

DR. AMY M. KELLER

April 2010

Volume 9

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APRIL IS WOMEN'S EYE HEALTH MONTH

Everyone experiences the symptoms from time to time: burning, irritable eyes. A feeling that something is actually scratching the eye. But for some 3 million American women (and 1 million men), these symptoms are chronic, because they suffer from **Dry Eye Syndrome**.

TEARS ARE IMPORTANT: Tears are essential to good vision. They lubricate the eye, protect it from infections and wash away allergens. With Dry Eye Syndrome, the eye produces too few tears, or tears of such poor quality that they don't stay on the eye. Ironically, some people with Dry Eye Syndrome may actually experience tears running down their cheeks.

WOMEN ARE MORE SUSCEPTIBLE: While everyone experiences reduced tear production as they age, women are more prone to Dry Eye Syndrome than men by a 3 to 1 margin. Studies have shown that hormone therapy may increase the incidence of Dry Eye Syndrome. It is also a side effect of other drugs such as birth control pills, blood pressure medicines, antihistamines and certain anti-depressants.

OUTSIDE INFLUENCES: Environmental factors may magnify the symptoms of Dry Eye Syndrome. These include a dusty, dry or windy climate, air conditioning or heating systems (especially if the vent blows on your face), and even staring at a computer screen for extended periods of time.

HELP IS AVAILABLE: Your eye doctor can offer several options for managing Dry Eye Syndrome, such as

- Lubricating drops that can minimize the dry, scratchy sensation.
- Prescription eye drops that can actually improve tear production.
- Temporary or permanent closure of the lacrimal (tear) ducts to keep your tears from draining away so quickly.

If you are experiencing any of these symptoms of Dry Eye Syndrome, please let us know.

(Dr. Keller - Optometrist)

DOES YOUR EYESIGHT SEEM TO BE GETTING WORSE

Have you ever heard someone say their vision has gotten worse since they started wearing glasses? Or heard that once you start wearing glasses your eyes get weaker and become dependant on them? Although it is a common perception that eyesight gets worse after getting your first pair of glasses, many conditions affecting the eyes will progress at the same rate - with or without spectacles. It is an inevitable consequence of aging, and wearing glasses won't have anything to do with speeding up of the rate of vision deterioration. Around the age of 40, vision for near focusing becomes more difficult and wearing glasses can make it seem as if things are getting worse. The contrast between poor and normal vision is more pronounced after you have been wearing glasses for awhile because things are so much better and you get used to it. This is accepted as the norm and without glasses on - you're that much more aware of the problem. Glasses make focusing so much easier that when you take them off, it takes a lot of work to get the lazy focusing muscles going again, So you see, vision correction can make getting through your workday...and your life, much easier!

(Marie - Technician)

VISIT OUR WEBSITE @ www.visionsource-drkeller.com

WHAT IS OUR PATIENT PAYMENT PLAN ?

Because your vision is important to us, we offer CareCredit, a healthcare credit card specifically designed to pay for vision care not covered by insurance. CareCredit has a 6-month no interest plan - and, you can use the card at all participating healthcare, dental, and veterinarian offices. As the leader in patient financing, CareCredit has made it easy for millions of patients nationwide to get the vision care they want and need. Call our office to learn how to apply in person, online, or by automated phone application. (Denise - Insurance and Billing)

BENEFITS OF POLARIZED SUNGLASSES

How do polarized lenses work?

On a bright or overcast day, you could benefit from polarized lenses. Polarized lenses contain a laminated surface which eliminates glare that reflects off horizontal surfaces such as the road, car hoods and the water.

A basic tinted lens will help control brightness but not control glare which is often the most debilitating. The most common uses for polarized lenses are boating and fishing since the water's surface produces horizontal reflective glare. Polarized lenses have a laminated surface containing vertical stripes. These stripes only allow vertically-polarized light to enter the wearer's eyes. Glare is eliminated because the horizontally-polarized light waves cannot bypass the polarized filter.

The most common colors of polarized lenses are brown and gray. Many other colors are available but are limited in some prescription styles.

Polarized lenses can cause some difficulty for drivers or pilots who need to see LCD'S or liquid crystal displays. Cell phones and GPS devices may also be difficult to see through polarization.

Whether you spend your time waterskiing or boating, in-line skating or biking, driving or jogging, polarized sunglasses may greatly enhance the enjoyment of your outdoor life. (Kelly and Julie - Frame & Lens Specialists)

RAISE YOUR EYE Q

EATING CARROTS WILL IMPROVE YOUR SIGHT

Fact: Carrots are high in vitamin A, a nutrient essential for good vision. Eating carrots will provide you with the small amount of vitamin A needed for good vision, but vitamin A is not limited to rabbit food, it can also be found in milk, cheese, egg yolk, and liver.

SITTING TOO CLOSE TO THE TV WILL DAMAGE YOUR VISION

Fiction: Sitting closer than necessary to the television may give you a headache, but it will not damage your vision.

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