



www.FamilyVisionCare.org

Please share this with your
Family & Friends

Poor Grades?

Is a vision problem at the root
of your child's struggles?

Does your child:

- Avoid reading or homework?
- Turn his head at an angle or lose his place when reading?
- Have trouble understanding the longer he reads?
- Remember material he hears better than when he reads it on his own?
- Have poor attention, daydream or fatigue easily with school work?

These are a few of the symptoms associated with undetected vision problems. If your child's report card does not reflect his or her abilities, schedule a vision exam or [Free vision screening](#) today.

It could make a difference!

20/20 Not Enough for Struggling Student

"My once enthusiastic kindergarten reader started to shy away from books in first grade. 'The words are blurry', she finally said. Although both eyes tested 20/20, Veronica was only able to read for short periods. In second grade, reading was a tiring and frustrating. She no longer read for fun. In addition, those blurry words were also moving. Still 20/20 vision, Veronica now needed stronger lenses to read.

The school district tested her that summer, concluding her problem was 'memory and letter recognition'. On a recommendation from our eye doctor, Veronica was tested at Family Vision Care and Vision Therapy. The results explained why Veronica could not read and why it frustrated her to tears to go to school each day, despite having 20/20 vision. Diagnosed with eye tracking, teaming, and focusing weaknesses, we started weekly clinic sessions and home exercises. Within a very short time, our 3rd grader's tears were replaced by smiles.

Improvements may have seemed slow to our active daughter, but they were steady. By the end of the school year, all symptoms had significantly improved and our little girl was confident again. I know firsthand what vision therapy can do for a struggling child. If your child is frustrated with reading and learning, I recommend that he/she gets seen at Family Vision Care! It has made all the difference for our daughter!"

—Kathleen Casey, School Nurse



FVC's OUTLOOK

Eyecare News from Family Vision Care

Are Your Eyes Ready for 3D TV?

As the Holiday Shopping Season approaches, many of you may consider purchasing a brand new 3D TV. Bringing the magic of 3D home will be brilliant for most, but for some, the visual experience of 3D TV may not be quite as expected.

We thought we'd offer some helpful advice to consider before you buy a 3D TV because bringing 3D into your home means you and your children will be exposed to much more 3D than you would if you just went to the movie theater for a few hours. In order to have a wonderful viewing experience, keep in mind the following:

- If you have an eye-turn, lazy eye or other untreated binocular vision problems you may experience nausea, headaches or eye strain while viewing 3D programming over an extended period of time, or may not even see the 3D effect at all.
- You can test drive the magic of 3D at your local electronics store, but it is also a good idea to have a comprehensive eye examination by one of our doctors to find out if extended 3D viewing is safe for you.
- Please refer to our recommendations for optimal 3D viewing distance in the table below.

If you have any questions about 3D TVs and your vision, feel free to ask one of our doctors at: email@familyvisioncare.org.

TV SIZE (IN DIAGONAL INCHES)	RECOMMENDED 3D TV PROGRAMMING VIEWING
42"	7 feet
46"	8 feet
50"	9 feet
52"	9 to 10 feet
55"	10 to 11 feet
60"	12 to 13 feet
63"	13 to 14 feet



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FREE VISION & LEARNING SCREENING

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:





“Our diets impact the health of our eyes...”

Benefits of Anti-Reflection (A/R) Coating



Many of you have heard about A/R coating, but may not be aware of the substantial benefits it provides. An A/R coating reduces normal lens reflection which provides:

- Sharper, clearer vision due to increased light transmission
- Reduced ghost images
- Better night vision
- Improved cosmetic appearance

If you have not tried the new A/R coatings, please be sure to ask our opticians at your next annual eye exam.

Look After Your Eye Health

Simple changes to what you eat can not only help you maintain and enhance the condition of your eyes but also prevent you from losing one of your most important senses.

The September 2010 Issue of the Mayo Advertiser reported that our diets have a direct impact on the health of our eyes and a healthy diet can help prevent the onset of conditions like age-related macular degeneration.

In 2001, the National Institute of Health in the U.S funded the Age-Related Eye Disease (AREDS) study. This study suggests that the following combination of vitamins and minerals improved eye health the most:

- Vitamin C (500 mg)
- Beta carotene (15 mg)
- Vitamin E (400 IU)
- Zinc (80 mg)
- Copper (2 mg)

Consider including the following foods in your diet for good eye health, as they are rich in the vital vision nutrients:

- Spinach
- Avocados
- Broccoli
- Kale
- Peas

Current studies are analyzing the effects of lutein, zeaxanthin and fish oil on eye health.

To learn [Five Tips for Healthy Eye Nutrition](#) posted on the COVD Blog by Dr. Hilla Abel, Cheftometrist, visit:

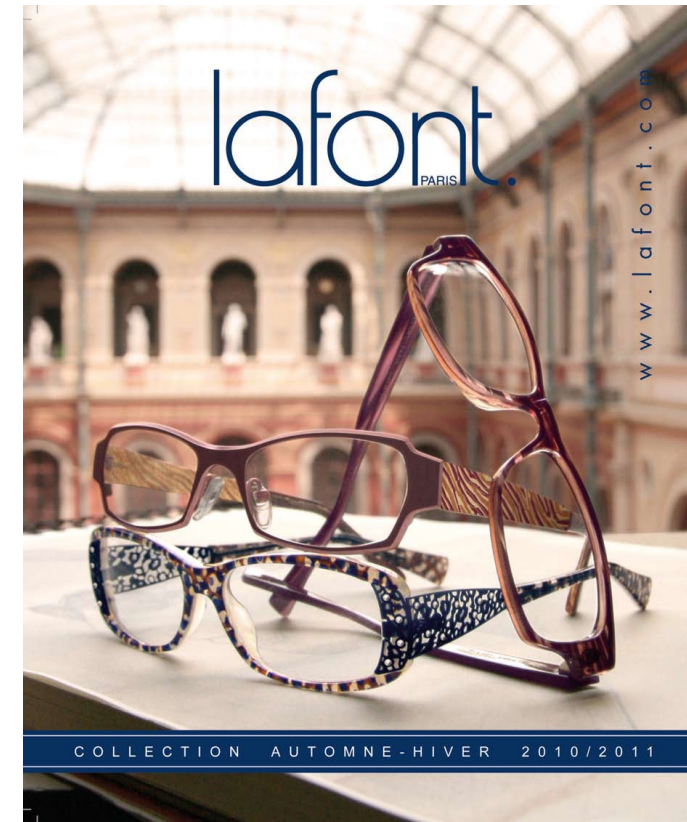
<http://tinyurl.com/eyetips>

As always, consult your personal physician before making any dietary changes and remember to have yearly eye health and vision checkups to ensure a lifetime of good vision!

Tired of Glasses or Daytime Contacts?

The good news is there is a way to correct nearsightedness overnight. Thanks to specialty designed therapeutic lenses, adults and children are able to enjoy “perfect vision” without surgery, glasses or daytime contacts!

[Corneal reshaping technology \(CRT\)](#) provides a convenient option that has been proven safe, effective and FDA approved through intense research and clinical testing for ALL ages. So, if you are tired of broken and misplaced glasses, lost contact lenses or have dry eyes, call us to find out if CRT is right for you!



Flex-Spending Reminder

It’s that time of the year again. Time just flies by so quickly.

Remember, you can use your Flex-Spending Accounts towards the costs for your annual comprehensive eye exam. Plus, you can use that money to update your look with stylish new eyewear. Consider a designer frame from Lafont for the holidays.

Or, consider getting your annual supply of contact lenses or trying new daily disposables. VSP members can take advantage of a new rebate program (See details to the left).

Flex-Spending is a great way to stretch your healthcare dollars a little further.

Looking for the perfect holiday gift?

Why not give a toy that helps to develop visual skills necessary for reading and learning? For shopping suggestions, visit: www.familyvisioncare.org.

Kids, Computers, and Digital Eye Damage

This year, nearly 60 million school-age children will use a computer or digital device for many hours per day, and that doesn’t include time spent in front of a TV or gaming system at home. This increased exposure puts them at greater risk for Computer Vision Syndrome (CVS) - a serious condition that can cause back and neck pain, dry eye and even headaches.

VSP’s *EnVision* newsletter quotes Dr. Justin Bazan who states, “All-around school performance starts with the eyes. Academics, sports, you name it— everything depends on the quality of our eyesight.” As we have mentioned in the past, statistics show that approximately **80%** of what we learn comes through the eyes, which means CVS can have a major impact on students’ productivity and classroom performance.

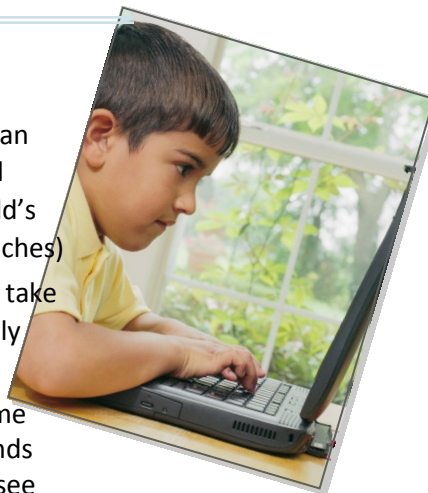
What can be done?

- Placing the monitor at an appropriate height and distance from your child’s eyes (about 20 to 24 inches)
- Requiring your child to take visual breaks (preferably every 20 minutes)
- Limit the amount of time per day your child spends using digital devices (see guidelines below)
- Eyewear can be prescribed for use with digital devices to reduce visual stress

If your child is spending more than the suggested time limits below, schedule an eye exam to prevent possible vision problems.

Developmental Guidelines for Digital Device Use

Age	Suggested Time Limit
Under 10	30 minutes a day
10—13	1 hour a day
14—15	2 hours a day



Exclusive VSP® ACUVUE® Brand Contact Lens Rebate

Effective October 1, 2010

Great news! VSP has teamed up with Vistakon® to offer VSP members *exclusive* additional rebates on annual supplies* of select ACUVUE® Brand Contact Lenses. VSP members who purchase an eligible supply of participating ACUVUE® Brand Contact Lenses from our office within 90 days of their exam are eligible to receive an extra \$25 on top of the current national rebate program.

Take advantage of this special offer and be sure to ask about contact lens rebates when you place your next Contact Lens refill order with us.



Congratulations to Karen & Helen !!!

We want to express our sincere congratulations to two of our great vision therapists, Helen Welsh and Karen Stowers who received their certification in vision therapy from the College of Optometrists in Vision Development (COVD). Helen and Karen were two of 25 vision therapists certified this past October.

The certification process provides an opportunity for vision therapists to expand and document their knowledge and skills in optometric vision therapy and enhances their ability to assist the optometrist in providing patient services in this area. Achieving certification status provides recognition of the therapist’s capabilities in this increasingly important area of optometric care. As certified vision therapists, they are able to help patients develop the necessary visual skills for reading, learning and activities of daily living. This is quite an accomplishment and we are truly proud of them! **Way to go Karen and Helen!**



Dr. Hong with Newly Certified Vision Therapists, Karen (left) and Helen (right)