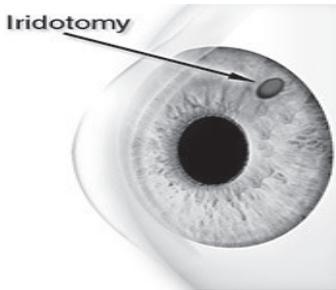


SKOWRON EYE CARE 370 N. YORK ELMHURST 630-834-6244

EARLY DIAGNOSIS OF NARROW ANGLES IMPORTANT

When you come to Skowron Eye Care for an eye exam, you get much more than just a prescription for glasses or contact lenses. You receive a very thorough eye health examination. One of the things our doctors look for is a condition called narrow angles. The angle is a channel where the iris (colored part) and cornea come together. This channel allows the aqueous fluid to naturally drain from the eye. If this angle is too narrow, the pressure of the fluid in your eye can cause a very serious condition called angle-closure glaucoma. It is painful and can cause blindness within 24 hours. If your routine exam determines you have narrow angles, it is prudent to treat it on a non-emergent basis. There is a procedure called laser peripheral iridotomy (LPI). A laser is used to create a small



hole in the iris, restoring the flow of fluid to the front of the eye. It is a safe and effective procedure when diagnosed early. It can save your eyesight! So, it's another good reason to have regular eye examinations even if you have perfect vision or haven't noticed any changes in your prescription. Come and see us at Skowron Eye Care. You will get the best eye care anywhere-guaranteed!

PROTECTING OUR CHILDREN'S EYES

Children are not immune to the risk of ocular damage from UV radiation. They typically spend more time outdoors in the sunlight than adults. Even in the fall and winter months. Think of the glare off of freshly fallen snow on a day of sledding! Solar radiation damage to the eye is cumulative, so it is important to protect the eyes of children against UV radiation. Besides sunglasses, a brimmed hat or cap can certainly help with this. When purchasing sunglasses for a child, the lenses should be made of polycarbonate or trivex material for impact protection.



VITAMINS FOR THE EYES

Our eyesight is a very precious commodity. Fortunately, studies have found that there are vitamins and foods that provide health and medical benefits, **including the prevention and treatment of eye diseases** such as macular degeneration, cataracts, or dry eye. There was a famous study called AREDS (age-related eye disease study) that concluded that vitamins with certain ingredients can actually slow the progression of macular degeneration. There are even vitamins for chronic dry eye. Lutein and zinc are essential for eye health. These vitamins are found naturally in foods like fruits and green vegetables, but there are several supplements on the market today which consist of vitamins to help you improve or maintain your eye health. Our doctors at Skowron Eye Care can talk to you about if you should take these and which would be appropriate for you, based on your eye and medical history. Also, check out our website, www.skowroneyecare.com anytime for more information!



CONTACT LENS UPDATE

Silicone Hydrogel lenses are the latest development in soft contact lens materials. They are healthier than conventional soft lenses because they allow up to 6 times more oxygen to pass through them, which results in better overall eye health. Advantages of silicone hydrogel lenses over conventional soft lenses include: more resistance to protein deposits, less drying of the lenses, lower risk of eye infection and easier handling. Schedule an appointment today with one of our four doctors to assure you are wearing the best contact lenses for your eyes! We have appointments available to fit most everyone's busy schedule. Give us a call at 630-834-6244 or visit us at WWW.SKOWRONEYECARE.COM SOON!



- **LASTLY, WISHING A HAPPY HOLIDAY SEASON TO ONE AND ALL** -
FROM ALL OF US AT SKOWRON EYE CARE