

My eyes have the right
**To feel refreshed,
 in the blink of an eye**
 To feel great wearing contacts
 All day long

No one deserves dry, irritated eyes from wearing contact lenses. Feel the all-day refreshing comfort of NEW DAILIES® AquaComfort Plus™. The ONLY contact lens brand with blink-activated moisture. DAILIES AquaComfort Plus refreshes with every blink by releasing a moisturizing agent throughout the day—for all day comfort.

GET A FREE* TRIAL and find out more at DAILIES.com

* Eye exam may be required. Professional fees may apply. All participating offices.
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visit us on the website at www.familyvisioncenters.net

Office Hours
 Mon 9A - 6P
 Tues 9A - 6P
 Wed Closed
 Thurs 9:30A - 7:30P
 Fri 9A - 6P
 Sat 9A - 2P
 Sun Closed

775 Main Street
 Stratford, CT 06615
 T 203 377 2020

101 Boston Avenue
 Bridgeport, CT 06610
 T 203 333 2020



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Family Vision Center

Dr. Shawn Burns + Dr. Lorraine Fedyna
 775 Main Street
 Stratford, Connecticut 06615
 T 203 377 2020

Dr. Michael Gorman + Dr. Helen Ambizas
 101 Boston Avenue
 Bridgeport, Connecticut 06610
 T 203 333 2020

Winter 2009/2010 www.familyvisioncenters.net

Family Vision Center celebrates 45 years in business.

We are happy to announce that Family Vision Center has been in business for over 45 years. We opened our first office in Bridgeport in 1964. The success led to the opening of our Stratford location in 1985. Our offices have evolved over the years and have led us to keep up with the latest technology available.

What has led to our success you may wonder? Here are ten reasons why we are celebrating 45 years later:

- 1 | Both offices have labs on the premises and our Stratford location has a full service lab. Which means all lenses that need to be surfaced (ie: bifocals, sunsensors) can be produced there. Our turnaround time for your glasses is quick and many times they can be made the same day (if it's not required to be sent out for insurance purposes). This is of great value to patients who need something quickly. Most of our competitors send out their work & it takes a couple of weeks before your glasses are ready.**
- 2 | We stock high quality lenses, at a low price. All of our single vision lenses are polycarbonate, which is a high quality, shatter resistant lens (You pay extra for those things elsewhere).**
- 3 | We are one of the largest contact lens practices in the state. We carry all major brands of contacts and offer the newest products sooner than any other suppliers. We have trial contacts at both of our locations and always stock our most popular brands. So whether you are getting a new fitting or just stocking up on your annual supply, we have you covered.**

4 | When you purchase an annual supply of disposable contacts, we give you a 10% discount, free sample of solution, offer free shipping to your home, office or school and a rebate.

5 | We offer an ecommerce website for added convenience to purchase your contacts 24/7 at www.FamVision.com. Our prices are extremely competitive (and we beat that 1-800 website).

6 | We have a large frame selection to choose from. Including the following brands: Coach, Nautica, Flexon, Kenneth Cole, Juicy Couture, Bebe, Timberland, RayBan, Ed Hardy, Nike, and more.

7 | You will find our staff to be friendly and knowledgeable. All our opticians are either licensed or apprenticed.

8 | All of our doctors are able to diagnose and treat eye diseases.

9 | Our motto is, "Where Quality is Affordable". Family Vision Center has been able to uphold our motto in every way. You will find we have the best pricing around for the services you receive. We believe in providing you with estimated prices prior to your appointment, so there are no surprises at the time of your examination.

10 | We accept most insurances.

There is definitely a reason we have been in business for so long. We believe in providing excellent eye care for you and your family. Thank you for your business, we look forward to "seeing" you again soon!

Check out our office website at www.familyvisioncenters.net and sign up for our newsletters and receive promotions.

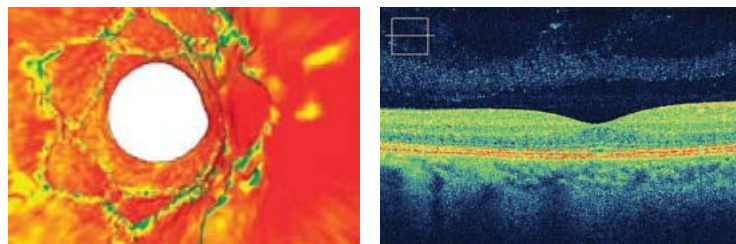
Above | The front office staff in our bridgeport location.

FVC upgrades OCT, Taking vision into high definition.

Family Vision Center in Stratford has recently upgraded our OCT (Optical Coherence Tomography) instruments from the Stratus to the Cirrus. The Cirrus is the newest OCT in the market. Creator Carl Zeiss Meditec latest technology offers high definition imaging advancements of the inside of the eye.



Above | OCT (Optical Coherence Tomography) instrument.



Above | Detail Images of the eye produced from the OCT. Courtesy | Carl Zeiss Meditec, Inc.

The OCT machine is the premiere instrument for imaging Glaucoma, Macular Degeneration, Diabetic Retinal Disease, and any macular abnormalities. It is fast, easy, painless and extremely helpful in taking care of patients' eye conditions. The test only takes about 5-10 minutes to complete.

We are glad to be one of the few Optometry practices in the state to offer this service to you in both our Stratford and Bridgeport locations.

Our doctors will determine if you are a candidate to have this test done. In most cases, insurances cover for these tests, but requires an additional visit from your routine eye examination.

For more information, please ask the staff at Family Vision Center.

Dry eye after Menopause.

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Studies show that more than 14% of older Americans have dry eye syndrome, or "dry eye." If you are female 50 years of age or greater, your chance of developing dry eye is even greater. In fact, the American Academy of Ophthalmology says hormonal changes make older women twice as likely as older men to develop dry eye and accompanying symptoms such as eye irritation and blurred vision.

Women who have undergone menopause may experience disrupted chemical signals that help maintain a stable tear film. Resulting inflammation that can lead to decreased tear production and dry eye. Some theories indicate that a decline in a hormone known as androgen could be an underlying cause of dry eye in older women.

What Can You Do if You Are Older and Develop Dry Eye?

While levels of the female hormone estrogen decreases following menopause, studies have not shown any beneficial effect of estrogen hormone replacement therapy (HRT) in relieving dry eye.

If you are over age 40 and have been diagnosed with dry eye, you may want to avoid laser vision correction surgery. Procedures such as LASIK and PRK can permanently affect nerve function of your eye's clear surface (cornea) and worsen dry eye problems. If you choose to have a refractive surgery consultation, be sure to tell your examining eye doctor about your dry eye condition. Your doctor can perform special tests to determine if your eyes are moist enough for laser vision correction.

If you have already been diagnosed with dry eyes, make sure you are being appropriately treated for other conditions associated with both aging and dry eye such as rheumatoid arthritis and thyroid autoimmune disease.

Also, keep in mind that many medications required by adults over age 40 may cause or worsen dry eye problems. Examples include diuretics (often prescribed for heart conditions) and antidepressants. If you suspect a medication may be the underlying cause of your dry eye, be sure to discuss



If you are female 50 years of age or greater, your chance of developing dry eye is even greater.

this with your doctor. It's possible that changing to a different medical treatment may be equally effective without causing dry eye problems. Also, concurrent treatment of your dry eye may be necessary.

Finally, it's possible that allergies or other problems that cause eye inflammation may be the underlying cause of your dry eye symptoms. Your eye doctor may recommend over-the-counter or prescription eye drops to relieve both your eye allergies and inflammatory dry eye problems.

For more information on treating dry eyes, visit All About Vision®.

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Offer cannot be combined with any other discount, coupon or insurance plan.

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Vision Center**

FREE SHIPPING

free standard shipping on contact lens orders over \$99 @ famvision.com