



Advisor

Expanding the vision of your eye care

Getting to Know Your Eye Doctor your partner in vision care

Your Eye Care Professional (ECP) is an important partner in your total health as well as eye and vision care. An eye doctor evaluates visual ability, diagnoses eye diseases and conditions of the eye, and provides necessary treatment such as eyeglasses, contact lenses, ocular pharmaceuticals, vision therapy and other vision aids.

As a partner in your health care, your ECP needs to get to know you and understand your needs. Regular eye exams are essential to maintaining optimum vision and offer the best hope for early detection of eye diseases which may seriously affect your vision. So, mark your calendar, and see your ECP regularly.

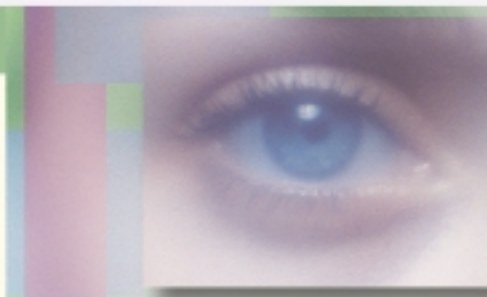
EYE Fun Facts:

The average person blinks their eyes about 11,500 times a day (4.2 million times per year)

The average person has 100 to 150 eyelashes on their upper eyelid.

An eyelash will last about five months before it falls out.

Are Contact Lenses Right for You?



Thinking about contact lenses?

You're not alone. Over 33 million Americans wear contact lenses. If you're considering them, talk to your Eye Care Professional. Following a thorough eye exam, your ECP will discuss your suitability for contact lens wear, wearing options, necessary lens care and follow-up requirements.

What is a soft contact lens?

A soft contact lens is a prescription medical device made from a family of plastics called hydrogels. Hydrogels usually contain from 35 to 75% water. As a result, these contact lenses are soft, pliable and transmit oxygen to the cornea. The lens floats on the tear film of the front of the eye – working much like a spectacle lens to bend light and focus it on the back of your eye (retina).

Today, more contact lens options are available.

Contact lenses can be classified in other ways besides soft or hard. They may also be classified by wearing modality, which includes **daily wear** and **extended wear**.

In the U.S., daily wear contact lens patients outnumber extended wear patients 5 to 1. Daily wear contact lenses are worn during waking hours only. At the end of the day, they are removed before going to sleep. Extended wear contact lenses are worn all day, including during sleep. Upon removal, both daily wear and extended wear contact lenses are discarded or must be carefully cleaned and disinfected before they are worn again.

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Red, itchy, watery eyes? **allergies**

If you're one of the 50 million Americans who suffer from allergies, your eyes may be suffering too. The most common allergic triggers include:

- Pollen
- Pet hair or dander
- Dust
- Certain medicines

If you think you have allergies, talk to your Eye Care Professional. To diagnose an allergy, your ECP will conduct a thorough medical history and physical exam and may perform allergy skin tests or blood tests or refer you for those tests.

There are several over-the-counter and prescription medications that can help relieve ocular (eye) allergies. You should read the labeling or talk to your doctor before using these while wearing contact lenses. Eye drops can help wash away allergens and moisten the eye. Some eye drops contain topical decongestants that constrict small blood vessels and help reduce redness. But be careful not to use these drops for prolonged periods. Overuse can actually cause swelling and redness known as "rebound effect." Topical antihistamine drops are also available and can reduce redness and swelling in the eye. Antihistamines block the effects of histamine, which is responsible for allergic symptoms like swelling, redness and itching. If you have glaucoma, do not use any kind of eye drops without consulting your ECP.

Identifying the source of your allergic reactions and developing an effective treatment plan can greatly improve your allergy symptoms. If you have questions, talk to your ECP or physician.

Contact Lenses...continued from page 1

If you and your eye doctor decide contact lenses are right for you – follow the directions carefully; adhere to lens wearing schedules; and make regular appointments for follow-up care. Here are a list of do's and don'ts...

Do's

- Listen to your Eye Care Professional and follow his/her instructions carefully.
- Wash your hands thoroughly before handling your lenses.
- Handle your contact lenses over a clean towel. (If you drop a lens, it's less likely to become contaminated or damaged.)
- Store your lenses in the carrying case made for them, keep the case clean and replace it frequently.
- Schedule follow-up visits as recommended by your ECP.

Don'ts

- Don't use cream or perfume soaps. They can leave a film on your hands that can transfer to your lenses.
- Don't put contact lenses in your mouth or moisten them with saliva, which is full of bacteria and could cause infection.
- Don't share your contact lenses with others.
- Don't wear your contact lenses if your eyes are red or irritated or you have reduced vision.

If you use disposable lenses (daily or extended wear)...

- Set a regular day for throwing away your old lenses and replacing them with a new pair.
- Associate throwing away your lenses with a regularly scheduled event, such as payday, your favorite TV show or garbage day.
- Mark your calendar, palm pilot or stick a note on your bathroom mirror – whatever helps you to remember.
- When you open a new box of lenses, write your "fresh lens" day or date on the outside of the lens box.

Just for Teens

Wondering if you're old enough for contacts?

Contact lenses are a great option for people of many ages. There is no minimum age for someone to wear contact lenses and they can be exceptionally comfortable. The majority of contact lenses are made from a soft material that is made mostly of water. The material and design allow them to conform to the unique shape of your eye.

When they're replaced often, your lenses feel clean, fresh and comfortable. Certain contact lenses (extended wear lenses) can even be worn at night. Your Eye Care Professional will help you determine whether or not contact lenses are right for you. An ECP can also determine which type of lenses are best for your vision correction needs, and teach you about proper contact lens care and wear.



www.acuvue.com/teen

Summer Sports & Eye Care

Each year, approximately 100,000 sports-related eye injuries occur. One-third of these are to children under the age of 16. The sports most commonly associated with eye injuries at any age are baseball, basketball, football, hockey, lacrosse, tennis, squash and racquetball.

In children's baseball leagues and amateur hockey leagues in which protective eyewear

have been mandated, eye injuries have been reduced by 90%.

Experts recommend that young athletes wear polycarbonate lenses which are found in many types of protective eyewear. They are 20 times stronger than regular lenses. These lenses are made to withstand a projectile or ball traveling at 90 mph. Your Eye Care Professional can help you find a pair that's right for you.



Choosing the Right Lenses

Sunglasses are fashionable, but did you know those with UV protection may also help protect the long-term health of your eyes? Studies suggest that long hours in the sun without proper eye protection can increase your chances of developing eye disease.

What should you look for?

Here's a list of features and what they really mean.

"Blocks Ultraviolet Radiation"

Long term exposure to UV radiation is linked to eye disease. Look for plastic or glass lenses that block 99 to 100% of all UV light. Remember, the darkness of a lens does not indicate UV protection.

"Polarized"

Polarized lenses cut reflected glare – sunlight that bounces off smooth surfaces like pavement and water. They are most helpful for driving and fishing. These alone do not block UV.

Peripheral "Wraparound"

Studies have shown that enough UV rays enter around ordinary eyeglass frames to reduce the benefits of protective lenses. Wraparound glasses are shaped to keep light from shining around the frames and into your eyes.

Anti-reflectives

Anti-reflective lenses reduce "back-glare" – light that hits the back of the lenses and bounces into the eyes. Similar to a scratch-resistant coating, AR is made of a very hard, thin film that is layered on the lens providing an (invisible) look. These alone do not block UV.

Sunglass Tinting

The color of the lenses determines the parts of the light spectrum that are absorbed by the lenses. Manufacturers use different colors to produce specific results.

- Gray tints reduce the overall amount of brightness with the least amount of color distortion. Gray lenses offer good protection against glare, making them a good choice for driving and general use.
- Amber and brownish tints are also good general purpose tints. They have the added benefit of reducing glare and have molecules that absorb higher frequency colors, such as blue, in addition to UV rays.
- Yellow or gold tints reduce blue light, which tends to bounce and scatter creating glare. That's why snow glasses are usually yellow.
- Green tints on lenses filter some blue light and reduce glare. Because green tints offer the highest contrast and greatest visual acuity of any tint, they are very popular.
- Purple and rose tints offer the best contrast of objects against a green or blue background. They make a good choice for hunting or water skiing.

Wear Contacts?

There are contacts available with UV protection, but they are not substitutes for UV absorbing sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV absorbing eyewear as directed. Optimally, you will get the most UV protection by combining sunglasses and contact lenses that offer UV protection.



Want to change your look? Add some COLOR.

Even if you don't need vision correction, you can change the color of your eyes. Color contact lenses can give you comfortable, truly vivid, yet natural color with or without vision correction. They're an easy way to make a temporary change.

Which means they're great for those times when you feel like doing things a little differently, or just want to change your look.

Ask your Eye Care Professional for the color options.

kid's CORNER

The basic vision skills needed for school are:

- Near vision – the ability to see objects clearly at about 12" (reading distance) away.
- Distance vision – the ability to see clearly beyond arms' reach.
- Binocular coordination – the ability to use both eyes together to create a single clear image.
- Eye movement skills – the ability to aim the eyes accurately, move them across a page and shift them quickly and accurately.
- Focusing skills – the ability to keep both eyes accurately focused to see clearly at the proper distance to see.
- Peripheral awareness – the ability to see things located to the side while looking straight ahead.
- Eye/hand coordination – the ability to use the eyes and hands together.

Remember, a school vision or pediatrician's screening is not a substitute for a thorough examination by an Eye Care Professional.

Certain factors may require more frequent visits. These may include:

- Developmental issues
- Premature birth
- Personal or family history of eye disease
- Previous eye injury

If your child loses their place while reading, avoids close work, tends to rub their eyes, turns or tilts their head to use one eye only, or has headaches, talk to your ECP.



Want more information?
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ACUVUE® Eye Health

Advisor

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