



*Paye*

# Eye Care Center s.c.

*"A Reputation For Excellence"*

Fall 2011

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## Vision plan benefits about to expire!

**Have you met your deductible?** Do you know most medical plans cover an eye-health exam each year?

The American Optometric Association recommends that everyone have regularly scheduled eye-health exams to detect early signs of **eye disease**. Unfortunately, many eye disorders develop gradually and have **no immediate symptoms**, which is why they should be detected early to prevent **serious vision loss**.

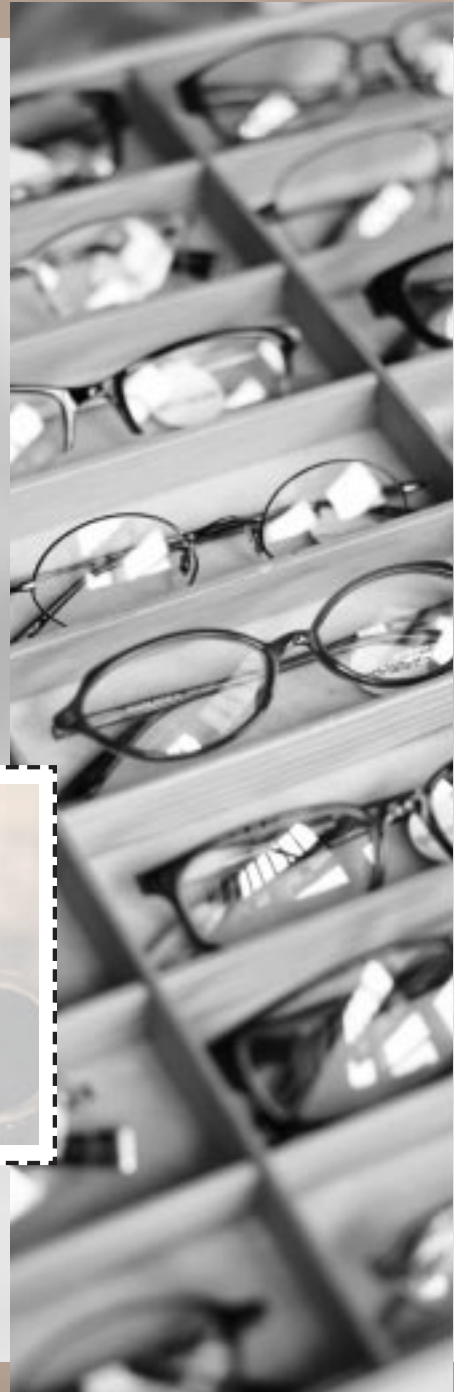
If it has been over a year since your last comprehensive eye-health exam, the doctor recommends that you should be seen this year. If you have vision or flex plan benefits left, they may be expiring December 31, 2011.

If you are eligible for vision-plan or health-care benefits, we will schedule your visit before your deductible starts over.

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One coupon per person per visit. Not valid on any other offer.  
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# FEED THE EYES

**Our diet affects more than our weight and heart/cardiovascular health.** It can also have an effect on our eyes. Make sure you include the following in your diet to maintain optimum eye health:

## Vitamin A

A lack of vitamin A can lead to night vision problems and also cause severe dry eyes, which can result in eye infections and vision loss. Research seems to indicate that vitamin A can lower your risk for developing macular degeneration and cataracts later in life. It also strengthens your immune system, which can help fend off infections such as pinkeye.

SOURCES: *milk, eggs, beef or chicken liver, cod liver oil*

## Vitamin C

Vitamin C can help reduce your risk of cataracts and macular degeneration.

SOURCES: *oranges, lemons, red and green bell peppers, grapefruit, strawberries, broccoli, kale*

## Vitamin E

This vitamin can aid in maintaining good vision by lessening the risk of cataracts and macular degeneration.

SOURCES: *sunflower seeds, almonds, peanut butter, spinach, avocados, olive oil, whole grains, corn*



## Carotenoids

Carotenoids are the yellow, red, and orange pigments in fruits and vegetables. They can help ward off macular degeneration and cataracts. There are several kinds of carotenoids: pro-vitamin A carotenoids, which are converted to vitamin A by the body; lutein and zeaxanthin, which also help protect the retina from the harmful effects of UV rays and high-energy visible (HEV) light; and lycopene, the red pigment from tomatoes.

SOURCES: *spinach, leaf lettuce, celery, green beans, carrots, bell peppers, tomatoes, broccoli, leeks, watermelon, pink grapefruit, apricots, mustard greens*



## Filling the VOID (with eye-healthy food)

Answer the following questions with one of the healthy food choices from the list at right. The answer may not match exactly; it's a play on words. Enjoy!

**Disclaimer:** Not responsible for sighs, rolls of eyes, or groans. Reader takes part at their own risk.

1. The cousin of Captain Kangaroo's sidekick may have been Mr. \_\_\_\_\_.
2. If you make a lot of money at your job, you earn a high one of these.
3. Played Felix Unger in the original Odd Couple movie.
4. The CIA is not happy with these.
5. A measure of gold's purity.
6. Your little toe isn't a fan of this.
7. Annoying exercise guru, Richard \_\_\_\_\_.
8. A professional golfer would not be thrilled to putt on these.
9. Sacred seafood...the holy \_\_\_\_\_.
10. Honeymoon sandwich—\_\_\_\_\_ alone.

**Answers:** 1. Green beans; 2. Celery; 3. Lemon; 4. Leeks; 5. Carrot; 6. Corn; 7. Persimmons; 8. Mustard greens; 9. Mackerel; 10. Lettuce

### ANSWER CHOICES

Bell pepper  
Tomato  
Green beans  
Spinach  
Persimmons  
Watermelon  
Mackerel  
Salmon  
Lettuce  
Broccoli  
Carrot  
Leeks  
Chicken liver  
Strawberry  
Oyster  
Mustard greens  
Lemon  
Celery  
Corn  
Dark chocolate



# Computer use and its effects on kids' vision

Children are susceptible to the same visual conditions as adults when a computer is viewed extensively, such as eye discomfort, blurred vision, headaches, and fatigue.



However, children have a more limited degree of self-awareness than adults. While engaging in an enjoyable computer activity (such as video games), they oftentimes maintain intense concentration until near exhaustion.

Prolonged activity without a break can cause eye-focusing (accommodative) problems long after the activity has been completed.

A child's adaptability can actually be a detriment when it involves the computer. When viewing a computer screen with a lot of glare, for instance, a child may continue on without changing the computer arrangement or surroundings. Excessive eyestrain may be the result. Infrequent blinking may also lead to discomfort due to dryness.

Most computer work stations are arranged to accommodate an adult. A youngster using the same computer may have to look upward. The most efficient viewing angle is slightly downward (about 15 degrees). Besides vision problems, a child may experience head, neck, or back pain, not just from an awkward viewing angle, but also because of difficulty in reaching the keyboard or being unable to put their feet on the floor.

## Consider these steps to help your child:

- Schedule a comprehensive vision and eye-health exam.
- Monitor their time on the computer and build in break times.
- Check the height and position of the computer. An adjustable chair and footstool may do the trick.
- Position the monitor to limit glare and reflections on the screen.
- Adjust the lighting in the room for sustained comfort.

## Flavonoids

Flavonoids are a large family of natural pigments found in many of the same fruits and veggies that are good sources of vitamin C. In addition to helping fight off cataracts and macular degeneration, flavonoids can aid in reducing inflammation, maintain healthy blood vessels, and rid the body of potentially toxic and cancer-causing chemicals.

SOURCES: *berries, grapes, soy foods, dark chocolate, hot peppers, green tea*

# Keep your young athlete's eyes SAFE

Prevent Blindness America reports that more than 40,000 sports-related eye injuries involving children are treated at hospital emergency rooms each year. This underscores the need for protective eyewear for children who play sports.

Any sport that involves balls flying at high speeds, physical contact, or racquets or sticks being used in confined areas or in close proximity to other players requires protective eyewear.

## Features to look for

Polycarbonate lenses are the lens of choice in most instances. They are highly impact resistant and have built-in ultraviolet protection, a valuable feature for outdoor sports. These lenses are easily scratched, however, so a scratch-resistant coating is advised (front and back of the lens).

Different sports may require different frames. Purchase a sport-specific frame. These frames accommodate both prescription and nonprescription lenses, and most come with rubber padding to cushion the points at which the frame comes in contact with the head or nose.

Sports eyewear should allow for the use of helmets as needed.

## Fitting considerations

The temptation for many is to allow "room to grow" when getting sports eyewear fitted. Some room is acceptable, but if the eyewear is too large and doesn't fit properly, protection will be compromised. It's not worth the risk.

Also keep in mind that wearing eyewear that has been outgrown is dangerous, too. These frames will not provide proper protection, will restrict peripheral vision, and will be uncomfortable, tempting a child to take them off. Review the fit of your child's protective eyewear each year to keep them as safe as possible.



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**Paye Eye Care Center**  
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1515 Sixth Street  
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**Office Hours**

Monday 8:00 a.m.-6:00 p.m.  
Tuesday 8:00 a.m.-5:00 p.m.  
Wednesday 8:00 a.m.-5:00 p.m.  
Thursday Noon-8:00 p.m.  
Friday 8:00 a.m.-1:00 p.m.

**Appointment and  
Emergency Phone:**

**(920) 499-2147**

**Fax: (920) 499-0574**

**Web site:**

**www.payevision.com**



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**Paye Eye Care Center**

**Clinic specialties**

- Diagnosis and treatment of eye disease
- Treatment of vision disorders
- Contact lens specialists
- Glaucoma management
- Pediatric eye care
- Geriatric eye care
- Sportsvision
- Computer-vision specialists

*Holiday Eyewear Show*

**Thursday, December 1, 2011**  
**2 p.m. – 8 p.m.**

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**Flexon • Nautica**

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