

## PATIENT TESTIMONIALS

As a long-time patient, I have always appreciated the fact that from the receptionists to the techs to the opticians to the doctors, they all take the time to treat you as an individual not just the next appointment. I honestly felt the procedures instituted as a result of the coronavirus situation had no adverse effect on the quality of service. – C.H.

Scheduling was easy; reminders were sent via text, email and phone; my appointment started promptly; I felt safe and appreciated the care in social distancing and disinfecting. – C.S.

Who has a great time having an eye exam? I did! I'm so happy to have found Simon Eye. The new location on Pennsylvania Avenue is state of the art and beautifully decorated. The staff are exceptional. Every single person was smiling. Dr. Long was such a professional. Truly, I can't say enough about my recent visit. – I.B.

## INSURANCES ACCEPTED

Aetna  
Amerihealth  
Eyemed  
Highmark BCBS Delaware  
Highmark Health Options  
Medicare Part B  
NVA  
Railroad Medicare  
Superior  
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.

## EYEFOODS® A FOOD PLAN FOR HEALTHY EYES

Give your family foods rich in nutrients showing eye health promoting properties, such as antioxidants, Lutein and Zeaxanthin, Omega 3 Fatty Acids, Zinc, Beta-Carotene, Vitamin D and Fiber. **Eyefoods**, *A Food Plan for Healthy Eyes* describes these nutrients and identifies the amounts of each nutrient that has been scientifically shown to decrease the risk of certain eye diseases.



### OIL

#### Eye nutrients:

Omega-3 fatty acids, Vitamin E

#### Weekly target:

2 tbsp canola or olive oil per day

#### Overview:

Canola oil and extra virgin olive oil are included as eyefoods because they are healthful monounsaturated fats that contain vitamin E and

ALA. Flax seed oil contains higher levels of omega-3 fatty acids and vitamin E. Walnut oil is a nice occasional treat in a delicate salad. Grape seed oil has a high burning point, making it excellent in a stir-fry. Remember that fat from any source is calorie-dense, so you should eat only a minimal amount to avoid an expanding waistline.

#### Eyefoods Basic Salad Dressing

¼ cup olive oil  
¼ cup canola oil  
3 tbsp apple cider vinegar  
1 tbsp lemon juice  
1 tbsp Dijon mustard  
1 tbsp maple syrup  
Sea salt and black pepper to taste

Whisk together all ingredients.  
Transfer to a glass jar and store in the refrigerator for up to two weeks.  
Makes ¾ cup.

Source: *Eyefoods: A Food Plan for Healthy Eyes* written by Dr. Laurie Capogna, OD & Dr. Barbara Pelletier, OD. Visit [www.eyefoods.com](http://www.eyefoods.com) to find more foods rich in nutrients for healthy eyes.

Visit our website at [www.simoneye.com](http://www.simoneye.com)



EYE  
CARE  
FOR  
LIFE



## SIMON EYE

302.239.1933  
[www.simoneye.com](http://www.simoneye.com)

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116 Fox Hunt Drive  
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Shopping Center

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472 East Main Street  
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**Pike Creek**  
5301 Limestone Road  
Suite 128

**North Wilmington**  
2625 Concord Pike  
Suite A

**Wilmington**  
2000 Pennsylvania Avenue  
The Galleria, Suite 107



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## BACK TO SCHOOL IN THE VIRTUAL CLASSROOM



### Can the virtual classroom affect your child's vision?

Prolonged usage of digital devices, including computers, tablets, and smartphones, increase exposure to Blue Light, which can lead to eye strain, blurred vision, headaches, and trouble sleeping. You can help your child reduce exposure with regular breaks from virtual classes and you may even consider a pair of digital protection lenses.

The American Optometric Association recommends the 20/20/20 rule – look away from the screen every 20 minutes, focus on an object at least 20 feet away, for at least 20 seconds.



## WHAT'S NEW AT SIMON EYE?

**A beautiful new space at 2000 Pennsylvania Avenue!**

Our Union Street office has relocated to The Galleria in Wilmington.

CALL US TO SCHEDULE A VISIT.



Sean Gretz, O.D.

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.  
 Alana Kretschmaier, O.D.  
 Tarra Winchell, O.D.  
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 Scott Tucci, O.D.  
 Lisa Draper, O.D.  
 Jenna Korsan, O.D.  
 Tejal M. Patel, O.D.  
 Matthew Schaedler, O.D.  
 Sonia Fernandez, O.D.  
 Nikita Levy, O.D.  
 Alissa Long, O.D.  
 Sean Gretz, O.D.  
 Micaela Small, O.D.

### TRUST IN SIMON EYE

- Competent, experienced doctors
- Certified opticians & staff
- All major insurances/HMOs accepted
- Over 30 years of providing adult & pediatric eye care
- Thousands of affordable and designer frames
- Wide selection of contact lenses
- Treatment of eye diseases

## OUR DOCTORS ARE FOCUSED ON YOU

# THE IMPORTANCE OF BLINKING



We all blink, and we all do it quite frequently – up to 20 times a minute, which equates to 1,200 times an hour! Why do we do it? Turns out, it brings many benefits to your vision health.

You may not think of blinking as a vital aspect of your vision health care routine, but it really is. If you stopped blinking for a long period of time, you would heighten your risk

of getting eye infections, not to mention you'd suffer from uncomfortable, itchy, dry eyes, with decreased vision clarity. The sole purpose of blinking, though, is to clean the surface of your eye of debris and wash it out with fresh tears.

This fresh coating of tears sharpens your vision, brightening and clearing the image your retina gets. Blinking also serves to nourish your eyes with oxygen and nutrients so they stay healthy and comfortable.

However, some of us blink more often than is really necessary for simple lubrication of the eye ball. Scientists suggest that blinking actually serves as momentary rest for our brains, with research showing that blinking is used by humans to momentarily disengage from the world in order to collect thoughts and refocus.

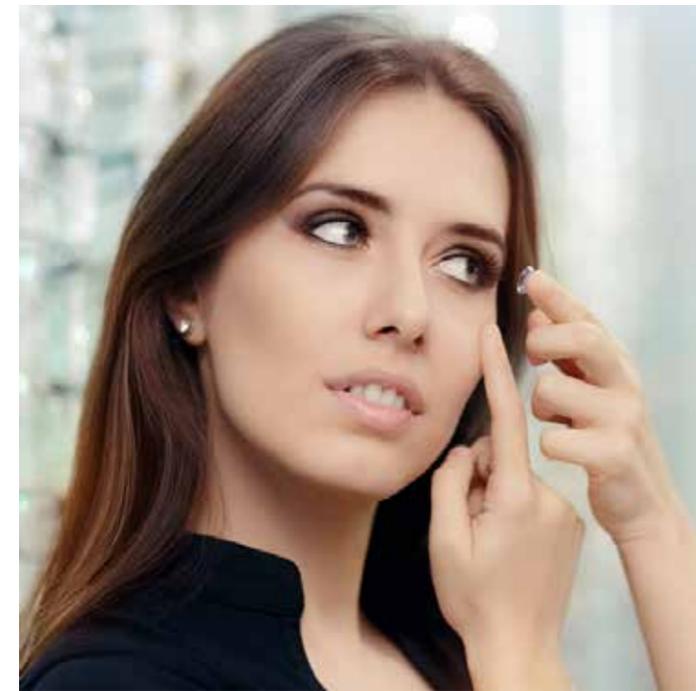
### AVOIDING DIGITAL EYE STRAIN

Blinking is especially important if you spend a lot of time in front of screens – these days, who doesn't? When you are intensely focused on digital work, your blink rate will decrease, which means your eyes lose out on all that cleaning and nourishment. Thus, you should make an effort to blink every 10 to 15 seconds so you can ensure sharper vision while working and prevent digital eye strain, which can lead to headaches.

### CONTACT LENSES

Wearing contact lenses may cause you to blink less often because frequent blinking may be uncomfortable as your eyelids close over the foreign surface of your lens. But the benefits of blinking as well as rewetting the surface of your eye outweigh any discomfort you may feel. Full, frequent blinking helps keep your eyes from getting itchy or irritated, can reduce how much saline solution or eye drops you need, and may provide cleaner contact lenses and better vision.

If you're finding it difficult to build new blinking habits, you can actually practice blinking exercises every day. Set aside five one-minute sessions throughout the day each day for about two weeks. During every minute, look up, down, right, left and center, blinking 10 times in each direction. Make sure your eyes close fully each time but refrain from squeezing your lids tight. The more you start to blink, the more comfortable you will be with frequent blinking going forward.



# DAILY CONTACTS: A HEALTHY CHOICE

While some patients prefer monthly contacts, there are several reasons why daily contacts are the better choice:

**1.** Improved eye health—having a clean, sterile lens every day reduces the risk of complications from lens wear. Since daily contacts are thrown away each day, they do not have to be cleaned each night or carefully stored in a safe container. This makes them an especially good option for teenagers who might not have quite gotten the hang of contacts and who might not be scrupulous with their care and handling.

- 2.** Better for allergies—Dailies do not build up allergens over time making it better for chronic and seasonal allergy sufferers.
- 3.** Less likely to sleep in lenses lessens the risk of complications.
- 4.** If a daily lens is lost, it is an easy replacement. If a monthly lens is lost, you've just lost a month's worth of lenses.
- 5.** Daily contacts are available in multifocal lenses!

If you are interested in getting contacts for yourself or a family member, give our office a call to schedule your routine exam and contact lens evaluation.

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