



Paye

Eye Care Center s.c.

"A Reputation For Excellence"

Spring 2004

Randall J. Paye, O.D. Cynthia A. Overly, O.D., FAAO

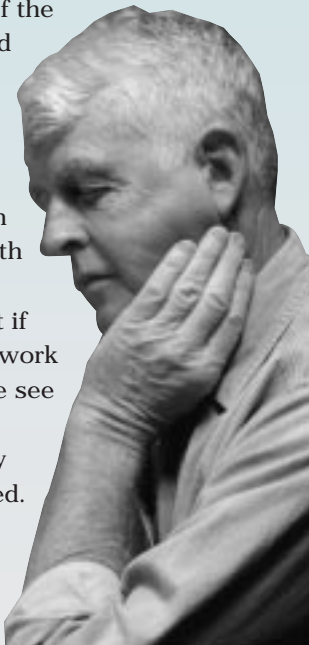
New hope for dry-eye patients

Restasis has been approved by the FDA!

Restasis, a new type of dry-eye medication, is now available for dry-eye sufferers. Up until now, all treatments for dry eye were aimed at making the eye more comfortable by using lubrication. Restasis is unique in that it attacks dry eye at the root of the problem.

Instead of just being protection against the symptoms of dry eye, Restasis helps rejuvenate the damaged cells so they can produce the proper tears the proper way. The goal for patients using Restasis is the elimination of the constant need for eyedrops to soothe the burning, itching, and blurred vision that come with dry eye.

To find out if Restasis can work for you, come see us today and have your dry eyes evaluated.



ARE YOUR EYES ASKING FOR CRIZAL?

You might not know it, but your tired eyes could be from the glare on your glasses. Because glare causes eyestrain, and eyestrain causes fatigue. At the computer, behind the wheel, or anywhere your glasses absorb artificial light. Which is why we highly recommend Crizal anti-reflective lenses. They reduce night and office glare, and they're scratch-resistant on both sides, giving you the sharpest vision possible. To find out more, come by or call us, and we'll give your eyes the rest they've been asking for.

Crizal

THERE'S CLEAR, AND THERE'S CRIZAL CLEAR™

crizal.com
visoptweb.com

LPPF200207
02/03 BST



Ask about our referral reward program.

Foreign-body sensation

It's so uncomfortable and annoying...that feeling that something is in your eye, but nothing appears to be there. There are a lot of eye ailments that can cause foreign-body sensation. Often, this problem is associated with the cornea. This clear area is filled with nerve fibers. When something interferes with the cornea, a scratch (corneal abrasion) may result. If the sensation persists, professional removal and treatment will be necessary.

Other problems that can cause foreign-body sensation include:

- dry eyes
- debris caught under the eyelid
- an eyelash that is rubbing against the eye surface
- conjunctivitis (pinkeye)
- the eyelid turning in or out
- blepharitis



Oftentimes, the cause of the problem is obvious. At times, however, a patient simply wakes up in the morning with a foreign-body sensation that can't be easily explained. Sometimes a scratch to the cornea seems to heal very quickly, yet it hasn't really healed at all. Instead, the area has been weakened, and movement as gentle as opening the eyes first thing in the morning causes the irritation to reoccur. Ointments or other lubricants may be prescribed to help complete healing take place.

Whenever you feel there's something in your eye, seek professional help. We can do a complete examination to discover the cause of the problem and prescribe treatment to help the eye make the best possible recovery.



Can my child see all right?

Many parents wonder about this. After all, it's difficult to ask a young child how well he or she sees and get an answer you're comfortable with. That's why we recommend complete eye-health and vision examinations starting at a young age. Vision and eye problems usually respond best to treatment if they are caught early.

Signs of vision problems in young children include the following:

- when one eye or both appear to be turning out, in, upward, or downward
- when a child squints often
- often sitting close to the television set

- covering one eye when trying to view something near
- headaches
- avoidance of picture books or reading

Any of these symptoms could be a sign of an eye problem. Some conditions are mild and can be easily treated; others are more serious. Amblyopia (also called lazy eye) is often successfully treated with patching or with medication in the form of eyedrops. The sooner this treatment is rendered, the more likely it is to be successful. That's why we urge you to bring your child for a complete eye-health and vision exam at a young age.

Do you take off your glasses to h



Do you think you look better without your glasses? Do you remove them before going out on a date? Do you take them off for job interviews or at special occasions, such as your birthday party, a banquet, or dinner out? How about when running to your car in the rain? If you answered "yes" to any of these questions, then you may also be ready to say "yes" to contact lenses.

DISINFECTION is the key

Successful use of contact lenses is highly dependent on how you care for them. Unless you're using daily disposables, it's necessary to clean and disinfect lenses and lens cases daily. Without scrupulous care, your lenses may become compromised, increasing the risk of infection and other problems.

If you don't clean and disinfect your lenses properly, one of several problems may arise. These include eye irritation, discharge from the eyes, redness, itching, and even blurred vision and pain in the eyes. Most of these problems can be avoided by exercising great care each day when you put your lenses in or take them out, and when you clean them.

Always wash your hands and dry them thoroughly before handling your contacts. Women should put in their contacts *before* putting on their eye makeup. Don't touch the nozzle of the solution bottle with your hands, to your eyes, or allow it against any other surface.

Never use tap water, bottled water, or saliva to rinse or wet your lenses. Instead, use saline solution, rewetting drops, or the disinfectant and storage solution recommended for your particular lenses. Be sure to restrict your solutions to products that have been specifically approved for your brand and type of lens.

Lens cases can be a source of problems. These aren't always handled as carefully as the lenses, yet they need to be cleaned and disinfected daily as well, since they can become contaminated and affect the lenses. Cases should be replaced every three months, or every month if you wear your lenses daily.

Many of today's contact-lens cleaners and disinfectants are multipurpose, meaning that you can use the same solution to clean, rinse, and store your lenses. This makes caring for lenses easier than ever. However, your attention is still needed to avoid infection and assure that your lenses will continue to be comfortable and provide you with the great vision you expect from them.



Itching and watering?

Do you feel like your eyes are being assaulted by springtime? When others are "oohing" and "aahing" over the sunny weather and beauty of the blooming plants, are you rubbing your eyes and reaching for the tissues? If this sounds familiar, we can help.

Symptoms of allergy eyes may include:

- redness
- watering
- burning
- itching
- swelling

The problem is actually caused by an overreaction of your immune system. Your body has identified a substance in your environment (in this case, the pollens that are so abundant in the spring) as an enemy (similar to a cold virus) and is reacting as such. Your immune system is trying to protect your eyes from injury from the pollen, but the result is making you miserable.

There are over-the-counter and prescription medications you can take orally for allergies. Many of these work well, but they can also make you drowsy. This is fine if you don't work around heavy or dangerous equipment, or don't need to drive a car. But if you do fall into one of these categories, you might want to seek medications that relieve your symptoms without causing you to feel sleepy. Some of these medications can also cause your eyes to dry out, resulting in discomfort and difficulty in wearing contact lenses.

That's where we come in. We can help by recommending over-the-counter medications or prescribing medications that relieve your symptoms without causing you to feel sleepy or drying out your eyes. Medications such as nonsteroidal anti-inflammatories and anti-histamines are among our arsenal of weapons that can specifically treat eye symptoms. When your eyes start acting up due to allergies, call us for help in finding relief.



Have your picture taken?

Granted, contacts are not quite as simple as slipping on a pair of glasses. There will be more follow-up visits, and they involve more time and attention because they must be inserted and removed from the eye and disinfected daily. Most patients need time to become accustomed to wearing them. Some types require more care than others; however, there are a myriad of choices, and you are sure to find one that fits your prescription and lifestyle.

On the other hand, the advantages can far outweigh the extra care and time that's necessary. Contacts don't fog up or splatter in bad weather, and

they allow you a wider field of vision. Many people feel their vision is sharper with contacts than with glasses. They're great for many sports, and most people feel more confident about their appearance when wearing them.

Are you ready to take the step from glasses to contacts? If you are, give us a call. We can perform an exam, fit your contacts, and discuss the different options available and which style would be best for you. Together, we can help you see the world in a new way and change how others see you at the same time.

Paye Eye Care Center
Dr. Randall J. Paye
Dr. Cynthia A. Overly
Optometrists
1515 Sixth Street
Green Bay, WI 54304

*Here's your
eye care newsletter!*

PRESORTED
STANDARD
U.S. POSTAGE PAID
GREEN BAY, WI
PERMIT NO. 460

Eyewear packages for children and adults, starting at \$99

*Includes frames and lenses,
scratch-resistant coating, and a
one-year warranty.*

© Copyright 2004. Newsletters, Ink. Corp. www.newslettersink.com Printed in the U.S.A.

Paye Eye Care Center
Dr. Randall J. Paye
Dr. Cynthia A. Overly
1515 Sixth Street
Green Bay, WI 54304

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 9:00 a.m.-4:00 p.m.

Appointment and Emergency Phone:

(920) 499-2147

Answered 24 hours a day

Fax: (920) 499-0574

Web site:

www.payevision.com

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

NEW!

Do your eyes thirst for comfort?

Discover Eye-Opening End of Day Comfort.
ACUVUE ADVANCE with **HYDRACLEAR**

SEE FOR YOURSELF!
Ask us about a **FREE TRIAL*** pair today.

*Professional exam and fitting fees are not included. An eye exam is required to determine whether ACUVUE® Brand Contact Lenses are right for you. Available by prescription only. ACUVUE®, ACUVUE® ADVANCE®, and HYDRACLEAR® are trademarks of Johnson & Johnson Vision Care, Inc. ©Johnson & Johnson Vision Care, Inc. 2003 www.acuvue.com

The information included in this newsletter is not intended as a substitute for personal professional advice. For your specific situation, be sure to consult our office.