

inSight!

SPRING/SUMMER 2014



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

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Living with Low Vision

Millions of Americans suffer from the condition known as low vision. The term describes significant visual impairment that is not correctable through surgery, drugs, or standard eyeglasses or contact lenses.



Low vision can be the result of a variety of diseases, disorders, and injuries and range in severity, but it always means a high degree of vision loss that substantially impacts day-to-day life.

The condition presents a whole host of implications and challenges that can vary widely from one individual to the next. SJEA offers low vision care tailored to help our patients deal with the unique circumstances of the condition.

Our own Dr. Brandon Wuzzardo specializes in low vision care, utilizing the latest advances in vision rehabilitation and adaptive equipment to help patients cope with their vision loss and make the most of their remaining eyesight.

To find out more about SJEA's Low Vision Services, contact us at 856.455.5500.

We Value Your Feedback!

Our thanks to those of you who have completed patient satisfaction surveys. We need your help to make your SJEA experience as pleasant, efficient and productive as possible. Your feedback has already helped us reduce wait times!

**Have a question, comment or complaint for us?
Let us know at info@southjerseyeye.com or give us a call at 856.455.5500.**

The Smartest Values in Spring Sports Eyewear

With the return of warm weather, many of you will be heading back outdoors to enjoy your favorite sporting activity. No time like the present to pick up a new pair of sports-specific sunglasses. Whether your sport is golf, tennis, biking, baseball, boating, or shooting, our optical department has the high performance eyewear designed to give your eyes the edge in any light condition.

Why choose SJEA when shopping for eyewear? We offer the best value in both quality and selection—we'll match any of our competitors' prices and we provide a 100% satisfaction guarantee.*

Our experienced opticians are on hand to assist you, but we promise a relaxed "no pressure" shopping experience. Plus, all our plastic lenses come with UV blocking and scratch protection included.

**Visit us today and find
the perfect eyewear
for some fun in the sun!**

*Some restrictions may apply.



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

How Do Aging Eyes Affect Overall Health?



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Researchers at the University of Kansas School of Medicine are investigating a possible link between the aging of the eye and a number of other age-related health concerns, including memory loss, insomnia, and depression. Mounting evidence from their research suggests that as the eye ages it begins to filter out sunlight we need to regulate our bodies' circadian rhythm, also known as the "internal clock".

The disruption of circadian rhythms has wide-ranging impact on the body, leaving an individual vulnerable to any number of ailments. Further research may lead to new advances in the treatment of these conditions. In the meantime, researchers suggest that aging individuals make sure they get their share of bright sunlight or bright indoor light to help the body stay in sync.

What Is Dry Eye?

Dry eye is a common condition that occurs when the eye does not produce sufficient tears or tears of a consistency to adequately lubricate the eyes.

Symptoms may include stinging, burning, and gritty sensations, redness, blurred vision, and periods of excessive tears alternating with periods of dryness. Dry eye can be chronic or temporary and has a wide range of causes, but it is most commonly experienced by older individuals—although it can occur at any age.

While most only suffer from irritation, if left untreated the condition can worsen and can lead to complications and damage to the cornea. The good news is that dry eye is a highly treatable ailment. SJEA is an Accredited Dry Eye Center and we are experienced in diagnosing and treating dry eye.

If you believe you may be suffering from dry eye, contact us today for an exam at 856.455.5500.



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EYES ON COMMUNITY

SJEA Goes to School!

This spring marks the launch of SJEA's School Visit Program! Dr. Wuzzardo will be visiting schools throughout the area and speaking with students from kindergarten through high school about a variety of vision-related topics.

For more information on the program and how you can request a school visit, contact us at 856.455.5500.



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FOCUS ON:

Ophthalmic Plastic Surgery

Ophthalmic plastic surgery, or oculoplastic surgery, is a form of reconstructive and cosmetic surgery that deals exclusively with the areas

around the eye: the eyelids, brows, socket, and tear system.

A highly specialized branch of ophthalmology, ophthalmic plastic surgery addresses abnormalities or disfigurement around the eye stemming from a variety of conditions, including congenital and developmental defects, injury, tumors, and aging.

Dr. Ari Abel, a consulting doctor at SJEA, is one of only about 400 practicing oculoplastic surgeons in the US. A talented and caring physician, Dr. Abel is highly experienced in correcting disorders from drooping eyelids to tumors to orbital fractures.



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