



Paye

Eye Care Center s.c.
"A Reputation For Excellence"

Spring 2009

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

You are cordially invited

Spring 2009
**FASHION FRAME
FLING**

We are featuring the Dior Collection

Dior

Thursday, April 23, 2009

2:00 p.m.–8:00 p.m.

*Join us for promos, prizes,
free chair massages, and refreshments
when you browse the Dior Collection.*

*Both prescription and
nonprescription sunwear.*

**A.B.O.-certified opticians will be
available to demonstrate your
eyewear selection on our
state-of-the-art digital imaging system.**

FREE image and color analysis included!

Ask about our referral reward program.



What to expect from **CATARACT SURGERY**

Modern medicine has made cataract surgery possible as soon as the cataract begins to disturb vision, and offers sufferers a safe and effective way of restoring normal eyesight. This outpatient procedure usually lasts less than one hour, and most can go home the same day. If cataracts in both eyes require surgery, the surgery will be performed on each eye at separate times, usually four to eight weeks apart.

Using powerful microscopes and delicate instruments, surgeons remove the damaged lens and replace it with a clear prosthetic implant. Typically, only a local anesthetic is administered and begins to work immediately, providing a pain-free experience. The patient may feel movements and be aware of their surroundings, but will not be able to feel the procedure.

Some degree of beneficial effects from the surgery can be experienced immediately, although the eye will be protected from sunlight with an eye patch the first few hours after surgery. Generally, it takes a few months before the eye heals and normal vision is restored, and a follow-up eye exam will be scheduled after the healing process has ended to check on surgery results and amend eyeglass and contact lens prescriptions.

Cataract FACTS

- **A cataract is a clouding of the lens in the eye that affects vision.**
- **By age 80, more than half of all Americans either have a cataract or have had cataract surgery.**
- **A cataract can occur in either or both eyes, but cannot spread from one eye to the other.**
- **While age-related cataracts are most common, people in their 40s and 50s can also develop this type of cataract; most cataracts during middle age are small and do not affect vision.**

There are other types of cataracts besides age-related:

A **secondary cataract** forms after surgery for other eye problems or develops in people who have other health problems such as diabetes. Sometimes these cataracts are also linked to steroid use.

A **traumatic cataract** develops after an eye injury.

Some babies are born with cataracts or develop them in childhood, often in both eyes. These are **congenital cataracts**. They can be so small that they do not affect vision.

A **radiation cataract** develops from exposure to some types of radiation.

Natural vision, whatever the distance.

VARILUX® progressive lenses restore sharper focus and smooth transitions from one field of vision to another. So you get vision so natural, it's as if the lens and the eye are working as one. VARILUX, the brand recommended by more eye care professionals.

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Study finds eye disease increasing among Americans

More than 30 million Americans age 40 and older suffer from the leading causes of vision loss, such as cataracts, diabetic retinopathy, macular degeneration, and glaucoma. According to the 2008 *Vision Problems in the U.S.* report, the latest research from Prevent Blindness America and the National Eye Institute, the number of Americans living with age-related eye diseases is in the millions and continues to climb.

Some of the study's highlights include:

- ❖ Age-related macular degeneration cases rose 25 percent, the largest increase of the major eye diseases since the 2002 *Vision Problems in the U.S.* report.
- ❖ Diabetic retinopathy affects more than 4.4 million, and the number of cases is expected to increase as the diabetes epidemic continues.
- ❖ 2.29 million American adults have glaucoma, yet an estimated 2 million more have the disease and don't know it.
- ❖ Cataracts are the leading cause of blindness in the world, and 22.3 million American adults have the disease.

The bright side is that the symptoms of these eye diseases can be significantly minimized through early detection and treatment. So don't delay, schedule your eye exam today!

Eat your way to healthy eyes with lutein and zeaxanthin

The carotenoids lutein and zeaxanthin are antioxidants and the only carotenoids present in the eye. Carotenoids are naturally occurring organic pigments found in plants, and antioxidants are molecules capable of slowing or preventing damaging oxidation that occurs in our bodies.

Significant studies suggest a promising and positive connection between lutein and zeaxanthin and age-related eye disease, particularly cataracts and age-related macular degeneration (AMD).

Lutein and zeaxanthin are found together in many food sources, with dark-green, leafy vegetables being their primary source. In lesser amounts, lutein and zeaxanthin are also found in dark-yellow and orange fruits, and vegetables such as squash, corn, carrots, sweet potatoes, peaches, and pumpkin.

To decrease the risk of developing cataracts and AMD, studies related to eye health suggest an intake of 6 mg or more of lutein and zeaxanthin per day, which is easily achieved by eating the recommended five or more servings of fruits and veggies per day.



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

*Here's your
eye care newsletter!*

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Eyewear packages for children and adults, starting at \$129

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

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**ASK YOUR EYE CARE PROFESSIONAL ABOUT
THE DAILIES COMFORT CHALLENGE!**

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Green Bay, WI 54304

**Appointment and
Emergency Phone:**

(920) 499-2147

Fax: (920) 499-0574

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.-3:00 p.m.

*From May 31 through Labor Day,
Friday hours will be 8:00 a.m.-1:00 p.m.*

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

The information included in this newsletter is not intended as a substitute for personal, professional advice.

For your specific situation, please consult our office.