

*Patient Reviews...*

*"I have been using Simon Eye Associates for many years, for my annual eye exam. The examinations are always thorough, and the results are clearly explained to me. I would recommend this eye practice to anyone."*

-A.S.

*"Great customer service. The Doctor takes time to explain everything. Very caring staff!"*

- C.C.

*"Staff and doctors were polite and informative. I recommend Simon Eye Associates to everyone."*

- F.T.

*"Appointments start on time. You never feel rushed and the staff at Simon Eye want to get it right and make their patients happy."*

-K.N.

*"Love your service and your eye for detail. Thanks!"*

-P.L.

**Insurances accepted**

- AETNA/US Healthcare • Amerihealth
- Benefit Concepts • Blue Cross of Delaware
- Boilermakers National Fund • CIGNA
- Coresource • Cole Managed Vision
- Coventry Health Care of Delaware
- Eastern Shore Teamsters • Eye Med
- Insurance Administrators • Local Lions Club
- Medicare Part B and Railroad
- Medicare DME Regional Carrier • NVA
- Optimum Choice • Principal Financial
- Private Health Care Systems PPO
- Superior • Teamsters • United Healthcare
- Vision Benefits of America (VBA) • VSP

**Note:** If you do not see your plan listed, please call our office at **302.239.1933** to inquire if we accept it.

**A Feast For Your Eyes**

**Seared Tuna with Orange, Avocado and Cilantro Salsa**

This recipe from the AOA website is especially rich in: lutein/zeaxanthin, vitamin C, vitamin E, folate, and omega-3s



**INGREDIENTS:**

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 tablespoons lemon juice
- 4 four-ounce tuna steaks (preferably sushi grade)
- 1/3 cup red onion, minced
- 2 oranges, peeled with all pith removed, and cubed
- 1 avocado, peeled, seeded, and cubed
- 1/4 cup cilantro, chopped
- juice of 1 lime
- salt and pepper to taste

**Directions**

1. Blend olive oil, garlic, and lemon juice in a shallow pan. Add tuna, turn to coat evenly, cover and marinate for up to 1 hour.
2. In a medium bowl, blend onion, oranges, avocado, cilantro, lime juice, and salt & pepper. Cover and refrigerate for up to 1 hour.
3. Place steaks in a non-stick skillet over medium-high heat. Cook 2 minutes per side for medium rare (3 to 4 minutes per side for well done). Serve with salsa spooned over top.

Makes 4 servings.

Nutritional Information (per serving): 304 Calories; 45 % fat (15 g total, 3 g saturated), 1,410 mg omega-3s, 18 % carbohydrate (13.7 g), 37 % protein (28 g), 43 mg cholesterol, 3.4 g fiber, 44 mg vitamin C, 3.4 mg vitamin E, 1 mg zinc, 50 mg sodium.

**Did you know?**

Research shows that 30 million (or one of four) Americans age 40 and older suffer from some level of vision loss. The AOA and registered dietitian Elizabeth Somer recommend eating a diet with a variety of foods loaded with key nutrients for maintaining and improving eye health. The above recipe uses common ingredients and is quick and easy to make and absolutely delicious!

*"Socialeyes" with us!*



*InSights*



**Informative news on eye care & eyewear**



**Did you know that 80% of learning is visual?**

Often, children don't know that they are not seeing as well as they could. 80% of everything students learn is through the eyes. Beyond seeing 20/20, there are other vision problems that can go undetected, making school work difficult.

From reading, writing and following along on the chalkboard to homework on the computer, kids with vision problems face many challenges which can be overlooked or misdiagnosed as learning disabilities. Since many eye problems can be treated or corrected, early detection is key. Here are some signs you can look for that may mean your child is having vision problems:

- An eye turning in or out, up or down
- Frequent headaches
- Squinting
- Rubbing their eyes frequently
- Complaints of blurry vision
- Frequently loses place when reading
- Difficulty remembering things he or she has read
- Short attention span for his or her age
- Difficulty recognizing colors, shapes, letters or numbers
- Sitting close to the TV or holding a book close to his or her face



**When should your child first see the eye doctor?**

The American Optometric Association recommends your child's first comprehensive eye examination at 6 months old. With today's diagnostic tests, children do not need to know the alphabet or how to read in order to be tested.

If your child is experiencing any of the signs listed above, call **302.239.1933** today to schedule an appointment with your **Simon Eye Associates** optometrist. Our comprehensive eye exams test for **ALL** the visual skills your child needs to succeed in reading and learning at school.

**SIMON EYE ASSOCIATES**  
**302.239.1933**  
**www.simoneye.com**

# Our doctors are focused on you!

Go to [www.simoneye.com](http://www.simoneye.com) to learn more about the fashion, designer and sports eyewear we carry!



Alana Kretschmaier, O.D.

## 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.
- Thuc Nguyen, O.D.
- Day Muscelli, O.D.
- Tessa Payne, O.D.
- Tarra Winchell, O.D.
- Scott Tucci, O.D.
- Nick Shissias, O.D.
- Sara Shkalim, O.D.
- Alana Kretschmaier, O.D.

## What is Lazy Eye?

by Dr. Alana Kretschmaier

Amblyopia, which is also known as a lazy eye, is an eye disorder which causes reduced vision in the eye that is otherwise normal. It is an early childhood condition where the eye sight does not develop as it should, causing one or sometimes both eyes to have reduced vision.

In Amblyopia, the brain focuses on one eye more and ignores the other eye. When the other eye is ignored by the brain, it cannot develop proper visual brain cells that are needed for clear vision. In the USA, amblyopia affects approximately 2-3% of all children and is the most common cause of partial or total blindness in one eye.

The signs and symptoms of amblyopia are:

- Blurred vision
- Double vision
- Poor depth perception
- Eyes crossing or turning outward

It is important for a child to have an early vision check for diagnosis and treatment of amblyopia. The earlier you catch these symptoms the easier it is to treat. Parents who see their child's eye wandering or notice any signs or symptoms listed above should make an appointment with an eye doctor as soon as possible.



## What's New at Simon Eye

We are happy to announce that our Limestone Road office is expanding! Pardon our renovations over the next few months as we create additional exam rooms and optical space to help us serve you better!

## Are you being over-exposed to blue light?

Blue light, is emitted from hand-held devices such as smart phones and tablets. Symptoms as diverse as sleep disorders in children and adolescents, headaches, blurred vision, and fatigue can be due to exposure to blue light radiating from hand-held digital equipment.

**Recharge**, an anti-reflective lens treatment that reflects the harmful Blue Light away from the eyes and ensures the portion of blue light we need for optimal contrast and other health benefits is allowed to pass through.



Within the visible light spectrum there is "good blue light" and "bad blue light." The good blue light helps our body's biorhythms and sleep patterns. While overexposure to the "bad blue light," attacks us with a wide range of annoying and chronic conditions associated with Computer Vision Syndrome (CVS) and Digital Eye Strain (DES).

Stop into any of our seven locations and our opticians would be happy to give you more information on the new **Recharge** lenses!

## STAND UP to discomfort.

If allergies<sup>1</sup> are making your contact lenses uncomfortable to wear, try 1-DAY ACUVUE® MOIST® Brand Contact Lenses. It can help give you the confidence to look and feel great.

LEARN MORE at [Acuvue.com](http://Acuvue.com)

1-DAY ACUVUE®  
MOIST®  
BRAND CONTACT LENSES

Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit [Acuvue.com](http://Acuvue.com).  
Clinical research has shown when worn on a daily disposable basis, 1-DAY ACUVUE® Brand and other daily disposable etafilcon A contact lenses such as 1-DAY ACUVUE® MOIST® Brand may provide improved comfort for many patients suffering from mild discomfort and/or dryness associated with all-day multi-day contact lens wear compared to lenses replaced at intervals of greater than 7 weeks.