



Vincent P. Basilice, M.D., P.C – *Medical Director*
Michael S. Conners, M.D., Ph.D.
Alexander J. Llinas, M.D., Ph.D.
Alex J. Schaffer, O.D.



Monthly Newsletter

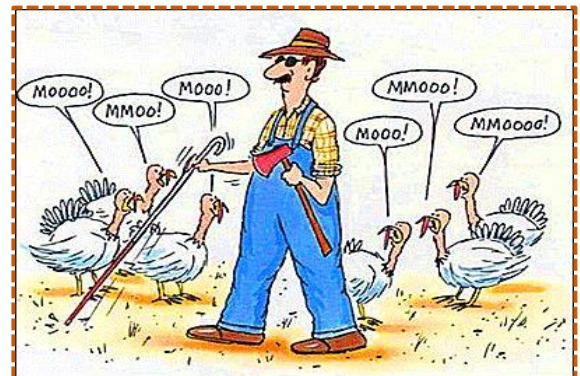
Ask The Doctor: Alexander Llinas, M.D., PhD

What is Glaucoma and how do I know if I have it?



“Glaucoma is a disease of the eye that causes a buildup of pressure inside the eye. There are many types of glaucoma, but the two most common are due to a blockage of the drainage system, linked to cataracts, or a breakdown of the drainage system itself. These conditions are more common in people over the age of 45, and are treated with drops or surgery, sometimes even both. There may be no symptoms until the vision is permanently lost - which is why it is important to have your eyes, or intraocular pressure checked annually! Especially if you have a family history of Glaucoma and/or cataracts.”

HAPPY
THANKSGIVING
FROM OUR
FAMILY TO
YOURS!





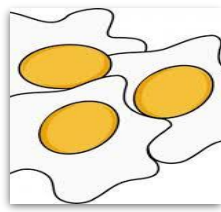
Now that we are approaching Thanksgiving, it is important to make healthy food choices. These following foods are healthy, as well as beneficial to your eyes!



Leafy Greens: High in Lutein & Zeaxanthin. Two nutrients found to help delay Macular Degeneration.



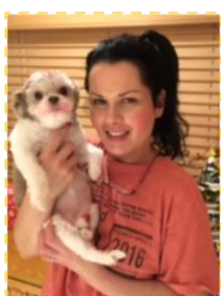
Berries: High in Vitamin C, and Antioxidants which can delay aging progression of Macular Degeneration.



Protein Sources: Such as Eggs, Almonds, and Beans - which are all high in Vitamin C and Vitamin E and can keep healthy eye tissue strong.



Fatty Fish: Such as Tuna, or Salmon can help subside issues with severe dry eye.



What Dr. Basilice's Wife, Dahna Knows For Sure:
 "Fools stand on their island opportunities and look toward another land." -Henry David Thoreau-
 "In other words: The grass isn't greener. We all live on the same sod."

Happy Birthday to those celebrating in November - along with our Staff members: Michael, and Gavriella!

DID YOU KNOW?
 Wild turkeys can see 3 times better than humans during the day, but have worse night vision!

