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INSIDE:

- Iris Registration for LASIK
- Mardi Gras Invite
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LOCKHEED EMPLOYEES: New EyeCare Coverage, We can help you!

Lockheed employees have lost their VSP vision coverage and have switched to a coverage called "Eye-Med". This is both good news and bad news. Please call our office so we can help explain your new coverage and how to best apply your new benefits towards your next visit.

New contacts for extended comfort and less dryness Biomedics XC

The doctors at FEC just recently completed testing on a new contact lens that improves all day comfort and resists drying out. The new lens also has advanced aspheric optics for better vision and allows more oxygen to your eyes for better health. This new generation of contact lenses now gives you even better comfort, better health and better vision. The new Biomedics XC can be a very good lens for many patients and is priced at a very good value. For a limited time during this initial launch, the Biomedics XC offers a \$50 rebate with an 8 box purchase.

OUR CONTACTS ARE COMPETITIVELY PRICED
We want to be your contact lens supplier! Our contact lens pricing is very competitive. Ordering is easy by phone or online. Just go to <http://www.familyeyecare.com>, and click on the "ORDER CONTACTS" button.

SPECIAL OFFER
\$50 REBATE
on
BIOMEDICS XC
Contact Lenses
Limited time/\$50 Rebate with 8 box purchase



FAMILY EYE CARE CENTER

AN OPTOMETRIC CORPORATION

SPRING NEWSLETTER 2006

DOCTORS ROSS, WAN, TAYLOR and TUAN, O.D.'s
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LASIK: Iris Registration Technology Arrives

In order to achieve optimized outcomes for laser vision correction patients, accurate alignment is essential to optimizing customized wavefront-guided procedures. The VISX™ Iris Registration Technology is

a revolutionary method of aligning the treatment to the cornea and providing the most precise laser alignment accuracy to date. "This technology replaces previous methods of attaining precise alignment,"

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Basic Nutrition for better Health

Probably one of the easiest ways to better health is to start with some basic changes to your eating habits. In its most simplistic terms, food is better if it's raw or you cook it yourself versus if it comes out of a package. In a recent nutritional publication, 5 basic foods were identified as being "super foods". Here is short list that may help you toward your goals for 2006.

Decrease cancer risk with **TOMATOES**. The powerful anti-oxidant lycopene, found mainly in tomatoes, helps protect against heart disease, stroke, high cholesterol, osteoporosis and cancer. Slightly cooked red tomatoes are thought to be better because heat causes more lycopene to be released.

Tip: Choose **dark red** tomatoes and store fresh tomatoes at room temperature.

Go for **Broccoli**. A national cancer institute study found that people who ate three servings of vegetables a day (especially those who include a half

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MARDI GRAS



is coming to Family EyeCare Center!

Spring Frame Show April 27th

New Orleans was hit hard by hurricane Katrina and tens of thousands of people were affected by the devastation and flooding. We want to honor the spirit and history of this fine city and help celebrate Mardi Gras during our spring frame show. We will feature new spring lines, new shapes and colors and great New Orleans style food and fun.

Most of all come for fantastic savings.
Free Gift and Save 20% off
your total purchase!

Maui Jim and Oakley will also be specially priced for this fun event.
Mark your calendar, bring a friend save money.

Discounts cannot be used with any insurance plan.

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Iris Registration

says Dr. Wan. Previously, physicians used manual methods to align the treatment to the eye.

“Unlike manual methods, Iris Registration Technology automatically aligns the laser to the cornea,” says Dr. Wan. “This allows the surgeon to center the treatment accurately, so that a patient’s breathing or other normal movements won’t affect the treatment.” As a result, Iris Registration Technology can provide potentially better outcomes for Family EyeCare Center patients.

“This is an exciting advancement in the CustomVue™ procedure,” says Dr. Wan. “VISX Iris Registration Technology makes it easier than ever to achieve accurate alignment with a fully automated, touch-free method of measuring and marking the eye.”

There’s never been a better time for laser vision correction. So schedule a consultation and to determine if you are a candidate. Call Family EyeCare Center today!

Order Contact Lenses on our Website: familyeyecare.com

We have recently added a convenient contact lens ordering page on our website. Reorders and supplies can be ordered 24/7. It’s easy, it’s fast and it’s safe. If you are running low on your contacts, you can order by phone, drop by our office or on the web. Check out our website. If you want to order contacts, just hit the “Order Contacts” button.

Digital Retinal Photography: a detailed story about the health inside your eye

Our digital retinal camera has helped us do a better job of monitoring the internal eye health of thousands of our patients. This technology has given us the ability to find and spot such problems as retinal detachments, macular degeneration, high blood pressure issues, diabetes, leaking blood vessels, high cholesterol and even eye and brain tumors. We are able to do this test and documentation as either a screening tool or medical diagnostic test. In many cases, this test may be covered by your medical insurance. At Family EyeCare Center, we want to make available the most advanced medical equipment for your visual and eye health well being.

Interesting Research with T-Cells, Brain cells and Optic Nerve cells

One of the hot research areas happening now is the use of T-cells to stimulate the body's immune system to help fight off the effects of neuro-degeneration. This research may someday help patients with such conditions as glaucoma, spinal injury, Parkinson's and Alzheimer's disease. This research is at it's earliest stages now, but the future looks brighter for many.

TIDBITS: Eye Fun Facts

1. Humans blink approximately 17,000 times a day. That’s 1 blink every 5 seconds. Frequent computer users tend to stare at their computer screen and tend to blink 30-50% less. The result many times is red, burning dry eyes.
2. If your eyes are tearing too much you may have dry eyes. Dry eye problems cause the surface of the eye to be irritated and the bodies response is to product more tears to try and flush away the irritation.
3. Tears are composed of 3 layers, an oil layer, a watery layer and a mucus layer. The tears also contain a chemical called lysozyme that helps kill germs and prevent infections.
4. The human eye is made of more than 2 million working parts, making it the second most complex organ in the body after the brain.
5. 90% of the 40,000 sports related eye injuries could be prevented simply by wearing proper eyewear during competition.

In Office Educational System

Our goal at Family EyeCare Center is to provide the best service possible to all our patients. One of the ways we meet this goal is to provide the latest and best technology. We have recently installed a new education system in our reception area that will provide you a whole host of programs and educational facts about your eyes, vision, health, fashion trends and the newest in contact lens options. We think the system is pretty slick: You will appreciate staying abreast of what’s new in the eye care world.

Vintage Oliver Peoples and LeFont Eyewear at Family EyeCare Center

We have added some new fashion lines to our office such as Oliver Peoples and LeFont. The frame fashion world is always changing and we want to have the latest and greatest looks for you. Go ahead and try the new Coach, Gucci, Lamborgini, Sonoma, Toki or LeFont. We want to make you look great. Our opticians have over 50 years of combined experience. People notice your face first, so let us help make you sparkle!

New Optifree Replenish: Specially formulated to help improve contact lens comfort.

Alcon has just released a new multi-purpose contact lens care solution called “Replenish”. The new Replenish solution contains “TearGlyde” a moisturizing component that helps keep all contacts wetter throughout the whole day. Next time you are in, we would love to give you a FREE Replenish kit for you to test out.



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“Nutrition”

serving of broccoli or cabbage) were 40% less likely to get a cancer called non-Hodgkin's lymphoma. Cruciferous vegetables such as broccoli have also been shown to lower the risk of ovarian cancer.

Tip: Choose broccoli with floret or bud clusters that are **dark green** with some **purple** tinge.

SAVOR SWEET POTATOES. Lower your risk of stroke. These flavorful **orange** spuds are one of the richest sources of anti-oxidants (such as beta-carotene), which may help prevent heart disease, stroke, and certain cancers. Sweet potatoes are also rich in fiber and immune boosting vitamin C.

Tip: Choose sweet potatoes that are firm and have a clean smooth skins. Don't confuse this vitamin rich veggie for the less nutritious yam.

Toss in some **KALE** or **SPINACH**. Protect your eyes. Eating more kale, spinach or other **dark green** leafy vegetables can significantly reduce the risk of heart disease and stroke. Kale is also high in the anti-oxidant lutein and zeaxantin, which protects the eyes and can reduce the risk of cataracts.

Tip: Look for crisp, fresh, **dark green** leaves or buy frozen chopped kale.

BLUEBERRIES may help prevent heart disease. Blueberries are brimming with vitamin C, fiber, potassium and anti-oxidants. Preliminary evidence also suggests that a component in blueberries might enable cells to break down fat and cholesterol, which helps keep arteries clear.

Tip: You can buy frozen or dried berries for year-long enjoyment. Choose the unsweetened style.

Final Tip: In the San Jose area, we are fortunate to have an abundance of fruit and vegetables grown right here. Farmer's Markets are a great source for vine ripened fruit and vegetables at great prices. Many markets offer organic produce - always a good choice.

Make it a day - take the whole family!