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Dear Patients, Neighbors, and Friends:

Patients come in to our office all the time asking about LASIK and the latest innovations in refractive surgery. Recently, one of our patients who had LASIK returned for her annual exam. She had attended a special session that we had in our office in 2005 that explained everything you would want and need to know about this out-patient technique that, with a laser, changes the shape of the cornea (the front of the eye) in order to reduce or maybe even eliminate the need for glasses or contact lenses. She has done wonderfully and she strongly suggested we have another LASIK Day. We are taking her advice.

**THURSDAY, OCTOBER 30th IS LASIK DAY!** From 4 PM to 7 PM, all three doctors will set aside time to answer your questions regarding refractive surgery and perform a few preliminary tests to make sure that those interested are good candidates. Not all patients should have LASIK, so finding out if your eyes are suited for the laser treatment is important. Our office works with surgeon Santiago Villazon, M.D. at TLC Laser Eye Center in Waltham. Dr. Villazon has performed 16,000 refractive surgeries. He is a highly skilled corneal and refractive specialist and is very conscious about safety. Members of his team will be at our LASIK day to answer any questions that you may have. There is no charge for these preliminary screening tests, but you will need an appointment so that we run the program on schedule. Just call our office at 617-484-1414 and one of our staff will arrange a convenient time for you.

What else is happening in the world of eye care? Here are a few interesting items:

**DRY EYES? THEN MAKE MORE TEARS (WITHOUT CRYING):** Many patients benefit from the use of dry eye “treatments” beyond the use of artificial tears that merely add more fluid to the tear film. One new approach is Restasis®, a prescription eye drop that actually increases the tears you produce. It reduces inflammation in the lacrimal gland, which leads to more tears. Another approach is to increase your Omega-3 fatty acid intake with fish oils and flaxseed supplements. Omega-3’s help the glands in your eyelids to produce healthy oil that coats and protects the eye, thus reducing tear evaporation. And there are also “punctal plugs” that stop the tears from leaving your eye. Dry eye symptoms are extremely common, affecting over 20 million Americans. If you are bothered by dry eyes (symptoms include burning, stinging or gritty eyes, and sometimes blurred vision), let one of our doctors help determine the cause and suggest the best treatment for you.

**GLASSES ARE MORE COMPLICATED THAN YOU THINK (PART ONE):** There are numerous factors that go into a proper pair of eyeglasses to allow for the most clear comfortable vision, while still being fashionable. In fact, there are so many aspects involved in making the perfect pair of spectacles that we have decided to address one item per newsletter, starting with

frame selection. *Spectacle frame selection* is not just based on the latest fashion. It is crucial to select a frame that is appropriate for your face shape and structure. The power of your prescription and the type of lens required has important bearing on the frame selection. Highly near-sighted patients are best fitted with a smaller eye size to minimize the thickness of the lens. Progressive lenses work best in frames that have enough room for the reading portion. Lifestyle consideration must be made – more durable frames are available for more active lifestyles. You can depend on our office and its trained, competent staff to provide you with the best quality eyewear - and often at prices below what advertisers charge for similar products.

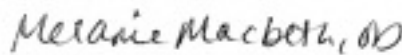
**MAKE SURE TO CHECK YOUR INSURANCE COVERAGE:** This is the time of year that many of you have the opportunity to select your health insurance for the upcoming year. Not all vision and health insurances pay equally. Our office has chosen to participate in insurance plans that allow us to provide the level of care that you have come to expect from us. We are currently accepting Harvard Pilgrim, Blue Cross/Blue Shield, Vision Service Plan and several others. However, plans can vary so if you have a question, call our office and we will try to help you determine if we can bill your insurer for your eye examination.

Don't forget to check out our website at [www.belmontoptometrists.com](http://www.belmontoptometrists.com) and remember that that we have settled into our new location at 231 Belmont Street.

Sincerely,



Linda Bennett, O.D.



Melanie Macbeth, O.D.



Rebecca Maida, O.D.



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Dr. Bennett, Dr. Maida, and Dr. Macbeth next to our new sign at 231 Belmont Street.