

# The Spectacle

Peabody Vision Associates 229 Andover St. (Rte 114) Peabody (978) 532-1022 Summer 2007

To All Our Contact Lens Patients:

Decrease Your Risk for Infection

By Dr. Tiffany Chang, OD

With the recent negative news flashes regarding recalled contact lens solutions (namely: Renu MoistureLoc and Complete Moisture Plus), I wanted to revisit on an old but important topic.

I often speak with you regarding the importance of regular replacement of your disposable soft contacts. This may range from one day to two weeks to one month depending on your eye health and the lens that was prescribed to specifically match you.

Throwing away that old pair of contacts means you are throwing away the buildup and contamination that accumulates from regular wear. No matter how great you are at taking care of your contacts, it will never be sterile and pristine like the first day you put them on. Stuff from your eyes, fingers, contact case, and environment will cling to those lenses.

The same principle applies to your contact lens case. Over time, it will also accumulate buildup and debris. Be sure to replace your lens case at least once a month to reduce your risk of infection. To help remind you, I'd like to tell you about Bausch & Lomb's program entitled "Wear & Care".

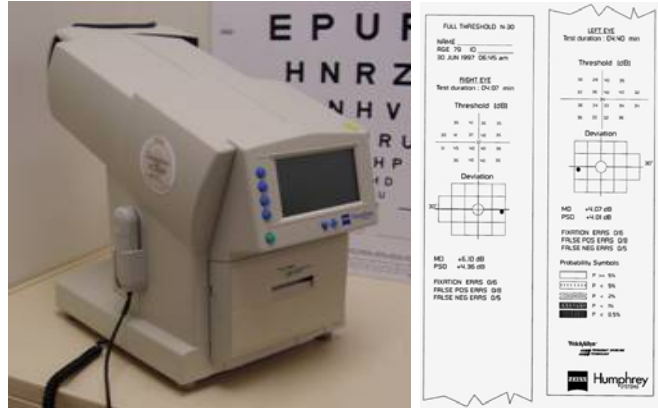
<http://www.bauschwearandcare.com/enroll.php>



Visit the above site to receive **12 free contact lens cases and helpful tips regarding your contacts.** This program will be useful to *every* contact lens wearer, whether or not you have been recommended Bausch & Lomb products.

For best and safest results, please replace your lens case on a timely basis, use the solution we've recommended for your specific contact, and follow your specific wear instructions written on your contact lens prescription.

Featuring More Advanced Equipment:  
Our Frequency Doubling Perimeter



By Dr. Tiffany Chang, OD

One of my favorite things about optometry is that it is a field filled with amazing, high-tech gadgets. They are fun to operate, fun to demonstrate, but most importantly: they allow me to give my patients the beyond standard-of-care attention that is the hallmark of my practice.

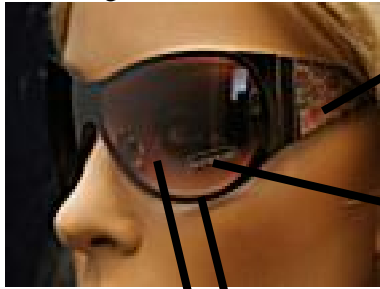
The last few newsletters have featured our new, jazzy Optomap Retinal Imager which reveals an astounding 200 degrees of your internal eye in a single flash. In a few short months, already 80% of our patients have incorporated this into their routine eye exams, and I encourage everyone not to be left behind. When it comes to protecting your ocular health and preserving vision, nothing but the best and most advanced equipment will suffice. (If you have any questions, please check our newsletter archive at [www.pearlevisionpeabody.com](http://www.pearlevisionpeabody.com).)

I want to talk about our Frequency Doubling Perimeter now. Perimetry, the measurement of peripheral vision, has been around for a long time for the care and detection of glaucoma, tumors, aneurysms, and other compressive lesions within the brain. Frequency Doubling Perimetry, advanced perimetry that targets specific motion sensing neurons, is able to detect those changes earlier than standard machines, when those changes are more subtle.

As with all eye diseases, the earlier you catch it, the easier it is to deal with. Our patients who experience headache, have abnormal eye pressure, have a family history of glaucoma, or any other alerting medical signs can rest assured that we will always use the most advanced equipment and techniques in their eye care.

## Summer & Sunglasses!

Sunglass tint colors are up to personal preference. However, to ensure that your sunglasses are truly protective and reduce glare, make sure they sport the following features:



1. Thick temples for full side coverage

2.  $\geq 99\%$  UVA & UVB protection

3. larger frame for increased coverage area

4. Polarized lenses to cut out maximum glare

## Sunglass Self-Quiz

Which of these sunglass shapes do you think give good & full protection?



## FDA & FTC Guidelines for Outsourcing Your Contact Lens Purchases



The FDA & FTC (Federal Trade Commission) want you to be a wise consumer if you purchase your contacts, FDA and FTC-regulated medical devices, from sources other than your doctor's office. While it is often economical to purchase via internet, phone, or mail order, the FDA has produced a precautionary checklist to help you ensure safety. This list includes information on how to read your prescription and guarantee that your contacts correctly match. If you should outsource your contacts purchases, please see the pre-cautionary list that the FDA has put forth: <http://www.fda.gov/cdrh/contactlenses/buying.html>.

This link also provides information on how to report issues that arise from unfortunate online purchases.

At our offices, safety is the ultimate concern. We run quality assurance checks from the actual prescription through to correct delivery. Should problems arise, we are also able to personally assist you. You may also purchase your contacts online through our office at: [www.pearlevisionpeabody.com](http://www.pearlevisionpeabody.com)

# PEARLE VISION®

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Walgreen's Plaza  
229 Andover Street (Rt. 114)  
Peabody, MA 01960  
(978) 532-1022

## \$139

### Disposable Contacts

Includes eye exam, contact fitting, 3 mo. supply of lenses, and follow up visit.

Cannot be combined with any other offer, insurance, or coupon. Offer applies to clear spherical disposable contacts. Some restrictions apply.

Must present coupon at time of exam. Valid at Peabody and Revere location only

Exp: 10/30/2007

NLS



NIKE MAXSIGHT LENSES

Grey-Green  
For golf and running.

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For soccer, tennis, baseball and football.