Recipe for Healthy Eyes*

Summer Salad
Especially rich in: vitamin C. Also rich in: fiber, folic acid, magnesium and potassium.

INGREDIENTS:
- ¼ cup water
- juice of half a lime
- 2 tablespoons sugar
- 2 tablespoons Splenda
- 1 teaspoon rum extract
- 4 kiwi fruit, peeled and cubed
- 1 cup fresh pineapple chunks
- 2 medium oranges, peeled and cubed
- 3 tablespoons coconut
- ¼ cup almonds, chopped

DIRECTIONS:
1. In a small saucepan, heat sugar, Splenda, and water until dissolved. Remove from heat and cool. Add lime juice and rum extract.

2. Place fruit in a medium bowl, add coconut and sugar water. Toss thoroughly. Cover and refrigerate for up to 1 hour to allow flavors to blend.

3. Place fruit mixture in 4 parfait glasses, top with chopped nuts, and serve.

Trust in Simon Eye

- Competent, experienced doctors
- Certified opticians & staff
- All major insurances/HMOs accepted
- Over 25 years of providing adult & pediatric eye care
- Thousands of affordable and designer frames
- Wide selection of contact lenses
- Treatment of eye diseases

Meet our doctors

Charles J. Simon, O.D.
Joseph M. Senall, O.D.
William H. Jeppe, O.D.
Kevin J. Brown, O.D.
Paula Fernandez, O.D.
Brian Gardner, O.D.
Angela Clapper, O.D.
Bradley W. Gardner, O.D.
Day Muscelli, O.D.
Tesa Payna, O.D.
Taral Winchell, O.D.
Scott Tucci, O.D.
Alana Kretschmaier, O.D.
Joseph M. Senall, O.D.
William H. Jeppe, O.D.

Trust in Simon Eye

Go to www.simoneye.com to learn more about the fashion, designer and sports eyewear we carry!

Treatment of Cataracts

Cataracts are a clouding of the lens inside of the eye. It is a process that happens to everyone as they age. As a result cataract removal is one of the most common operations performed in the United States. Modern Cataract Surgery is done through small incisions that do not require a stitch or suture. An ultrasound probe is used to remove the cataract and a lens implant is inserted in its place. The procedure is painless and most patients return home and resume most normal activities the same day.

Over the past decade cataract surgery has advanced and new technologies have made the procedure safer and more reliable. Many patients have become less dependent on glasses as a result of surgery. While cataract surgery is a very common procedure, we understand that no procedure is routine when it is your eye. Our patients are offered surgical consultations, scheduled in longer increments so that our surgeons can spend the necessary time with their patients. Education on surgical options is provided through videos, literature, and most importantly, uninterrupted time with the surgeons. Our doctors and staff remain accessible throughout the pre- and post-op period to answer additional questions.

For more information about cataract surgery or the different types of lenses available, speak to your Simon Eye Associates doctor or make an appointment with Ophthalmology at Simon Eye.

Our doctors are focused on you!

Protect Your Eyes from Solar Radiation

Most are aware of the harm Ultraviolet (UV) radiation can do to the skin, but many may not realize that exposure to UV radiation can harm the eyes or that other components of solar radiation can also affect vision.

The longer the eyes are exposed to solar radiation, the greater the risk of developing conditions later in life such as cataracts. Since it is not clear how much exposure to solar radiation will cause damage, the AOA recommends wearing quality sunglasses that offer UV protection and wearing a hat or cap with a wide brim whenever you spend time outdoors.

Don’t forget protection for children and teenagers. They typically spend more time in the sun than adults.

To provide adequate protection for your eyes, sunglasses should:
- block out 99 to 100 percent of both UV-A and UV-B radiation;
- screen out 75 to 90 percent of visible light;
- be perfectly matched in color and free of distortion and imperfection.

If you spend a lot of time outdoors in bright sunlight, wrap around frames can provide additional protection from the harmful solar radiation.

Don’t be fooled: When you’re outside, you’re exposed to UV radiation. It’s the invisible light. Protect your eyes from UV by choosing sunglasses that block at least 99% of UV-A and UV-B rays. Check your sunglasses’ rating on the lens. A rating of 4 indicates 99-100% protection.

Go to www.simoneye.com to learn more about the fashion, designer and sports eyewear we carry!

A BROADER RANGE OF VISION

99.2% of patients reported no visual disturbances

The choice is clear

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