

YEAR-END PLANNING CAN HELP YOU SAVE MONEY

Many of you have already pre-paid into your employers' vision care insurance but have not set aside the time to take advantage of your Well Vision Care. To help some of you that have procrastinated until the year-end, we have added more December clinic hours to make it a little easier to take care of you and your families' vision needs. We will be open between Christmas and New Years. Don't forget to check your flexible spending accounts to help enjoy even more savings. The end of the year is fast approaching, and a little planning before the start of 2012 can save you money. You can apply your flex spending dollars on prescription sunglasses, fashion glasses, computer glasses, reading glasses, contact lenses, contact lens solutions and all professional services.



RayBan, Maui Jim, and Oakley Sunglasses Make Great Christmas Gifts

We have increased our sunglasses inventory and selection to help meet just about anyone's needs and desires. We have also included a special selection of RayBan's that have matching colors for your favorite sports teams such as the San Jose Sharks and the S.F. Giants. Check them out! *They are way cool!*



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Contact Lens Study: Earn up to \$115

One of the hottest contact lens trends today is "Single Use" contact lenses. The single use lens concept is to wear the lenses once and then simply throw them away. We know that this sounds wasteful, but this system may be greener than conventional re-usable lenses. Here are the reasons and logic: With re-usable lenses, the patient must clean, rinse and store the lenses in disinfection solutions and use clean plastic cases. The disinfection solutions contain chemicals that go down the drain and, later, these chemicals must be removed from our water system. Each plastic disinfection bottle must be recycled or discarded. The average contact lens user typically uses 4-6 bottles of disinfecting solution per year. 1000 single use

contact lenses have the same amount of plastic as 1 plastic bottle. The plastic blister packs of the single use contact lens is made of #5 plastic and can be recycled. Patients who wear single use contacts never have to clean their lenses. The lenses are clean and sterile right out of their blister pack. Every day the patient puts in a clean, comfortable lens that has been exposed to little or no chemical agents.

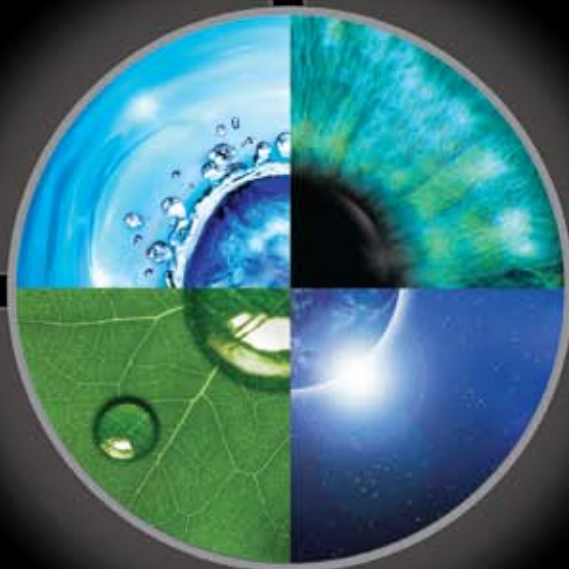
Two leading single use contacts lenses are the Acuvue 1-Day Moist and Acuvue TruEye lenses. If you happen to be fit with one of these lenses you may qualify for a new contact lens study in our office, and you can earn up to \$115! If you are interested, please give us a call.

WE WISH YOU THE HAPPIEST OF HOLIDAY SEASONS!

4 DIMENSIONS OF EYE HEALTH™

Comfortable Health

New HYDRACLEAR® 1
Technology



Visible Health

White, healthy
looking eyes

Everyday Health

The freshness, health, and
hygiene of a new lens

Proactive Health

The highest level of UV
protection in a contact lens‡

Help keep eyes as
white and comfortable
as they should be.



ASK FOR 10 DAYS OF **FREE*** TRIAL LENSES.

*Professional exam and fitting fees not included. Valid only while supplies last.

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 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.

‡ Helps protect against transmission of harmful UV radiation to the cornea and into the eye. **WARNING:** UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed. **NOTE:** Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care practitioner for more information.

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May the POWER be With You!



Empower eye wear is now available at Family EyeCare Center.

You may have heard about Empower Eyewear in the San Jose Mercury News, Los Angeles Times, or even the Wall Street Journal. The Empower lens won "Best of Show" at the 2011 Consumer Electronics trade show. Dr. Wan was one of the investigators for this new product and Family EyeCare is among the first on the west coast to receive this product. Empower eye wear is a revolutionary electronic eye wear system that utilizes an electronic wafer that can ac-

tivate additional reading power on demand. The advantage of Empower is that the user has much less optical distortion as compared to typical progressive lens technology. Feedback has been great from those patients that are bothered by excessive blurred vision with bifocals or progressives. Basically, anyone that wants less distortion while using their progressive lenses may be a candidate for the Empower lenses. For example, Golfer's love this technology because the reading portion can be reduced so the glasses will be much less bothersome while hitting a tee shot or putting and then the reading area can be activated so you can easily see your scorecard. Family EyeCare Center now has a nice display to show off this new technology and eye wear.

Dr. Wan Returning to India for Eye Medical Mission Trip



Dr. Wan's last medical mission trip to India in 2009 had such a positive impact that the team is

returning to the same Indian region towards the end of January 2012. The team will coordinate their resources with two local Indian hospitals, 12 Indian opticians, 100+ Indian volunteers and a Christian Indian church organization. The goal will be to examine and treat up to 5000 patients during their visit. During their last mission trip, over 1200 glasses, 350 cataract surgeries, 95+ glaucoma treatments and 1100 reading glasses were provided at no cost to the villagers. Over 350 Indian's who were functionally blind from severe cataracts were provided surgery, lens implants and transportation to and from the hospital 50 miles away. The free care was provided to

anyone in need including several schools, orphanages and the elderly. All mission trip participants pay their own costs for food, travel and lodging. Each participant is responsible for raising all donations for this trip. Please consider making a donation to this effort. Dr. Wan and all the other volunteers pay 100% of their own way, so any money raised will be solely used to benefit those in need. \$6.00 will provide 1 pair of glasses, \$40 will provide a cataract surgery for 1 eye. Dr. Wan would be thrilled with any donations. The medical mission trips are associated with a 501c3 organization and all the donations are tax deductible. If you would like to make a donation please e-mail Dr. Wan at drwan@fec2020.com to be included on his personal mailing list. By providing the gift of sight to those in need, we can restore an individual's freedom and allow that person to more fully contribute to their community or family. Next time you are in the office, Dr. Wan will be happy to share his India experiences. Please look for the India photo album in our reception area.

We have been having so much fun with our office Facebook page! Just within the last few months we have had a Funky Frame contest, Pumpkin Carving contest and for December a Wacky Christmas sweater contest. Take a look at some of the photos--they are fun, entertaining, and pretty creative. Check it out and see what's new at Family EyeCare Center!



Be our fan on Facebook at: Family EyeCare Center

Check out our website at: www.familyeyecare.com





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RUNNING LOW ON YOUR CONTACT LENS SUPPLY?

You can now order your
contact lenses online
24/7 from us!

Simply go to our website
familyeyecare.com,
in the left column, click on

CONTACT LENSES
and then the
order contacts icon



It's easy, it's fast
and it's very convenient.
It's also very
price competitive.

Specialty Eyewear

Did you know that Family EyeCare Center has developed a Specialty Lens and Frame Center? Being located in Silicon Valley, we receive many requests for unique glasses needs. Did you know we have a frame and lens option called SuperFocus that can dial in a stronger reading lens as you need it? Just in this past month we have helped patients with special laser protection lenses, glass blowing lenses, shooting lenses, piano glasses, plumbing and electrician glasses (bifocal lens at the top and bottom), cycling glasses, and hobby glasses for beading for example. We even have frames that are almost unbreakable! One patient needed a 100% titanium frame that they could use in an MRI center. If you happen to have a special hobby, interest, or job need, we have the resources and knowledge to help you.

Expanded Medical Role for California Optometrists

The doctors at Family EyeCare Center have always been proactive with preventive eye care and health care for our patients. Optometrists are responsible for diagnosing and managing all eye diseases, including glaucoma, cataracts, macular degeneration, diabetic retinopathy, different types of eye infections, removing foreign objects like metal from the eye, dry eye syndrome, allergic conjunctivitis, iritis, and many different conditions that cause eye pain. We are members on many insurance panels to help serve your needs. Insurance panels include: Medi-Care, Aetna, United Health Care, Anthem Blue Cross, Blue Shield, Tri-Care, HealthNet, VSP, Medical Eye Services, Eye Med, Microsoft, and many other union plans. We are open 6 days a week, and we are happy to service any of your medical and emergency eye needs.