

NOW IS THE TIME OF YEAR TO USE YOUR FLEX PLAN DOLLARS!

The end of the calendar year will soon be here, so it's time to think about your flexible spending account. Any existing money in your account can be used to pay for an eye health and vision examination, or to purchase a new pair of glasses, prescription sunglasses, or contact lenses. Use it or lose it!



– all purchases and appointments must be completed by December 31st to qualify for reimbursement.

Expansion UPDATE!!

Our building renovation is in progress and will be completed early in 2023! Thank you for your patience during this hectic, but exciting time. We are so fortunate to be able to remain open to serve our patients and look forward to the new opportunities and experiences our expansion will bring!

NIGHT VISION

The days are getting shorter, you can't see objects quite as clearly as you used to when driving at night, and it makes you anxious to get home before dark. Issues with night vision are not something to ignore as your eyes are telling you something isn't quite right. Several conditions can affect your night vision:

***Age-Related Macular Degeneration** causes blurring, especially in the center of your vision, which causes trouble seeing details clearly. This problem is magnified by darkness.

***Nearsighted people** often experience poor night vision when their prescription needs have changed. It may not be as noticeable during the day, but darkness can aggravate the condition. Often, a stronger prescription can eliminate the problem.

***Cataracts** occur when the clear lens of your eye becomes cloudy. You may notice glare around headlights and other light sources which may make driving difficult. Surgery can often correct this issue.

Caring for Our Children's Eyes

The American Optometric Association recommends eye exams by a qualified eye doctor at six months old, three years old, and again before a child starts school. An "eye chart" screening is not enough. A comprehensive eye exam from an optometrist can change a child's life, allowing him/her to see better in school and learn more easily.



Early diagnosis of eye and vision problems in children can prevent vision loss, and prompt treatment can correct vision disorders that could interfere with normal development.

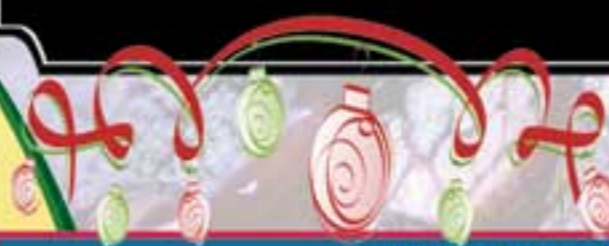
Vision disorders that are treatable when detected by an eye exam in early childhood include:

***Amblyopia** or "lazy eye", is reduced vision in an otherwise healthy eye due to lack of use. When diagnosed early, it is highly treatable. Lack of early detection has made amblyopia the leading cause of vision loss in Americans under the age of 45.

***Strabismus** occurs when one or both eyes turn in, out, up or down, and is usually caused by poor eye muscle control. Signs of strabismus usually appear before 21 months old but can develop as late as age six. When begun early, treatment for strabismus has excellent results.

OFFICE HOURS:

Monday, Tuesday, Wednesday, Friday : 8:00a-5:00p
Thursday : 9:00a-5:00p



HOLIDAY HOURS

HAPPY THANKSGIVING!!

Closed: Thursday & Friday November 24th and 25th

MERRY CHRISTMAS: Closed - Monday December 26th

HAPPY NEW YEAR: Closed - Friday December 30th

Please Review Us! ★★★★★



We love to hear how we did! It is so important to us and we are proud to receive your Google reviews. Thank you for taking the time to write one!

Fun Animal Eye Facts



*A dragonfly has 30,000 lenses in its eyes, assisting it with motion detection and making it very difficult for a predator to kill.

*Dogs can't distinguish between red and green.

*An ostrich's eye is larger than its brain.

*Guinea pigs are born with their eyes open.

* A shark has a cornea most similar to the human cornea.

* Camels have three eyelids! This is to protect their eyes from sand blowing in the desert.

* Most hamsters only blink one eye at a time.

* Goats have rectangular pupils to give them a wide field of vision.

* Dolphins sleep with one eye open.

Keep Your Eyes Young!



To keep your eyes young, attractive, and healthy, try your best to AVOID these bad habits:

RUBBING YOUR EYES > The skin around your eyes is very delicate and often one of the first areas to show signs of premature aging. Tugging at your eyelids can cause tiny blood vessels to break as well as cause dark under eye circles and crow's feet. Rubbing your eyes can also cause infection and painful abrasions.

SMOKING > Smoking harms nearly every organ in your body, including your eyes. Quitting smoking can reduce your risk for cataracts, macular degeneration, dry eyes, and optic nerve damage.

Poor Eating Habits > Nutrition plays a key role in the health of your eyes. Filling your diet with leafy greens, colorful fruits and vegetables, and oily fish such as salmon, will give you antioxidants, omega3's, as well as vitamins and minerals to alleviate the symptoms of many age-related eye diseases.

Not Wearing Sunglasses > Ultraviolet rays and extended sun exposure can harm your eyes and lead to eye diseases such as macular degeneration, cataracts, and cancer of the eyelid. Always wear sunglasses that block 100% of UV rays, even on cloudy days.

Getting Too Little Sleep > Your body needs down time to replace and rebuild cells, and not enough quality sleep can accelerate the aging process – especially around the eyes. In addition to causing bloodshot, puffy eyes and dark under eye circles, chronic lack of sleep can also lead to dry eye syndrome and blurry vision.

Not Having Regular Eye Exams > Regular eye exams can detect vision problems, eye diseases, and general health problems, even before symptoms occur. Sight threatening eye diseases such as macular degeneration and glaucoma often have no warning signs.

If it's been a while since your last comprehensive eye exam, schedule an appointment with Dr. Beyer or Dr. Wilkins today!