



January Newsletter



Ask The Doctor: Alex Schaffer, O.D.



What is Dry Eye?

“Dry eye occurs when our eyes do not produce enough tears, or the tears produced do not have the normal chemical makeup to lubricate our eyes properly. Dry eye symptoms include: scratchy, gritty, burning sensation, excessive watering, itching, redness, increased sensitivity to light, and fluctuation in the quality of your vision. Normally, the body produces two types of tears. Lubricating tears help keep your eyes moist, and help fight infection. The tear film contains layers of fluid, mucus, and oil. Dry eye can occur when any one of these layers do not contain the necessary nutrients.”



HAPPY NEW YEAR
FROM OUR FAMILY TO
YOURS!





How to subside "Winter Eyes"



During the winter months many patients complain that their eyes feel uncomfortably dry and irritated. This common condition may be caused by the drying effects of indoor heat, and the lack of humidity in the outside air. Relief is usually accomplished with the use of over-the-counter lubricating eye drops. When over-the-counter therapy is not sufficient for relief, a prescription medication such as: Restasis Eye Drops or Xiidra Eye Drops which may be necessary to repair your tear film. There is also a vitamin supplement called Hydroeye, available in our office for purchase, which improves your tear function as well!

Ask your eye doctor today about which Dry Eye Therapy would be beneficial for you!



What Dr. Basilice's Wife, Dahna, Knows For Sure:

"The past hold so much regrets, the future holds so much promise.

The New Year is the best time to steer toward the future."



Did you know?

Snow Reflects Almost 80% of UV Radiation! Make sure to protect your eyes with Polarized Sunglasses – Even throughout the winter months!

Sight Gags by Scott Lee, O.D.



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