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INSIDE: Dr. Wan In
the NEWS
DRY EYE
Cataracts & More!



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FAMILY EYE CARE CENTER

AN OPTOMETRIC CORPORATION

FALL NEWSLETTER 2005

DOCTORS ROSS, WAN, TAYLOR and TUAN, O.D.'s
338 EAST HAMILTON AVENUE • CAMPBELL, CA 95008 • 408.866.2020



Dr. Wan Featured on CNBC 11

A couple of months ago, Dr. Wan appeared on NBC 11 and was featured in two news clips. One news clip featured his research and expertise regarding "Computer Vision Syndrome", and the other clip featured his work involving "Corneal Reshaping Therapy".

Computer vision syndrome now affects thousands of computer users

each year. They have a wide range of symptoms. It is estimated that over 143 million Americans work on a computer each day and that 88% suffer from computer eyestrain. According to the American Optometric Association, 70-75% of these computer users could benefit from specialized computer eyewear that will help alleviate computer

vision syndrome (CVS). Computer eyewear is different from reading glasses. Computer eyewear is specifically designed to optimize your vision at computer viewing distances. Computer viewing is typically at a further distance (22-24 inches) than reading distance (14-18 inches). In addition to the different viewing distances, the lines of sight tend to be

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An "Oasys" for your Eyes

This year there is an explosion of new contact lenses that's greater than any we've witnessed for about 10 years. The biggest advance is the introduction of silicone plastics. Silicone materials have been around for a long time. Early on, silicone didn't work well for contact lenses because of the stiffness of the plastic and surface dryness that made the contacts uncomfortable. The big advantage of silicone materials is that they allow a great deal of oxygen to flow through them. It's potentially very healthy for an eye's cornea. Just recently, lens manufacturers have figured out ways to soften the silicone materials and to make them more wetttable. The new Oasys lens from Acuvue-maker Vistakon / Johnson & Johnson may be the best of these new lenses. Family EyeCare Center is involved with the Oasys lens early product launch, and we are

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New PureVision Contact Lenses by Bausch & Lomb, approved for up to 30 days EW



The new PureVision contact lens by Bausch & Lomb allows so much oxygen to pass through the lens that the FDA has approved it for up to 30 days of continuous use. The PureVision lens also incorporates aberration-cor-

recting technology that can give you even sharper vision than you could achieve with older technology contacts. Think of the PureVision lenses as "high definition" optics for your eyes. For a limited time, Bausch &

Lomb has some very generous rebates available, up to \$80 in many cases. Call us today for your appointment to discuss the new PureVision lenses with your doctor.

The Best just got Better Maui Jim Sunglasses



Now available in Rx, even Invisible Bifocals! Maui Jim Sunglasses, one of the premiere makers of polarized sunglass lens protection, are now available in prescription powers in single vision and in progressive bifocal corrections. Maui Jim sunglasses are known throughout the world for their high quality optics and polarization tech-

nology. Maui Jim sunglasses protect your eyes against harmful ultraviolet sun rays and also help you see more comfortably. Maui Jim sunglasses are available in either glass lenses or lightweight polycarbonate lenses. We have one of the best Maui Jim collections in the Bay Area, and we have the best trained optical staff to help match the perfect style and lens for your needs. Maui Jim sunglasses are great for driving, active sports, golf, or even if you just want to look good.



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Family EyeCare Center Accepts Many Medical Insurances

We want to help you keep your medical costs down. We have added many new services for you including working with some of the biggest major medical insurance carriers. We now accept payment for your medical eye care services from such carriers as Blue Cross PPO, Blue Shield PPO, United Healthcare PPO, and Medicare (for those of you 65 and over) for any medically-related visits. Also, we accept Vision Service Plan (VSP), Medical Eye Services, and EyeMed (for Intel employees only) for any routine or "well eye" care. At your next visit, don't be surprised if we ask for a copy of your medical insurance card. At Family EyeCare Center, we want to help you utilize your health insurance benefits so you can save your own money on medical costs.

FREE Macular Degeneration Card and Advice Tips

Family EyeCare Center recently produced some nice handout cards to help educate our patients about macular degeneration. Included on the card is an "Amsler grid" with instructions for self testing and valuable prevention and nutritional tips. We offer these cards FREE to our patients and family members

cont. from page 1 Dr. Wan - CNBC

much higher with computer viewing than with reading tasks. Viewing angle is one of the most compelling reasons to have proper computer eyewear. Typical bifocals or progressive glasses have the reading viewing area too low for proper viewing of the computer screen. In order to get into the proper viewing area of a bifocal or progressive lens, most people have to tilt their head back in a subtle but

awkward fashion, resulting in headaches, neck aches, and unnecessary muscle tension. Dr. Wan incorporates specific testing sequences and tools to carefully measure and prescribe the optimal computer eyewear prescription. One of these tools is called the PRIO computer vision tester. This device simulates computer viewing at specific computer distances.

The other news clip featured Dr. Wan's work with "CRT" or Corneal Reshaping Therapy. This process

It just keeps getting better and better... Refractive Surgery

Within the last year or so there has been a myriad of new developments to help deliver better and better eye surgery results. One of these is the introduction of the Intralase laser to help create an exact corneal flap, the first step in performing the LASIK procedure. In certain cases, the use of the Intralase laser is desirable if the patient needs a larger flap or has unusual astigmatism correction. The Intralase laser produces flaps with micron level accuracy. Another scientific advance, "wavefront technology", has been helping patients get better vision for about 2 years now. Wavefront measuring technology can be 25 times more precise than typical optical refractions. With wavefront technology, an exact wavescan map of your eye is created, and this

information is linked directly to the sculpting laser's computer. This custom procedure is exactly tailored to the unique characteristics of your eyes to help give you the best results. How good can this be? Here are some recent results with the CustomVue wave front system:



100% of people could pass a driving test without corrective lenses after their CustomVue procedure.

98% could see 20/20 or better without correction after CustomVue treatment.

4 times as many people were "very satisfied" with night vision post-operatively as compared to traditional laser vision correction.

involves specially designed contact lens molds that our doctors design to gently reshape your eye surfaces and improve your vision while you sleep. When you wake up you simply take your CRT lenses off, and you have clear natural vision all day long without the need for glasses or contacts during the day. We have been getting amazing results for many patients, and NBC 11 picked up on this wonderful but under-publicized procedure. Dr. Wan is considered one of the leading CRT experts in this area.

Restasis Eyedrops for Dry Eyes

Millions of Americans suffer from chronic dry eye disease, a condition in which the eye does not produce adequate quantity or quality of tears. While the condition occurs in both men and women, it is much more common in women. Over 3 million women in the United States alone -- or 1 in 12 -- over the age of 50 suffer from chronic dry eye. Risk factors for this condition include hormonal changes, autoimmune diseases such as arthritis, lupus and Sjögren's ("SHOW-grins") syndrome.

Dry-Eye Symptoms

- Itching
- Burning
- Irritation
- Redness
- Blurred vision that improves with blinking
- Discomfort after reading, watching TV or working on a computer
- Excessive tearing

Excessive tearing may seem to be an unusual symptom for dry-eye syndrome. But these irritant tears, produced as a reflex reaction to the syndrome, contain more water than normal tears, which have a balance of water, fat and mucus. The excess tears just run off the eyes and cannot lubricate them as healthy tears do.

What Causes Dry Eyes?

Chronic dry eye is most common in post-menopausal women because of the hormonal changes associated with aging. Testosterone plays a critical role in maintaining the tear-making lacrimal gland. As women grow older, their production of testosterone declines, making the lacrimal gland more susceptible to inflammation. If the lacrimal

gland becomes inflamed, reduced tear production may result.

Any condition that damages the lacrimal gland can decrease tear production. Sjögren's syndrome is a chronic disease in which white blood cells attack the moisture-producing glands. The classic symptoms are dry eyes and dry mouth, but it is a systemic disease, affecting many of the body's organs. It is one of the most prevalent autoimmune disorders.

It is important to realize that environmental, occupational, and lifestyle factors, such as smoke, dry air, dust, the wearing of contact lenses for extended periods of time, and prolonged computer use, can all intensify the symptoms of chronic dry eye disease.

Reducing the Symptoms of Dry Eye

Dry eye syndrome is an ongoing condition that cannot be cured, but the accompanying dryness, scratching and burning can be managed. Ultraviolet (UV) blocking sunglasses can help reduce irritation from sun exposure and help shield your eyes from the effects of wind and blowing dust. Artificial tears can help lubricate chronically dry eyes, but they do not help increase tear production. Avoid frequent use of products that whiten the eyes – they can actually make a

dry eye problem worse. Adding a humidifier can help offset the drying effects of many heating and air conditioning systems.

A Word Of Caution - Severe dry-eye cases, if left untreated, can lead to scarring or even ulceration of the cornea and loss of vision. If you have persistently dry eyes, it is wise to seek the advice of your Family EyeCare Center optometrist. Never change or discontinue eye medications without first checking with us. If you are considering laser vision correction, it is vitally important that you first seek treatment for any dry eye symptoms.

cont. from page 1 "Oasys"

thrilled with the lens performance. All the doctors agree that this may be the best lens to have come out in many years. The lenses are remarkably comfortable! Many patients comment that they can't even feel them in their eyes. The lens is smooth and soft, and it's incredibly healthy for the eye. Just like many of us who have upgraded from cassette tapes to iPods, this may be the time for you to upgrade from your existing contacts to the new Oasys contact lenses.

Now you have many options - CATARACT SURGERY

For the past 30 years, surgeons have treated cataracts by replacing human lenses with artificial lenses called IOLs. While millions of Americans have successfully undergone this proven surgery each year, most patients still require glasses for their near reading needs. That's because all previously available IOLs had a single power or focus. Fast-forward to 2005: there are new IOL designs that allow the lens to move or change that enable the patient to focus at far distances and for near vision, too. If you happen to need cataract surgery in the future, you will have many wonderful choices as to how to correct your vision.