

SKOWRON EYE CARE 370 N. YORK ELMHURST 630-834-6244

SUMMER SUN IS HERE! TIME TO DUST OFF THE SUNGLASSES

Wearing sunglasses can help prevent cataracts, cancer, and eye damage, yet, surprisingly few women avail themselves of sunglass protection. According to Australian researchers who observed people outdoors on sunny or lightly overcast days during one recent ten-year period, they found that only 47 percent of women were wearing sunglasses at any given time. Only about 37 percent of women were observed to be wearing sunglasses during outdoor exercise. It is estimated that less than one-quarter of Americans regularly wear sunglasses. To best protect your eyes, wear sunglasses with labels that say they shield against both UVA and UVB light. Additional protection comes from wearing a wide-brimmed hat. The hat shuts out direct light while sunglasses protect against reflected light.



Remember, too that because UV rays penetrate clouds, it is necessary to wear sunglasses even when it is cloudy!

ALLERGY SEASON AND THE EYES

Spring is here and hopefully, sunshine too! As the weather improves, the more time we spend outside enjoying it. Allergies can be triggered by a number of things and can affect people of all ages. Allergies can be triggered by: pollen, grass, trees, ragweed, and mold, just to name a few. The number one tip is to avoid the trigger if at all possible. Often, people use "over the counter" allergy eye drops to ease their symptoms. For mild cases, this is suitable, but be sure you know what you are using. Opcon-A™ or Visine™ are drops that reduce redness temporarily but don't resolve the problem. The antihistamine, which cures the itching, is very weak in these preparations and over use can make the problem worse. The best OTC preparations are combination drops known as Zaditor™ or Alaway™. When cool compresses and OTC drops aren't enough, your doctor at Skowron Eye Care can prescribe anti-inflammatory drops such as Alrex™ for unexpected flare-ups, or Pataday™, a drop used once daily to control chronic allergy symptoms.





SPECIAL SPRING AND SUMMER SAVINGS OFFER

Spring and summer weather means we'll all be outdoors more. It is important to protect your baby blues, greens, browns, hazels or whatever beautiful eyes you have from the damaging ultra-violet rays from the sun. Come in for an eye exam, or even if you've had an exam with us within the last 12 months, and we'll give you 20% off of a new pair of prescription or non-prescription sunglasses.



Offer not valid with insurance plans. It does not apply to our "\$89 special" selection of eyewear. This offer expires September 15, 2009



FDA APPROVES MEDICATION TO GROW EYELASHES

Medications often can have side effects. Usually, they are not wanted or pleasant ones, but occasionally, an unexpected side effect turns out to be a beneficial one that leads to a new indication for a drug. LUMIGAN, an often prescribed eye drop for the treatment of glaucoma, a potentially vision threatening disease of the eye, has been found to make eye lashes grow! Actually, some of our patients have noticed this consequence with the use of their glaucoma medication. The medication is being renamed and marketed as "Latisse" to be prescribed to grow those long, luscious eye lashes. It can take four to sixteen weeks of continuous use to achieve the maximum effect. Lashes will be longer, thicker and darker. Move over Botox!