



# Nutrition & Vitamins FOR YOU EYES

Is eating carrots really good for the eyes, or do moms just say that to inflict the vegetable on their kids? Well, one average-sized carrot contains twice the U.S. Recommended Daily Allowance (RDA) of vitamin A, which happens to be very good for your eyes. If you don't like carrots, foods contain vitamin A and other nutrients your eyes need.

## Antioxidants

More and more people are talking about antioxidants these days, and their probable role in reducing the risks of all sorts of diseases. Eye disease is no exception: research suggests that certain antioxidants can reduce the risk of cataracts, macular degeneration and more.

## Vitamin A and Carotenoids:

Is carotenoid a fancy word for carrot? Not quite, but they are related. Carotenoids give carrots their orange color. You can find them in many red, yellow and orange fruits and vegetables, as well as in green, leafy vegetables (which are a great source of the carotenoid lutein). Find out how they're linked to blindness, cataracts and macular degeneration.

## Vitamin C and Bioflavonoids:

Ever-popular vitamin C may reduce your risk of glaucoma, cataracts and macular degeneration. Bioflavonoids help your body to absorb vitamin C and sometimes work as antioxidants themselves. Learn which common fruits and vegetables contain vitamin C and bioflavonoids.

## Vitamin E and Minerals:

Like vitamins A and C, vitamin E may reduce your risk of cataracts and macular degeneration. The minerals selenium and zinc help your body to absorb antioxidant vitamins and may have their own protective effects as well.

## Essential Fatty Acids (EFAs)

You're getting too much fat in your diet ... and not enough: the average American consumes way too much omega-6 fatty acid and not nearly enough omega-3. These fatty acids affect the eyes in a wide variety of ways. Find out how, and learn which foods to avoid and which to add into your diet.

Whether you've read all the articles in this section and want a condensed recap, or you just want to cut to the chase about what foods you should be eating to protect your eyes, this summary is the place to go!

Get more info on Similasan Eye Drops, for healthy relief with no harsh chemicals or stinging.

TheraTears Nutrition provides Omega-3 essential fatty acids that your eyes, lids and tear film need to function their best.

Tears Again Gels are thicker than most artificial tears, so they require fewer instillations each day.

Similasan Eye Drops provide healthy relief with no harsh chemicals or stinging.

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# IN FOCUS

## Consumer Guide to EYE EXAMS

**WHY ARE EYE EXAMS IMPORTANT?** Two common fallacies about eye exams are that if you can see fine, you don't need an exam and that vision screenings are just eye exams by a different name. In fact, in addition to checking your vision, doctors also check for eye and other diseases that have no early symptoms, but should nevertheless be treated early. And, vision screenings performed by the school nurse or your employer are not the same as comprehensive eye exams. Find out why.

**PREPARING FOR AN EYE EXAM** Learn how often you and your family members should get eye exams, depending on your ages and risk factors. Once you're ready for an exam, how do you know whether to see an ophthalmologist (M.D. or D.O.), an optometrist (O.D.) or an optician? This article decodes their titles. Also, find out what factors into the cost of an eye exam, and what info you should take with you to your appointment as well. More on this.

## WHAT TO EXPECT WHEN YOU VISIT THE EYE DOCTOR

What are all those crazy devices in the eye doctor's office? The short answer is that some test for eye conditions (such as nearsightedness) and others test for eye diseases (such as glaucoma). Learn more about the devices and tests you are most likely to encounter during a routine eye exam. More on this.

## EYE EXAM EYE-Q

Do you know why the eye doctor puts dilating eyedrops in your eyes? What risk factors would make more frequent eye exams necessary? Put your knowledge to the test with our Eye-Q quiz! Common fallacies about eye exams are that if you can see fine, you don't need an exam and that vision screenings are just eye exams by a different name. In fact, in addition to checking your vision, doctors also check for eye and other diseases that have no early symptoms, but should nevertheless be treated early. And, vision screenings performed by the school nurse or your employer are not the same as comprehensive eye exams

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# CustomLASIK

## The Next Generation in Eye Surgery

There's a new wave in LASIK. The Food and Drug Administration recently approved a new technology that will change how your eye doctor views your vision problems. It's called CustomLASIK: the laser eye treatment is based upon the very unique visual characteristics of your eye. Up until now, with glasses, contacts and conventional LASIK surgery, corrections were quite similar for each type of prescription - myopia, hyperopia and astigmatism.

CustomLASIK involves measuring the eye from front to back, using what's called "wavefront" technology, to create a three-dimensional (3-D) corneal map of the eye. The information contained in the map guides the laser in customizing the treatment to your each individual visual irregularities, beyond myopia, hyperopia and astigmatism. Prior to the advent of wavefront technology, two people with the same prescription would receive the same glasses, contacts or LASIK procedure.

### POTENTIAL BENEFITS OF CUSTOM LASIK

Wavefront technology is groundbreaking because it has the potential to improve not only how much you can see, but also how well you can see, in terms of contrast sensitivity and fine detail. This translates into a reduced risk of post-LASIK complications, such as glare, halos and difficulty with night vision.

### WHAT ADVANTAGE DOES CUSTOM LASIK OFFER?

1. The possibility of increased visual quality & contrast sensitivity
2. A greater chance of achieving 20/20 vision or better

3. Reduced chance of night-vision problems, such as glare and halos
4. All of the above

How much you see depends on what lower-order aberrations you have; lower-order aberrations are also called refractive errors and include myopia, hyperopia and astigmatism. Traditional LASIK treats these lower-order aberrations.

How well you see can depends on what higher-order aberrations you have; higher-order aberrations are irregularities other than refractive errors, and can cause such problems as decreased contrast sensitivity or night vision, glare, shadows and halos. Higher-order aberrations do not always affect vision. Custom LASIK treats both lower- and higher-order aberrations.

### CUSTOM LASIK'S ADVANTAGE LIES IN THE AREA OF QUALITY OF VISION:

- Greater chance of achieving 20/20 vision
- Greater chance of achieving better than 20/20 vision
- Reduced chance of losing best-corrected vision
- Reduced chance of losing visual quality or contrast sensitivity
- Reduced chance of night-vision disturbances and glare

Sometimes patients complain about vision quality problems, such as not being able to see in dim or low light. This is referred to as poor contrast sensitivity.

Prior to the advent of wavefront measurements, there wasn't anything we could do to measure or treat higher-order aberrations. With this technology breakthrough, sureon

can now measure these disorders, show the patient what's going on in their eye, link that information to the laser, and actually correct higher-order aberrations that diminish contrast sensitivity. Wavefront technology enables the surgeon to improve overall vision quality better than in the past.

### HOW CUSTOM LASIK WORKS

The surgeon will begin by using the wavefront device to transmit a safe ray of light into your eye. The light is then reflected back off the retina, out through the pupil, and into the device, where the reflected wave of light is received and arranged into a unique pattern that captures your lower- and higher-order aberrations.

All of these visual irregularities are then displayed as a 3-D map, referred to as a wavefront map. This information is then electronically transferred to the laser, and computer-matched to the eye's position, enabling the surgeon to customize the LASIK procedure to your unique visual requirements.

### GETTING CUSTOM LASIK

Because the FDA approvals for the three custom LASIK systems are recent, the number of doctors currently performing the procedure is still limited. However, you can expect that number to increase in time. You're also likely to have other custom LASIK systems to choose from in the future. On the heels of the Alcon, VISX and Bausch & Lomb systems is the WaveLight wavefront system, to be distributed in the United States by Lumenis once FDA approval is obtained.

Like conventional LASIK, custom LASIK won't cure all vision-related problems, so it's important to discuss its applications with your eye doctor or surgeon to determine if you are a good candidate.

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ADVERTISEMENT FOR UPCOMING EVENT

# VISION OPTIONS *for Sports Enthusiast*



### IMPROVING YOUR PERFORMANCE

Sports vision is a field that examines how athletes use vision in play and helps them to improve performance by improving visual skills such as depth perception and eye-hand-body coordination.

### CONTACT LENSES AND GLASSES THAT ENHANCE PERFORMANCE

You can choose from products that offer eye protection, color enhancement, light control, convenience or a combination of features. What's best for your sport? Also, read the results of a study that correlates sports performance with wearing vision correction.

### WHAT SPORTS VISION SPECIALISTS CAN DO FOR YOU

A sports vision specialist may improve your game in just one visit ... or

through a comprehensive training program.

### SPORTS VISION TESTS AND THERAPIES

Need to improve your eye-hand-body coordination? Your ability to track a moving object? Maybe depth perception's a problem. Sports vision therapy aims to treat a wide variety of problems that athletes face.

### EYE SAFETY - PROTECTIVE EYEWEAR FOR SPORTS

Learn which sports pose a danger to your eyes, what features to look for in a goggle and how to get a good fit for your children.

### EYEWEAR FOR SKIING

Eyewear for skiing ranges from full goggles to styles that look like sunglasses. Look for materials that withstand the cold and resist shattering on impact. Also,

which lenses work best for skiers.

### BUY SMARTER: WINTER SPORTS EYEWEAR

Read tips on what features to look for in your ski and snowboarding goggles, getting the best fit and where to shop.

### EYEWEAR FOR WATER SPORTS

Can't see without your eyeglasses or contact lenses? You actually have quite a few choices to see what you're doing underwater.

### SHOOTING GLASSES

"You'll shoot your eye out, kid!" Ralphie hears it over and over in A Christmas Story, and it's a real concern, though not the only one. Learn what safety features to look for, and which colors and types of lenses work well, whether you're hunting or target shooting.