

# eyesight insight

Fox Chase Family Eye Care (215) 745-0993

Winter 2014/15

*Season's greetings!*



*The practice of optometry is not our job...  
it's our passion.*

We believe the gift of sight is precious and should not be taken for granted. Thank you for placing your trust and confidence in us to meet your eye-care needs as well as referring your family, friends, and colleagues to us. We take this responsibility very seriously and will make every effort to help you achieve optimum eye health and vision.

May you and yours experience a wonderful holiday season and a blessed 2015.

**Lance B. Dunoff, O.D., and staff**

## Ward off dry eyes this winter

Dry, itchy, gritty, burning eyes are an irritant to many, and the harsher winter elements exacerbate the situation. But some practical measures can ease the discomfort.

For starters, use a humidifier to prevent the air inside your home from drying out. Cold, dry winter air combined with forced-air heaters can quickly zap the moisture from the atmosphere. Tears will evaporate more quickly, resulting in dry eyes.

When outdoors, wear sunglasses. In addition to ultraviolet-light protection, sunglasses add a barrier between your eyes and the cold winds whipping against your face, which can dry out eyes.

Try to blink more frequently during the

winter. Make sure your computer screen is at eye level, too. Looking up to the screen makes eyes more susceptible to dryness.

Drink plenty of water, and limit your caffeine intake. Caffeine is a form of diuretic, which moves water out of the body. That includes water needed for tear production.

Artificial tears (especially before bedtime) and warm compresses can alleviate irritation. Contact wearers should apply rewetting drops frequently; switching to glasses from time to time can also help keep dry eyes at bay. Also, avoid rubbing dry, itchy eyes; it will just make them worse.

Untreated dry eyes could lead to a



corneal ulcer, infection, and possible vision loss. If the above recommendations aren't working for you, we have prescription-based remedies as well. Call our office for an appointment today.

**Thank you for all your referrals. We appreciate them!**

# Fighting presbyopia with contacts

Corrective measures for presbyopia—the naturally occurring blurring of near vision that accompanies middle age—are available in bifocal/multifocal contact form for those who aren't crazy about spectacles.

Bifocal contact lenses have two distinct prescriptions in one lens: one for near distance and one for all other distances. Multifocal contacts encompass a gradual transition from near to far. "Multifocal" is frequently used as a catch-all term for any contact with more than one prescription power.

Bifocal/multifocal designs are comprised of two basic groups: "**Simultaneous vision**" lenses require the pupil to be looking

through both distance and near powers at the same time. The brain quickly learns to select the correct power for a given situation. *Concentric* lenses have either distance or near power at the center, with alternating rings of distance and near power surrounding it. *Aspheric* lenses have a blend of powers across the lens surface and are the only true "progressive" contacts. Simultaneous vision contacts are nearly always soft lenses.

"**Alternating vision**" (translating) lenses involve the wearer's gaze alternating between two different prescription powers (one near, one distance), depending on the viewing distance involved. These lenses come in rigid gas-permeable variety.

If considering bifocal/multifocal contacts, give our office a call. We'll cover your options, let you know about the positives and negatives, and enable you to make an informed decision.

## Fox Chase Family Eye Care Lance B. Dunoff, O.D.

**Contact Lens Specialist**  
7834 Oxford Avenue  
Philadelphia, PA 19111

### Office Hours

Monday 12:00 p.m.-8:00 p.m.  
Tuesday 9:00 a.m.-5:00 p.m.  
Wednesday 12:00 p.m.-8:00 p.m.  
Thursday 9:00 a.m.-5:00 p.m.  
Friday 9:00 a.m.-3:00 p.m.

**Appointment and Emergency  
Phone: (215) 745-0993**



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7834 Oxford Avenue  
Philadelphia, PA 19111

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[www.FoxChaseFamilyEyeCare.com](http://www.FoxChaseFamilyEyeCare.com)**  
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## Properly managing the "silent thief of sight"

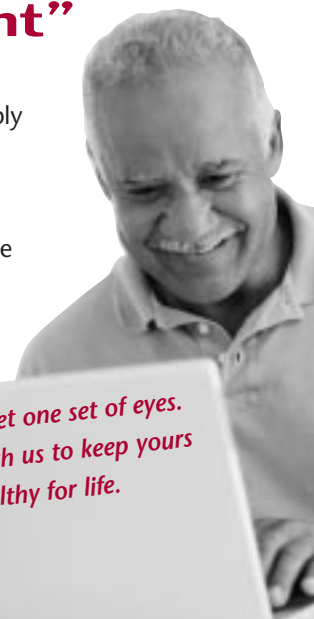
Glaucoma generally displays no symptoms until a person's optic nerve is significantly damaged and some sight is permanently lost. Left untreated, blindness may result.

Regular eye exams are crucial to detecting glaucoma before it impairs vision. Once diagnosed, a patient may be prescribed eyedrops to relieve optic pressure and halt glaucoma's progression. Keep us apprised of all your medications (and future changes); some can diminish eyedrops' effectiveness.

**Take your eyedrops correctly and consistently.** Otherwise, your glaucoma will continue to progress. If you have trouble administering the drops, we can offer some guidance. If you've been prescribed multiple

eyedrops, wait at least five minutes after applying the first one before applying the second. Also, apply the correct amount of eyedrops. Too little will be ineffective; an overdose may spur side effects. Keep us posted on any eye irritation, watering, blurred vision, scratchiness, discharge, or nighttime halos around lights. We may have to shift medications or adjust dosages.

If cost is an issue, we may be able to switch you to a more affordable alternative medication. Patient-assistance programs also offer free or low-cost medications to those who qualify.



*You only get one set of eyes.  
Partner with us to keep yours  
healthy for life.*