

SEE WHAT COULD BE™
 WITH HYDRACLEAR® PLUS
 BRAND CONTACT LENSES
QASYS
 ACUVUE®

775 Main Street Stratford, CT 06615



ACUVUE®
 BRAND CONTACT LENSES
 SEE WHAT COULD BE™

Family Vision



**775 Main Street
 Stratford, CT 06615**
Phone: 203.377.2020
Web: FamilyVisionCenters.net

Family Vision Center is the only private optometric practice in Connecticut with a full service lab on the premises and we carry over 2,000 frames in our optical dispensary. We are also one of the largest contact lens practices and offer a FREE trial pair of contacts to anyone who sees us for a contact lens fitting as well as a 10% discount to those who purchase an annual supply of disposable contact lenses. We offer state-of-the-art equipment and can diagnose & treat many eye diseases. Last year, we purchased a Fundus camera and upgraded our Retinal Scanning Machine – they are used to help diagnose & treat many eye diseases. Early detection will lead to better visual outcomes!

Check out our ecommerce website at www.FamVision.com to view the lowest prices on ACUVUE® Brand Contact Lenses.

The majority of respondents report that they wear their lenses two weeks, one month or longer. As contact lenses age, they accumulate deposits that may impact the ocular surface. Certain care systems contain preservatives which may further intensify discomfort for some allergy sufferers.

Daily disposable contact lenses can help reduce the discomfort of the contact lens-allergy combination. By putting in a clean, fresh lens every day, daily disposable contacts minimize the potential impact of allergens and irritants that can often accumulate with repeated use of the same pair of lenses.

To help allergy sufferers better understand and manage their condition, AAFA offers a free educational brochure titled "Eye Health and Allergies." The brochure, which also includes smart allergy season strategies for contact lens wearers, can be viewed or downloaded at www.aafa.org/eyeallergies.

Increased Use of Computers, Portable Gadgets Leading to More Visual Fatigue and Discomfort

Studies have found that the majority of people who work at a computer experience some eye or vision problems, and that the level of discomfort appears to increase with the amount of computer use. But, increased use of smaller, portable work and recreational gadgets such as Personal Digital Assistants, laptops, and cell phones used for text messaging and Web access may also be contributing factors to the visual fatigue and discomfort experienced by millions, according to a leading expert.



Staring at a computer monitor or the small screens on most devices can lead to a variety of ailments, including headaches, eyestrain, blurred vision, dry and irritated eyes, neck and/or backache, and sensitivity to light. Eye stress and

Contact Lens Wearers Seek Relief from Spring Allergies

For millions of Americans, the arrival of Spring brings with it eye allergy symptoms such as itching, tearing, and redness. Eye allergies affect one in every five individuals and are among the most common reasons that people consult various health care professionals for advice on possible treatment and management.

While eye allergy symptoms are a year-round problem, about 67 percent of allergy sufferers, say that Spring is the time of year when eye allergy symptoms are worst, according to a recent survey conducted by the Asthma & Allergy Foundation of America (AAFA). For respondents who wear contact lenses, Spring is particularly frustrating as nearly half (45%) say that their eye-related allergy problems often prevent them from wearing their contacts.



Is your day interrupted by uncomfortable contact lenses making your **eyes feel tired and dry?**



ACUVUE®
QASYS®
 BRAND CONTACT LENSES
 WITH HYDRACLEAR® PLUS

Keeps your eyes feeling moist,
 almost like you're not wearing contacts at all.



SEE WHAT COULD BE™

Go to askforacuvue.com to get a **FREE* TRIAL PAIR CERTIFICATE** for ACUVUE® Brand Contact Lenses

*Professional exam and fitting fees not included. Valid only with participating eye care professionals while supplies last.

strain may be caused by a combination of individual visual problems, improper viewing habits, and poor environmental conditions, such as glare, improper workstation set up, dirty screens, poor lighting and viewing angles.

Many potential eye and/or vision problems can be reduced or eliminated by appropriate adjustment and placement of computer monitors, lighting control, good preventive vision care habits, and regular professional eye care.

Here's some advice to help prevent or reduce the development of vision-related problems...

- **REDUCE GLARE** – No matter where your computer is relative to a window, adjustable shades, curtains or blinds should be used to effectively control light levels throughout the day. Avoid facing an un-shaded window since the difference in brightness between the screen and the area behind it may cause eye stress and discomfort.
- **CHECK YOUR CONTACTS** – When working at a computer, people spend a lot of time concentrating and blink less frequently - about three times less than normally, according to studies. Computer work is particularly stressful for contact lens wearers. Long non-blinking phases may cause the surface of contact lenses to dry out, which can lead to discomfort and a loss of visual clarity.
- **ADJUST YOUR MONITOR** – For maximum eye comfort, place the center of the screen five to nine inches below your horizontal line of sight. You should be looking just over the top of the monitor in your straight-ahead gaze.
- **TAKE A BREAK** – Follow the 20/20/20 rule. Take a 20-second break every 20 minutes. Focus your eyes on points at least 20 feet from your terminal. Keep your eyes moving while looking at objects at various distances.
- **CONSULT YOUR EYE CARE PROFESSIONAL** – If, at any time, you experience any vision problems or discomfort, talk to your eye care professional.

For tips on how to help reduce the development of vision-related problems, take the "Eye Q's and Views" quiz at www.computerquiz.jnjvision.com.



Two Free Resources Offer Parents Advice, Insight on the Role of Vision in Children's Performance

Healthy Eyes for Peak Performance



To help parents who have an interest in seeing children perform their best, the American Optometric Association (AOA) Sports Vision Section and Safe Kids Worldwide® offer a free educational brochure, titled *Healthy Eyes for Peak Performance*.

The brochure offers practical advice on how to maintain children's healthy vision, including information on the importance of regular eye exams, the harmful effects of extended exposure to the sun, and the necessity of protective eyewear during sports activities.

Healthy Eyes for Peak Performance can be viewed or downloaded at, www.aoa.org/performance.xml.

Fast Facts for Your Health: Contact Lenses for Children

To help parents better understand options and benefits for fitting children in contacts, HealthyWomen, the leading independent health information source for women, offers a free educational resource, *Fast Facts for Your Health: Contact Lenses for Children*.

A growing body of research demonstrates that contact lenses provide significant benefits to children beyond correcting their vision and that some children are capable of wearing and caring for their lenses. Studies have shown that children who wear contacts feel better about their physical appearance, athletic ability and social acceptance compared with kids who wear glasses.

Fast Facts for Your Health: Contact Lenses for Children offers guidance on how parents and eye-care professionals can decide if a child is ready to take on the responsibility of contact lenses. *Fast Facts for Your Health: Contact Lenses for Children* can be viewed or downloaded at www.healthywomen.org/children-and-contacts.

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ACUMINDER™ Helping to Change Contact Lens Wearing Behavior

Forgetting which day to change their contacts is most commonly cited by wearers as the reason for not changing them as instructed. However, according to a new survey of contact lens wearers, ACUMINDER™, a complimentary online reminder tool, is helping them change their behavior.

Since its launch in 2007, nearly 40,000 contact lens wearers have registered for the free service (www.acuminder.com) which sends an automatic reminder via e-mail and/or cell phone text message on when to change contact lenses, and can now also prompt wearers on when to buy new contacts and when to schedule an eye exam.

Nearly 700 ACUMINDER™ users recently responded to a questionnaire about their contact lens wearing habits. Virtually all (95 percent) said they find the reminder tool useful in helping them remember when to change their lenses, with two-thirds (66 percent) noting that it has improved their contact lens replacement.

Prior to enrolling in ACUMINDER™, 40 percent of survey respondents who wear two-week lenses self-reported that they changed their lenses at or less than every 14 days (average wear time: 19.9 days), Since using the reminder, 76 percent say they now change their lenses at or less than every 14 days (average days worn = 14.7). ●

Go to askforacuvue.com to get a

FREE* TRIAL PAIR
CERTIFICATE FOR ACUVUE® BRAND CONTACT LENSES.

1•DAY Starts Today.
1•DAY ACUVUE® MOIST® Brand Contact Lenses.

No cleaning, no hassle. Give them a fresh pair every day, so they can feel comfortable and confident.

*Professional exam and fitting fees not included. Valid only with participating eye care professionals while supplies last.

Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit Acuvue.com. The costs of preparing this newsletter were paid by Johnson & Johnson Vision Care, Inc.

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Family Vision Center Offers Our Patients Full Eye Care Services

Monday, Tuesday, & Friday 9:00am – 6:00pm
Thursday 9:30am – 7:30pm
Saturday 9:00am – 2:00pm
Closed Wednesday & Sunday