

Vision & Health

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A Digest of Helpful Vision Care and Preventive Medicine News

In This Issue: *Balancing Life and Work* *
Foods That Help Fight Inflammation * and more.

Balancing Life and Work

At one time or another, nearly everyone struggles to balance the demands of work and family. Work isn't necessarily associated with a career – it can be volunteer work, or tasks associated with a hobby or passion. And family can be a spouse, siblings, a much-loved pet or an aging parent.



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Foods That Help Fight Inflammation

Acute inflammation is a normal and healthy part of the body's immune response; it is needed for healing an injury or fighting an infection. However, chronic inflammation inside our body diminishes our body's ability to repair itself.

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Antioxidant Rich Chocolate Cherry Sunrise

The eyes are highly metabolically active. In fact, the retina has the highest metabolic rate of any tissue in the body and is therefore vulnerable to oxidative injury. The most notable antioxidants which help to support the eye are vitamin C, vitamin E, the carotenoids lutein and zeaxanthin, selenium and phytonutrients.



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Advanced Eye Care Specialists

Steven Demko, O.D.



Request an Appointment:
2055 Route 611
Swiftwater, PA 18370

570-839-2221

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Swiftwater, PA 18370

570-839-2221



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2055 Route 611
Swiftwater, PA 18370

570-839-2221

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