

November



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What is the right way to instill eye drops?

“Having issues instilling drops in your eyes? Blinking many times after putting drops in your eyes can cause you to lose about 50% of the medication, which should be absorbed into the eye for proper eye drop therapy.

- 1) Gently pull down your lower eye lid, placing your index finger on your top cheek bone (do not press into lower eye lid) looking directly into a mirror (DO NOT look up to the ceiling and place head back while instilling the eye drop)
- 2) Use your other hand (dominant hand) to place eye drop into "the pocket" of the lower eye lid
- 3) When eye drop is instilled, GENTLY close your eye and leave your eye closed for 2-3 minutes
- 4) Gently open your eye and repeat if you are on multiple eye medications.

Following these proper instructions will allow your eye to absorb all of the medication, allowing your eye drop therapy to become more effective.”



Did you know...



All the blinking you do in one day is equal to having your eyes closed for 30 minutes



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.”



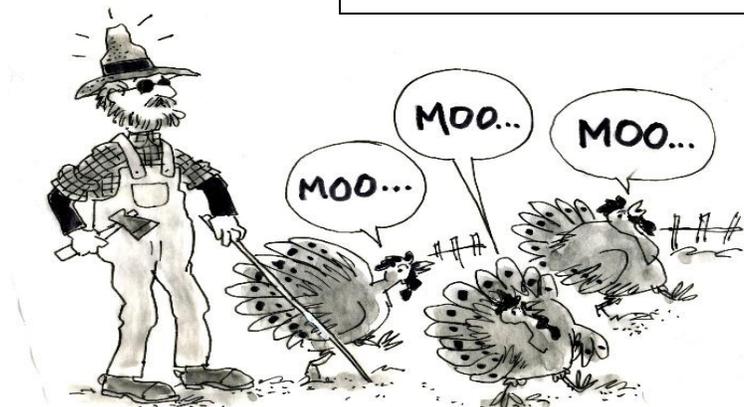
Turkey Vision and other Important Gobbler Facts:

They have flattened corneas but no corrective lenses are needed here. Wild turkeys have superb daytime vision in color. In fact, their vision is three-times better than humans, and they can track you with 270-degree vision.



What Dr. Basilice's wife, Dahna, knows for sure:

“Not what we say about our blessings, but how we use them, is the true meaning of our Thanksgiving.”



The Ophthalmic Center is proud to offer complete eye care for the entire family with specialists on staff in glaucoma; corneal and retinal disease; refractive laser cataract surgery; laser vision correction as well as general ophthalmology.