

JANUARY

TOC Eye
The Ophthalmic Center

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How to Maintain Healthy Winter Vision:

Although the cold, dry air of winter may not be ideal for optimal vision health, there are plenty of solutions to keep your eyes clear, comfortable, and healthy, such as:

- **Keep your eyes moist.** Placing houseplants or a humidifier in your home can drastically improve dry indoor air conditions. Moisturizing eye drops can relieve dry eyes as well. Feel free to ask your Vision Source® optometrist which drops would be right for you.
- **Wear sunglasses in the winter.** Choose sunglasses with UV protection to ensure your vision is safe from snow-reflected sunshine.
- **Consider wearing eyeglasses more frequently than contact lenses.** Regular eyeglasses do a better job of protecting your eyes from the cold winter winds and can even help hold heat and moisture close to the eyes.

Happy New Year

Reasons to wear sunglasses in the winter:

- 1) Sunglasses reduce glare:
- 2) Sunglasses Protect from Harmful UV Rays
- 3) Sunglasses Protect Eyes from Wind, Dust and Debris
- 4) Sunglasses Reduce Headaches and Eyestrain
- 5) Sunglasses in Winter Improve Vision





*Ask the Doctor: Dr. Michael Conners,
M.D., Ph. D.*

“My eyes are always red and I use Visine to whiten them. I was told at my last visit that I shouldn’t use Visine, can you explain why?”

Visine Eye drops are great at constricting the blood vessels in your eye so that they appear whiter! Unfortunately, that’s about all they do. Eyes become red for a reason and it is important to not only find out why, but to treat that reason appropriately. Red eyes can be an indication of dry eyes, allergies, or sometimes even an infection. While Visine helps with the appearance of your red eyes; it does not eliminate the cause. Furthermore, your eye can become dependent on using Visine, and they become even redder when you stop using the drug-causing a vicious cycle of redness and Visine use.

If you use Visine or other similar eye drops chronically it is important to tell your eye doctor so that they can appropriately treat you for the condition that is causing the red eyes!



Did you know?

Polar bears have a third eyelid that helps filter UV light.



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

“Create a life you don’t need a vacation from.”

-Nickonken-

