

inSight!

SPRING/SUMMER 2013



**South Jersey Eye Associates, P.A.
& South Jersey Eyewear**

205 Laurel Heights Drive
Bridgeton, NJ 08302
856-455-5500 • SouthJerseyEye.com

IN THIS ISSUE:

- Diabetes and Your Eyes
- Answering Questions About LASIK
- Feed Your Eyes!
- Hot Summer Fashions

...and more!



©iStockphoto.com/gpointstudio

If you wish to help save paper and would prefer to have this newsletter emailed, please let us know at info@southjerseyeye.com

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT NO. 118
Pleasantville, NJ
08232

RETURN SERVICE REQUESTED

Treat Your Eyes!



One of the best—and most delicious—ways to care for your family's vision is by serving eye healthy foods that contain plenty of vitamin A, C, and E; fatty acids; beta-carotene

and omega-3. Foods like leafy green vegetables, nuts, carrots, squash, and berries are all great vision boosters.

Chef Robert Irvine, host of the Food Network's *Restaurant: Impossible*, has teamed up with Transitions Optical to share some vision-friendly recipes that will appeal to everyone in the family. Here's a sweet frozen treat that's both nutritious and perfect for the warm weather:

Frozen Blueberry Yogurt Pops

Combine 1 cup blueberry juice, 1 cup of cleaned blueberries, and a 6-ounce container of fat-free vanilla yogurt in a blender. Blend on high until smooth. Pour into freezer molds and insert sticks. Freeze until completely firm.



**For more recipes like these—
and other terrific family eye resources—
visit <http://www.eyedidntknowthat.info/for-parents/family-activities/>.**

Hot Summer Eyewear

Spring is here and summer's just around the corner!



©iStockphoto.com/VILevi

Oil those bike chains, get out the golf clubs, and get ready to stroll the boardwalk with new fabulous sunglasses from our vast array of styles, shapes and colors. We offer everything from RayBan and Oakley to Callaway and Rudy Project. The eyewear fashions are over-the-top this

year with great new designs from Versace, Liz Claiborne, Ann Klein, Dior, and Juicy Couture to name a few.

***Have you ever designed your own sunglasses?
We can show you how!***

Let our experienced opticians put their experience to work for you and protect your eyes from harmful ultraviolet rays and look *summertastic* too.



©iStockphoto.com/mladensky

inSight

South Jersey Eye Associates, P.A.

Patient News

SPRING/SUMMER 2013



**South Jersey
Eye Associates, P.A.**
Eyecare At Its Best

Questions About LASIK

What is LASIK?

LASIK (Laser-Assisted in-situ Keratomileusis) is a surgical procedure in which a laser is used to reshape the cornea and correct a variety of vision problems, including myopia (near-sightedness), hyperopia (farsightedness), and astigmatism (irregular curvature of the

cornea). LASIK is widely regarded as a highly effective and low risk treatment option for these conditions. At SJEA, we utilize the latest wavefront diagnostic technology, which means we have an even more precise and detailed view of your eye for treatment than available in the past.

Does LASIK hurt?

No. LASIK is a painless outpatient procedure that typically requires less than 10 minutes per eye. Many patients experience little or no discomfort afterwards, although some may experience some mild, temporary dryness of the eye. While you won't be able to drive home after the procedure, most of your daily activities can continue without restriction.

How do I know if LASIK is right for me?

The best way to find out is by coming in for an evaluation. Not everybody is a good candidate for LASIK. Our primary concern is that you make an informed decision. While more serious complications from LASIK procedures are quite rare and usually correctable, we will discuss your concerns with you candidly, giving you the information you need to make a confident choice.

**Have more questions about LASIK or other types of eye surgery?
Give us a call at 856.455.5500.**



Diabetes and Your Eyes

According to the American Optometric Association (AOA), every year between 12,000 and 24,000 individuals lose their sight due to diabetes. Many other people with diabetes suffer vision disorders

as a result of the disease. Diabetics have a much greater chance of developing eye diseases, including diabetic retinopathy, which can result in blindness.

One of the best ways for those at risk to protect their vision is to get a comprehensive eye exam at least once a year. Early detection and treatment of diabetic eye disease are critical. The AOA recommends that diabetics contact their doctor if they experience any of the following symptoms.

- Eye pain or pressure
- Sudden blurring or double vision
- Difficulty reading or doing close work
- Dark spots or flashing light in field of vision
- An aura or dark ring around light sources

For more information of diabetic retinopathy and other eye conditions, visit the AOA website at www.aoa.org.

A Proud Partner of Our Community

SJEA is delighted to sponsor local teams, events and educational programs, including...

- The Bridgeton Invitational Baseball Tournament
- Newspapers in Education
- North Cumberland Little League
- Cohansey Soccer Club



©iStockphoto.com/jpbcpa

Spectator Sports Eye Protection!

When you're a spectator at an outdoor sporting event, it can be easy to forget that you're exposing your eyes to potential damage from the sun. Prolonged exposure to the sun without adequate protection can put your eyes at risk. Always wear sunglasses that block 99 to 100% of UV light (both UV-A and UV-B). And remember: *kids' eyes are at higher risk for UV damage than adults'!*

Monday	8:00am - 7:00pm
Tuesday	8:00am - 6:00pm
Wednesday	7:00am - 6:00pm
Thursday	8:00am - 6:00pm
Friday	7:00am - 4:00pm

856-455-5500

24 Hours A Day, 7 Days A Week

Fax: 856-455-5480

SouthJerseyEye.com



Dr. Robert M. Cole, III
Optometric Physician
O.D. License 27 OA 00347300



Dr. Michael A. Feinstein
Optometric Physician
O.D. License 27 OA 00386700

Dr. Harry A. Lebowitz
Ophthalmologist