enable us to develop concepts).

Look for toys with contrasting patterns and bright primary colors to help promote visual development in younger children. Marble runs, beading projects, racetracks, and other toys that require following a toy with the eyes are great for helping develop hand-eye coordination. Bean bag tossing, riding bicycles, and other backyard games encourage outdoor play and coordination which lay the foundation for optimal visual skills in school.

**Visit our website for a list of Toys and I-device Apps that help develop visual skills:**  
**www.familyvisioncare.org**

**Fashion Forward Eyewear Trends for 2012**

When it's done well, there's nothing more stunning than eyeglasses and beautifully made-up eyes. "It's like framing a lovely picture!" says Family Vision Care's veteran optician Sheila Taylor. Here's what's in store for 2012:



- 1 Rhinestones, crystals and intricate temple designs to dress up any outfit.
- 2 The 80's surge back with wild patterns (polka dots, lace, animal skins and plaid) and bright and translucent colors.
- 3 Revival of the 60's and 70's with retro frames in circular silhouettes, squares cat eyes and oversized bug-eyes are hip.
- 4 In men's eyewear, vintage influences and Iconic 60's styles in black and tortoise look very sophisticated.
- 5 Preppy looks with a focus on brown brow-lines, geometric shapes, and smoky or marbled hues make the headlines.

**Look and see your best —come in and check out our fashion forward selection of eyewear to take you into 2012 in style!**

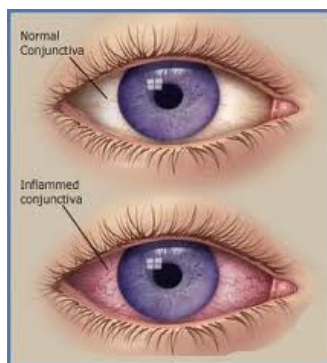
**Inside this issue**

Prevent the spread of Pink Eye .....2  
 Vision Myths—Busted...2  
 High Tech Classrooms...3  
 Jillian's Story .....3  
 Vision Therapy Success 4

## Prevent The Spread of Pink Eye

According to the American Journal of Infection Control, more than 3 million school days are missed annually in U.S. public schools as a result of acute conjunctivitis, also known as "pink eye." Children are usually most susceptible because they are in close contact with so many others in schools or daycare centers.

There are three types of pink eye—viral, bacterial and allergy-related.



### Some of the most common ways to get pink eye:

- Reusing handkerchiefs and towels when wiping your face and eyes
- Forgetting to wash hands often
- Frequently touching eyes
- Using old cosmetics or sharing them with others
- Not cleaning or over-wearing contact lenses

### Here are tips to prevent the spread of pink eye:

- Wash hands often
- Avoid touching eyes
- Don't reuse washcloths, handkerchiefs or tissues to wipe your face and eyes
- Change towels, pillow cases, contact lenses, contact lens case and water based make-up frequently

**Treatment for pink eye varies by the type, so it is best to consult with your eye doctor to ensure the best course of action.**

## 5 Ways to Use Your FSA \$

Did you know you'll lose your flexible spending account (FSA) money if you don't use it before December 31<sup>st</sup>? To get the most for your dollars:

- Get a second or third pair of prescription glasses. Who wants to wear the same pair every day? **Ask about our second pair special savings!**
- Stock up on your contact lenses or try new ones.
- Protect your eyes with popular brands of prescription sunwear—it's important in every season.
- Try Transitions® lenses that change from clear to dark.
- Use for co-payments.

**Don't lose your FSA dollars! Make an appointment today.**

## High-Tech Classrooms

Classrooms around the country are becoming increasingly high-tech. Teachers will start to incorporate 3D imaging, digital devices and the latest computer applications into their daily curriculum. Three-dimensional imaging allows for virtual tours of museums or views from inside the human heart. While these devices have already proven to greatly enhance learning, they also increase the importance of proper eye and vision care.

Not everyone can see in 3D. Adults and children have undiagnosed vision problems which can become more pronounced under stress. The American Optometric Association estimates anywhere from 3 to 9 million people have problems with binocular vision, prohibiting them from enjoying the benefits of 3D learning.

**Rest assured, there is no evidence that 3D viewing or attempting to view 3D images will harm a person's eyes.** In fact, 3D viewing provides entertainment and education, while helping to screen for vision problems



that may affect reading, learning, sports and work performance.

### How do you know if a vision problem is interfering with 3D viewing?

Watch for these signs and symptoms:

- Is the 3D viewing experience not as vivid as it is for others?
- Do you experience eyestrain or headaches during or after viewing?
- Do you feel nauseated or dizzy during or after viewing?
- Are you more comfortable viewing 2D TV or movies instead of 3D TV/movies?
- Is it difficult for your eyes to adjust back to normal after watching 3D TV/movies?

**If you or a loved one have any of these signs or symptoms, schedule an appointment today—we can help!**

## Fact or Fiction: Vision Myths Busted

**Myth 1: Sitting Too Close to the TV will hurt your eyes: **Busted.**** Spending too much time staring at a TV screen can tire the eyes, but there's no evidence to show that it causes permanent damage. If your eyes continue to burn or feel strained, ask your eye doctor to help determine the cause.

**Myth 2: Sunglasses are the best way to protect your eyes from the sun: **Plausible.**** Don't assume that wearing dark sunglasses will keep your eyes safe; they must contain UV blocking agents. Even clear prescription lenses with UV blocking agents can protect your eyes as well as sunglasses. 3D glasses from the theater don't have adequate UV protection.

**Myth 3: Wearing the wrong prescription can damage your eyes: **Busted.**** The wrong prescription may feel weird and it can even give you a headache if you wear them very long, but it won't



damage your eyes. However, to see your best, don't wear anyone else's glasses. And most importantly, get regular eye exams, so you always have the prescription that's right for you.

**Myth 4: As long as you can see well, you don't really need a vision exam: **Busted.**** There's a lot more to an eye exam than just checking your prescription. During a comprehensive vision exam, the doctor checks your overall eye health, which can sometimes show signs of other serious health conditions like diabetes, high blood pressure, and high cholesterol. Eye exams are an art of taking care of your overall health, so make sure to see your eye doctor every year!

## The Perfect Gift-Jillian's Story: How Vision Therapy Changed My Daughter's Life



Mrs. Robin Benoit and Jillian with Dr. Hong

Dr. Hong met the authors of Jillian's Story as they spoke at a recent vision therapy conference. Jillian, now 12, shared stories of the many children with vision challenges that have contacted her for her support at [jillian@jilliansstory.com](mailto:jillian@jilliansstory.com).

Mrs. Benoit gave an inspiring presentation and offered this advice to parents:

**1. Be determined.** Benoit encourages parents to go with their instincts. She kept searching until she found answers, even though she was told that nothing else could be done.

**2. Persevere.** Jillian's dad had his doubts about the apparent simplicity of some of the vision therapy activities, but the proof of the pudding was in how much it improved her ability to read and ride a bike, decreased her anxiety and increased her self-esteem. Jillian has really blossomed!

**They wrote this book so other's won't have to suffer from vision problems!**

To get a copy of this easy to read, informative book for friends, relatives, teachers, other professionals, or just for yourself, please e-mail Karen at:

[visiontherapy@familyvisioncare.org](mailto:visiontherapy@familyvisioncare.org)

