Davis EyeCare Associates

EyeCare Update

A Quarterly bulletin on new developments in the field of eyecare from Davis EyeCare —Your EyeCare Specialists Summer 2009 Vol. 9 No. I

With innovative technology, excellent service and a caring team, we at Davis EyeCare have a responsibility to make our patients aware of what total eye health really means. We do this with great pride and commitment Special points of interest:

DAVISEYECARE.COM

Visit us at our new website. You can now make an appointment, order your contact lenses and solutions, find out information about important new developments in eyecare and general knowledge about your eye health.

On Call 24 Hours Phone 708-636-0600 Cell: 708-935-7375

In an emergency situation don't panic, just pick-up the phone and call someone you can trust. Treatment of all types of ocular infections, removal of foreign bodies from the eye, such as wood or metal, treatment of allergies or dry eye, patient advocate for laser vision consultation and in a pinch contact lens and eye glass replacements. Davis EyeCare is now proud to have at its disposal the most sophisticated instrumentation for glaucoma diagnosis and treatment. Don't worry, call the EyeCare Specialist—Davis EyeCare

Loaner Lenses Available

Lost and broken contact lenses should not create a panic. In the event of a lost or damaged lens we will supply an immediate replacement for uninterrupted lens wear. Eyeglasses can also be replaced immediately. Davis EyeCare can fabricate a replacement from our large inventory. If you are in need of an immediate replacement visit our office or web site at www.daviseyecare.com and communicate your requirements. Professional contact lens care makes the difference!

DAVIS EYECARE OPENS ON-LINE OPTICAL SHOP www.daviseyecare.onlineopticalstore.com

Welcome to the new Davis Eye-Care Associates **Online Optical Store!**



It is our mission to provide you with the most complete eye care possible. In our office, you receive personal attention from

our optical experts for all your vision needs. In our online store, you can choose from an excellent selection of name brand eyewear and shop at your convenience. Our online optical store also has an accurate prescription lens service and a streamlined ordering process. After passing our 6step quality test, your new eyewear will be delivered to your door. Our online optical store makes it simple and convenient to find eye glasses that fit your lifestyle and your budget. Whether you're searching for a particular frame style or simply browsing, you're sure to find eyewear that's ideal for your face, and your prescription in our Online Optical Store.

When selecting eyeglasses or sunglasses online, it's helpful to know what size frame you wear. You can find this information easily by looking at a pair of frames you currently own or by asking one of our opticians. If you aren't sure what style of frame would look best on you, our Online Optical Store lets you virtually try on glasses. Visit FrameFinder™, upload your photo and discover the best look

for you. Once you find the perfect pair, simply click "Buy Now" and you'll be redirected to the model you were last trying on. You can checkout from there. It really is that easy.

Browse our catalog and choose one of the designer frames. Then proceed to checkout. We'll walk you through the simple ordering process. You'll be asked about your lens preference and prescription. Information about various types of lenses is provided to help you make the correct deci-

sion about which lens will work best for you and your lifestyle. We think choosing a lens is just as important as picking the frame shape, color or size. The lens choice will determine the thickness and visual accuracy of your prescription. We have access to all the top quality name brands and never use inferior generic lenses.

All lenses come standard with scratch protection and polished edges at no additional charge and include our 100% accuracy quarantee.

You can add a variety of lens treatments to your eye-glasses like colored tints, coatings that provide ultraviolet protection and photochromic coatings that will turn your glasses from clear to dark in the sun.

Take a walk through on our on line optical store. I am sure you will find something that interests you.

DAVIS EYECARE ASSOCIATES

Davis EyeCare 4663 West 95th Street Oak Lawn, IL 60453

www.daviseyecare.com

Phone:708-636-0600 Fax: 708-636-0606 Email: daviseyecare@dviseyecare.com



Features and Benefits of Air Optix Agua Multifocal Contact Lenses

Air Optix Agua Multifocal is the latest addition to the bifocal contact lens market in

the United States. This bifocal lens system has 3 ADD powers designed to successfully



fit and smoothly transition you through the different stages of presbyopia requiring clear and precise near vision so that you can stay in contact lenses longer throughout your life. With a number of innovations such as the new Precision Transition Design and the unique plasma surface treatment, Air Optix Aqua Multifocal contacts promise to provide improved vision, superior comfort and wet ability. A 30% lower contact angle increases the lens feeling moist. For additional wearing comfort, a unique wetting agent lets the eyelid easily glide over the lens.

The unique Aqua Moisture System althe lens than traditional hydrogel soft multifocal lenses. The result: Whiter, healthy looking eyes.

Air Optix Aqua Multifocal provides a smooth transition from close-up to distance vision in real world situations.

An aspheric back surface design provides optimal centration and excellent fitting characteristics.

The plasma treated lens surface resists deposits and a unique moisture agent binds with the lens surface to create a more silky layer.

Multifocal contact lenses offer the convenience of distance and near vision without the aid of glasses. No more searching for glasses. No more asking

for a pair of glasses at a restaurant to read lows up to 5 times more oxygen through the menu. Multifocal contact lenses return your vision to the time when near vision tasks were easy to perform. Come in to Davis Eye-Care to see if you are a candidate for these lenses. If you are a candidate for these multifocal lenses, Davis EyeCare will fit you with a trial pair to test your vision at home or at work. Seeing is believing and the only method to experience the clarity and comfort of these lenses is to wear them. We have many options for bifocal contact lens patients. Air Optix is only one of the newer options for bifocal lens wearers. SynergEyes with a rigid center and soft skirt, a new gas permeable bifocal lens design imported from France, Proclear bifocals for dry eye patients and a new daily bifocal disposable lens are only a few lens design options that have transformed bifocal patients into pristine near and distant vision.

LATISSE—Longer Darker Eyelashes

Now, you can grow longer, fuller, darker lashes. It's not an illusion. It's your own lashes -- only better.



LATISSE™

(bimatoprost ophthalmic solution) 0.03% is the first and only prescription treatment approved by the FDA for inadequate evelashes. The treat-

ment stimulates the lashes to grow longer, fuller and darker. Latisse is a lash-enhancer that's clinically proven to make lashes 25 percent longer, 106 percent thicker and 18 percent darker after 16 weeks of use. Latisse treats the diagnosis of hypotrichosis (another name for inadequate eyelashes) by enhancing eyelash prominence as measured by increases in the length, thickness, and darkness of the eyelashes. After you stop using the drug the eyelashes will slowly go back to normal with your next eyelash growth cycle. Latisse is an offshoot of another drug called Lumigan,

which is used for glaucoma. Latisse shares the previously unmet same active ingredient as Lumigen, although, Latisse has only 5% of that ingredient and is applied only to the upper eyelid, not into the eye itself. Iris pigmentation was not reported for Latisse, but in less than 1% of Lumigan users, permanent brown iris pigmentation was reported. Latisse may cause darkening of the skin and some of the effects of using a prostaglandin may include dryness of the eyes, irritation and itching. LATISSE™ makes lash growth possible because of its active ingredient: bimatoprost. Although the precise mechanism of action is not known, research suggests that the growth of eyelashes occurs by increasing anagen or growth phase. The cells of the hair follicle dividing rapidly, add-

ing to the hair shaft. Lashes can grow longer, thicker and darker because bimatoprost can also prolong this growth

phase. LATISSE™ fulfills a significant and

need in the medical aesthetic marketplace with a product approved by the FDA that increases the growth of eyelashes, making them



longer, thicker and darker, when dabbed daily on the lash line of the lids with a disposable wand.

The procedure usually nets results in two to four months. Potential side effects: Some 4 percent of users experience eye itching and redness, and it may also temporarily darken the skin of the eyelid. Increased brown iris pigmentation has occurred when similar medications were instilled directly into the eye to treat elevated intraocular pressure/glaucoma. Although iris pigmentation was not reported in clinical studies with LATISSE™, patients should be advised about the potential for increased brown iris pigmentation which is likely to be permanent.

A New Diagnostic Tool-O.C.T.- Optical Coherence Tomography

An important part of eye disease assessment and management is the

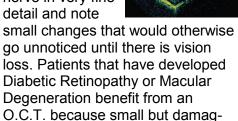


ability to quickly diagnose pathology to prevent vision loss. We have a new device called **OPTICAL CO-**

HERENCE TOMOGRAPHY or O.C.T., which allows our doctors to view the layers of the retina and optic nerve in a quick, non-invasive way. This devise is similar to an MRI only of the retina. The OCT medical instrument is necessary to diagnose debilitating eye disease early, such as Glaucoma, Macular Degeneration and Diabetic Retinopathy.

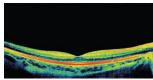
Glaucoma is a disease that damages easily overlooked. This type of the optic nerve, resulting in irreversi-

ble vision loss. With this device we are able to view the optic nerve in very fine



ing fluid leaks develop in the retina

and can cause sever vision loss.



These leaks are not visible with the naked eye, and can be

leakage can only be viewed when

the leakage percolates up through the layers of the retina. Prior to the advent of this instrument doctors look into the eye and view the retina surface. The OCT device can look in between the layers of the

retina and view damage areas before they affect neighboring tissue. With an O.C.T., the progression of the disease can be monitored and further treatment can be prescribed before damage occurs.

Having such a powerful diagnostic tool in our office greatly increases the chance that we can protect and preserve our patients precious sight. Make an appointment to experience this revolutionary diagnostic instrument so that therapy can be administered before any vision

Proclear One Day For patients who want the ultimate in convenience and comfort

Wearing contact lenses is always an alternative for those patients who are wearing glasses. Those who like the freedom of glasses find daily disposables the way to go. Daily disposable contacts are a perfect choice for patients who wear lenses occasionally. This type of lens is also convenient for people who play sports, travel often as well as those who have a busy social life.

A clean, fresh pair of contacts every day offers good visual clarity and hygiene all day long. No need to clean, sterilize or store lenses overnight or to invest in lens solutions. At the end of the day, remove the lenses and just throw them away, thus reducing risk for lens contamination and eye infection.

Comfort has a clear advantage with daily disposable lenses. Wearing contact lenses need to be properly cleaned and disinfected to maintain comfort or the risk of eye infection increases. Prolong usage of a lenses can also expose the eyes to bacteria. Protein and lipids, in the eye can build up on the lenses and if not cleaned properly, can result in a painful red eye. In addition, if the lenses are not stored in disinfecting solution bacteria can colonize on the lens which in turn might harm your eyes.

By using Proclear 1 day disposable contact lenses, you are using a completely sterilized lenses out of the box. No deposits or contamination to worry about. After you are through wearing

the lens throw them away. Subsequently, if you are wearing monthly disposable contacts, cleaning and disinfecting must be performed daily. Even if you are not wearing the lenses everyday the lenses still needs to be cleaned and disinfected daily. Skipping a day of cleaning and disinfecting daily gives pathogens an opportunity to colonize.

However, by using Proclear 1 day disposable contact lenses, just use them and throw them away. No extra time or risk taken.

Daily disposable contact lenses are also great for those who do not wear contact lenses everyday. Some people prefer using

glasses at work and contact lenses for certain occasions like sports or going out at night.

Daily wear disposables are also economical. A fiftytwo week supply can costs approximately \$150 a year. Ask your Doctor at Davis EyeCare for a sample of our new Proclear 1 day Wear single use Disposable contact lens wear.

SynergEyes Bifocals Pristine Vision and Silky Comfort

Synergeyes Hybrid Contact Lens

– Provides the best of both

worlds!

Davis EyeCare is one of the first practices in the United States to prescribe a revolutionary new contact lens de-

sign – Synergeyes Hybrid Contact Lens. The lens is comprised of a highly oxygen permeable central rigid section and a soft, hydrophilic peripheral section. The result is a lens that provides sharp vision due to the rigid portion and excellent comfort due to the soft portion. Other hybrid lens designs have been developed previously, however they suffered from low oxygen permeability and were fragile, with tearing between the rigid and soft portions. Synergeyes has developed the "Hyperbond" technology that creates an exceedingly strong bond between the soft and rigid por-

tions of the lens. The high oxygen permeability of Synergeyes provides an extremely healthy contact lens environment which results in excellent all day comfort.

Patients that would be

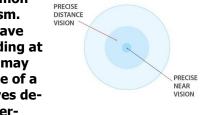
excellent candidates for Synergeyes lens are quite varied and include those who are nearsighted, farsighted, and people

with the most common forms of astigmatism. Even people who have problems with reading at near (presbyopes) may benefit with the use of a very new Synergeyes design called the Syner-

geyes bifocal contact lens. Davis EyeCare is one of a small select group of practices who have been selected to evaluate the performance of the Synergeyes bifocal prior to its launch to most eye care practices.

Finally, Synergeyes has developed designs to use for patients who suffer from corneal diseases like keratoconus, or who have had distortion to their vision induced by trauma, or following eye surgery. Davis EyeCare is one of the leading practices in the United States that has fit a large number of patients with Synergeyes lenses for the treatment of various eye dis-

eases and abnormalities. Call Davis EyeCare for an opportunity to try these unique lenses.



Why is my eyelid twitching?

Have you ever experienced a persistent twitching of your eyelid? There are many different causes of eye twitching and they

are rarely serious. However, they can be quite bothersome especially if you're doing a lot of reading or writing. In some cases they could also be an indication of serious neurological problems. If you're

experiencing other symptoms you should call Davis EyeCare immediately for a diagnosis and general checkup.

Eye twitching is a slight, involuntary movement of the eyelid every few seconds over the course of a minute or two. Sometimes the spasm is strong enough to make your eyelid close completely before reopening. Eye twitching can come and go unpredictably for a few days, weeks or months. The spasms don't hurt, but they can be annoying. In its most common

form, which is harmless, eye twitching stops on its own, although it may reoccur occasionally. Eye twitching occurs clini-

cally and seems to arise as a consequence of the foods we eat or at times of increased stress. The most common causes are lack of sleep, stress, fatigue, screens (as in computer/TV screens), vitamin deficiency, eye strain, allergies,

caffeine, and compressed nerves. In order to determine which of these is the cause of your particular eye twitching you need to examine your lifestyle and recent events in

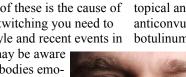
your life. Patients may be aware or unaware of their bodies emotional fluctuations, physical fatigue or illness. These episodes may also be connected to

increase stimulation of the nervous system by cigarette smoking, caffeinated drinks, to ide sports drinks, energy-boosting supplements ment.

and medications. The episodes are generally transient, lasting from one to ten minutes, and can occur one time or multiple times during the day for weeks to months. If you have recently begun taking new medication, investigate the medication for side effects. Treatments may include things as simple as removing the provoking stress, reducing caffeine consumption, discontinuing a medication, rest, cold compresses and consuming tonic water with quinine. In extreme cases it may require medical intervention including topical antihistamines, topical beta lockers, anticonvulsants, or local injections of botulinum toxin. If both of your eyes are

twitching you probably have blepharospasm which is a more serious condition and should be evaluated immediately. If you have any symp-

toms of eye twitching Call Davis EyeCare to identify the problem and initiate treatment.





NANOFILM TECHNOLOGIES

Today's lenses are made from hightechnology polymers with advanced coatings. Never use any kind of soap or detergent on anti-reflective coated lenses. The coatings will break down, and this will damage the lenses beyond repair. Never wipe your lenses when they are dry. Always rinse the lenses with lens cleaner first to remove abrasive particles that could scratch them. Wash the lenses and the frame as often as necessary with Clarity and a lens cloth, to remove oil and dirt. Avoid rubbing prescription lenses with rags, facial tissues or paper towels, as they could scratch your lenses. And definitely avoid using household cleaners, acetone or soaps with creamas chemicals may damage your frames. Clarity® towelettes were developed to care for high-tech and precision optics. It's convenient, effective and an easy way to get crystal-clear surface without streaks or

smudges. Users just open the foil, wipe the

surface with our safe, soft cloth and toss it away.

"Clarity Clean"



It is the ONLY formulation for superhydrophobic AR lenses. It instantly wets any lens surface, lifting dirt and skin oils on contact. It's safe for all lenses and coatings, including all anti-reflective and mirrored coatings.

There is never any haze, residue or streaking. Unlike watery sprays or greasy waxes, Nanofilm's nanotechnology researchers, developed the Clarity to spread an ultrathin, invisible, sponge coating onto a lens surface that absorbs moisture. Fog microdroplets are absorbed into the coating, instantly spread across its surface, and evaporate back into the air before smudges can form. Use Clarity to allow your lenses to perform optimally all day long. If you have any questions call Davis EyeCare. Davis EyeCare offers the very best to keep your EyeCare needs performing. Clarity is made of non-abrasive cellulose-fiber specially designed for delicate surfaces such as your eyeglass' lens.

PROTECTIVE COATINGS FOR YOUR LENSES NEW ADVANCES IN ANTI-REFLECTIVE TECHNOLOGY



See it all with Crizal—the advanced eyeglass lenses that change the way you see life. Crizal lenses are unlike any other anti-reflective coating because they can help you not only see better, but feel better and look better while wearing your eyeglasses. You spend so much time choosing the right eyeglass frames—shouldn't your lenses be just right for you, too? These virtually invisible lenses are extremely durable, scratch resistant, and easy to clean. State-ofthe-art, no-glare properties are combined with double-sided scratch resistance and a finish that repels water. Crizal lenses

eliminate reflections that cause

eyestrain and fatigue, especially

from fluorescent lighting and

computer screens. They resist

dirt and smudges, so you do not have to clean them as often using "Scotchgard Protector" technology.

- With regular lenses, up to 18% of light never gets through to your eyes
- Crizal lenses let up to 99% of light through, so you see more detail, sharper images, and everything more clearly
- The latest generation of Crizal no-glare lenses does more than provide clearer vision—they practically take care of themselves
- Resist scratches, fingerprints, dust, and dirt
- Hydrophobic technology allows even overhead water to run right off and leave no more clearly mark
- Easier to clean than any other

available lenses

Glare affects how you live and work. Long hours in front of a computer and harsh artificial lighting can make your eyes tired and stressed. Have you ever seen halos around lights at night? Do the words on your computer screen begin to blur while you're working? If you answered yes, then glare is impacting your vision. Since Crizal lenses reduce glare, they also reduce the problems that interfere with the way you live. Reducing eye fatigue caused by fluorescent lights and computer screens. Reducing glare from headlights, taillights, and even overhead lights, so you see

Providing unparalleled comfort while driving, to help keep you and your passengers safe.

The Power of Polaroid's

Polaroid is an established world leader in optics and lens technology and is the inventor of the first polarizing sunglass lens. Ordinary sunglasses are typically just tinted plastic. While tinted lenses reduce brightness, only polarized lenses have glare reducing capabilities. They do this because, in addition to the lens color or tint, high quality polarized lenses have a thin film molded into the lens. This film filters out glare. Images are sharper. And Depth perception is better. Glare is a major cause of car accidents. Polarized lenses are the only lenses that significantly reduce glare. So if you drive during the day, especially in the morning or at sunset, polarized lenses are a smart safety conscious choice. Polarized lenses protect your eyes from the sun's harmful UV rays. 80% of exposure to UV occurs by the age of 18, even young children need polarized lenses. While most people purchase all purpose grey or brown lenses, polarized lenses come in many colors. You may want a specific color for its look or vision benefits Ask your professional at DAVIS EYECARE which color may be right for you.



COLOR ME POLARIZED FOR MORE INFORMATION VISIT WWW.IRXLENS.COM





SMOKE (Grav C)

Reduces the maximum amount of visible light and allows for true color recognition. Good for bright sunny days and heavy glare situations. Best uses include driving, deepwater fishing, boating, and everyday use.





CHOCOLATE (Brown C)

Provides excellent contrast and improves visual acuity and depth perception. This color reduces blue light and is good for highly sunny and varying conditions. Best for driving, golfing, and shallow water fishing.





OCEAN (Blue)

Used in partly cloudy to sunny conditions. Good for tennis and shooting at green targets. Ocean lenses let in the maximum amount of blue light. They are a perfect compliment to a blue shirt or blue mood.





SUNFLOWER (Yellow)

Provides the maximum light transmission of any polarized lens. Increases contrast and filters out some blue light. Used in low light conditions (e.g. driving). Popular among shooters, hunters, and skiers.





RUBY (Deep Red)

It's like watching a sunset on the beach in Maui. This deep rose color increases contrast and is great for activities in overcast or foggy conditions. Ruby is used by skiers, golfers, and on or near the water.





ASH (Grav A)

A lighter shade of Smoke. Ash transmits colors evenly and allows for true color recognition. Good for a variety of activities on partly sunny to very sunny days.





CARAMEL (Brown A)

A lighter shade of Chocolate, Caramel improves contrast and depth perception. An ideal lens for partly sunny to very





FOREST (G-15®)

Forest is similar to the color sensitivity of the human eye. This results in natural vision and true colors that are easy on the eye. The Forest lens significantly reduces light transmission. Best for bright sunny days.





COPPER

Maximizes contrast making items brighter. Ideal for any application where good visual acuity is crucial. Great for fishing, golfing, and driving in varying conditions.





VIOLET

This lens dampens certain backgrounds and increases contrast. Violet is often used by shooters in average or bright conditions. Also used for cross country skiing, golfing, snowmobiling, or to show off a good tan.

A slightly better contrast than the gray

and is a good choice for varying light

golf, as well as an all-purpose color.

conditions. Used for tennis, driving, and

colors. Grass maintains true color balance



GRASS (Green)



ROSE (Red)

See the world through rose colored glasses. This vibrant color increases contrast, and is great for fishing in the early morning or late evening. Rose is used by skiers, hunters, and, target shooters in bright sunny conditions.

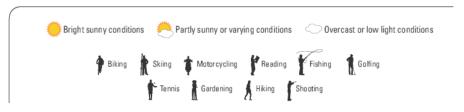




SUNSET (Orange)

Increases contrast and blocks blue light. Good for hiking, gardening, biking, boarding, or just relaxing in overcast or partly cloudy conditions. This is the most common lens color used for clay target shooting.





Are You at Risk for Macular Degeneration

Macular degeneration is the physical damage mentation. Thirty percent of the pato the center of your vision called the macula. The macula, which is about the size of a pencil eraser, is the part of the retina which is responsible for the most acute and detailed vision. We use the macula for reading, driving, recognizing faces, watching television, and fine work. Macular degeneration is the leading cause of legal blindness in people over age 55. Even with a loss of central vision, color vision and peripheral vision remain. Vision loss usually occurs gradually and typically affects both eyes at different rates. This can result in difficulties in reading, driving, watching television, recognizing faces, or any vision tasks requiring clear central vision. The severity can vary from mild and subtly progressive up to severe and rapidly progressive, resulting in legal blindness.

CAUSES

The root causes of macular degeneration are still unknown. What we do know is that light has a toxic component that initiates macular degeneration. By filtering out these toxic light forms we can reduce the risk of macular degeneration. There are two forms of agerelated macular degeneration, "wet" and "dry". Seventy percent of patients have the "dry" form, which involves thinning of the macular tissues and disturbances in its pig-

tients have the "wet" form, which can involve bleeding within and beneath the retina, opaque deposits, and even-

tually scar tissue. The "wet" form accounts for ninety percent of all cases of legal blindness in macular degeneration patients. Different forms of macular degeneration may occur in younger pa-

tients. These non-age related cases may be linked to heredity, diabetes, nutritional deficits, head injury, infection, or other factors. Finding the cause is the first important step toward prevention and cure. QuantifEYE" Macular Pigment Screening Test is a step in the right direction for prevention of AMD

The macula contains two critical and protective pigments - Zeaxanthin and Lutein. These pigments are called "carotenoids" and serve as photoprotectant and filters out these toxic light forms in order to prevent degeneration of the macula. The **QuantifEYE** testing system measures the relative health of the macula by determining

> levels of macular pigment. Macula Pigment Optical Density (MPOD) measurements are obtained and compared statistically to agematched normative data. Low levels are now know to indicate a relative risk for the development of AMD or the progression of the disease. The goal of this testing and therapy is to increase the density of macular pigment through the ingestion of foods or vitamins containing Lutein and zeaxanthin. The QuantifEYE test is simple,

quick, non-invasive, painless, and inexpensive. A baseline MPOD score that is low for your age group would indicate a relatively higher risk for developing AMD and therefore your doctor at Davis EyeCare may recommend vitamin supplementation and dietary counseling to restore the depleted levels of zeaxanthin and Lutein in the macula. Other suggestions might include the prescription of UV protecting eyewear and contact lenses as well as dietary suggestions to maximize intake of antioxidants, carotenoids and omega 3 supplements.

Vitamins Provide Protection from Eye Disease

Lutein and Zeaxanthin serve as accessory light-gathering pigments to protect organisms against the toxic effects of ultra-violet radiation and oxygen. They also appear to protect patients against phototoxic damage. They are thought to play a role in protection against age-related macular degeneration (ARMD) and age-related cataract formation. They may also be protective against some forms of cancer. Food sources of lutein and zeaxanthin, include corn, egg volks and green vegetables and fruits, such as broccoli, green beans, green peas, brussel sprouts, cabbage, kale, collard greens, spinach, lettuce, kiwi and honeydew. Epidemiological data has found a relationship between low plasma concentrations of lutein and zeaxanthin, and

the risk of developing age-related

macular degeneration (AMD). In a multi-center study of 356 subjects all diagnosed with advanced stage AMD, a high dietary intake of carotenoids was associated with a 43% lower risk for AMD compared with those consuming low quantities of



these carotenoids. Lutein and zeaxanthin were

most strongly associated with reduced AMD risk.

Epidemiological evidence show that an increase in lutein and zeaxanthin in the diet are associated with lower risk of cataract development. In one epidemiological study, those found to have the highest intake of lutein and zeaxanthin had a 22% decreased risk of cataract extraction compared with those who consumed the least. Make an appointment with one of our doctors and discuss the benefits of nutritional supplements and risk factors to protect from cataracts and adult onset macular degeneration.

Giving back to the Community

The staff of Davis Eyecare Associates has chosen to give our charitable support to Ronald McDonald House near Advocate Hope Children's Hospital here in Oak Lawn. We invite you to join with us in our many upcoming events.

Ronald McDonald House provides a home away from home for families of children receiving treatment at hospi-

When a child needs special medical treatment, no distance is too great to travel. Nothing can make medicine taste better or take away fear from a sick child. However, it has been shown that family support helps in the healing process.

As Al Roker has said, "in the time of a child's illness, nothing



Join us in giving back to our community by donating to the Ronald McDonald House Charities in Oak Lawn. It provides a "Home away from home" for the families of hospitalized children.

Every cent matters.

RONALD MCDONALD HOUSE®
NEAR ADVOCATE HOPE CHILDREN'S HOSPITAL

DONATOR

is more important than to have the family unit together to support one another".

Joan Kroc has stated "when you change a child's life you change the family's life. You then change the community and on to the world".

We at Davis Eyecare Associates care about your vision, but that is only part of what we do. We care about you, your family, your community. We invite you to join us in our support of Ronald McDonald House and share the care.