

June is Cataract Awareness & Firework Safety Month

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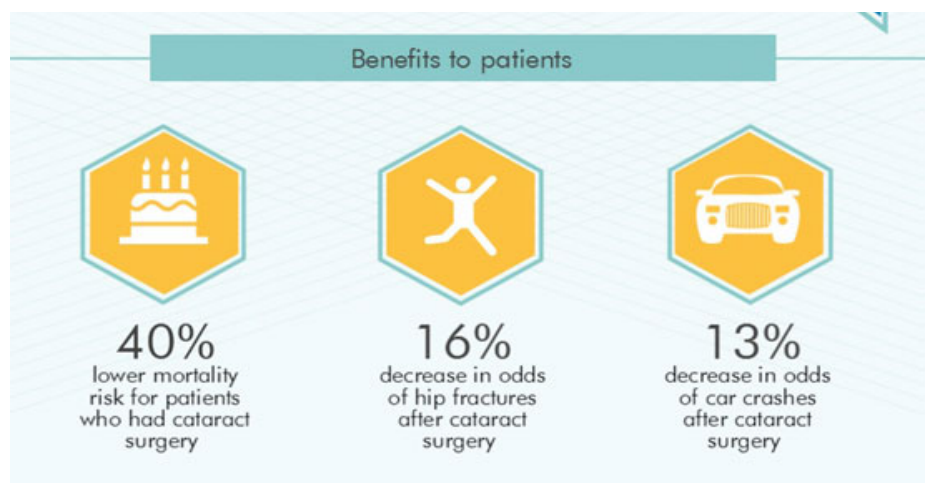
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Three Things Patients Should Know About Cataracts

Approximately 25 million Americans have cataracts, which causes cloudy, blurry or dim vision and often develops with advancing age. This June, The Eye Centers of Northwest Ohio joins the American Academy of Ophthalmology in observing Cataract Awareness Month by sharing three things everyone should know about the condition and its treatment.

As everyone grows older, the lenses of their eyes thicken and become cloudier. Eventually, they may find it more difficult to read street signs. Colors may seem dull. These symptoms may signal cataracts, which affect about 70 percent of people by age 75. Fortunately, cataracts can be corrected with surgery.

Ophthalmologists, physicians who specialize in medical and surgical eye care, perform around three million cataract surgeries each year to restore vision to those patients.



The following are facts people should know about the condition.

1. **Age isn't the only risk factor for cataracts.** Though most everyone will develop cataracts with age, recent studies show that lifestyle and behavior can influence when and how severely you develop cataracts. Diabetes, extensive exposure to sunlight, smoking, obesity, high blood pressure and certain ethnicities have all been linked to increased risk of cataracts. Eye injuries, prior eye surgery and long-term use of steroid medication can also result in cataracts. If you have any of these or other risk factors, speak to us.

No Vision Insurance, No Problem, Join our Membership Program today!

www.eyecentersofnwo.com/members-portal



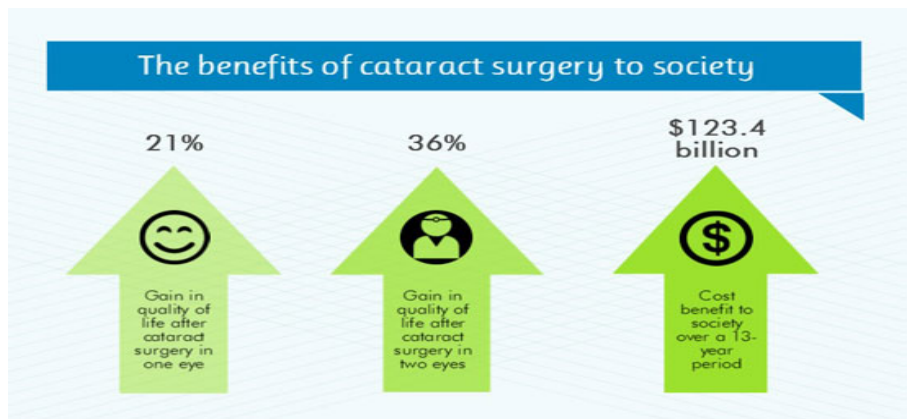
Please check-in for your appointment before you arrive at the office

- secure
- hygienic
- convenient

Follow the link that we text to you the day before your appointment

Courtesy: The American Academy of Ophthalmology
www.aao.org/

- Cataracts cannot be prevented, but you can lower your risk.** Wearing UV-blocking sunglasses and brimmed hats when outside can help. Several studies suggest that eating more vitamin C-rich foods may delay how fast cataracts form. Also, avoid smoking cigarettes, which have been shown to increase the risk of cataract development.
- Surgery may help improve more than just your vision.** During the procedure, the natural clouded lens is replaced with an artificial lens called an intraocular lens, which should improve your vision significantly. Patients have a variety of lenses to choose from, each with different benefits. Studies have shown that cataract surgery can improve quality of life and reduce the risk of falling. If cataracts are interfering with your ability to see well, we will be more than happy to speak to you.



Lens Implant Options

We have partnered with Alcon Inc. so we can bring industry leading intraocular lens options to our patients. Please text the following to view the videos.

Your surgeon requests you watch these brief videos.

Quick access to information about your vision options:

AIM CAMERA TAP POPUP SEND TEXT MESSAGE

Simply Scan or Text to Begin


TEXT: 519519
MESSAGE: EYE CENTERS NW OHIO

To scan QR code, simply **aim** phone camera, **tap** the pop-up notification, and **send** the text message to **access** the video content.

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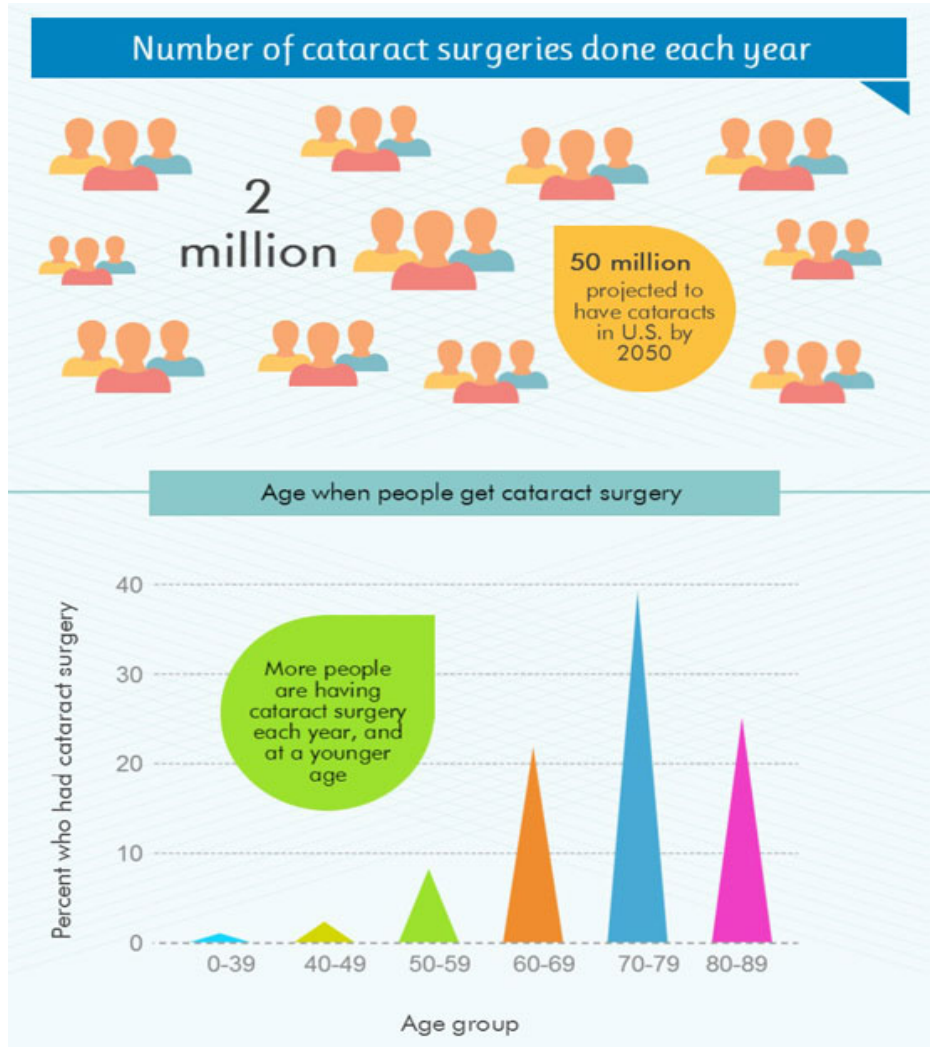


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50% SALE IS FOR THE MONTH OF JUNE
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What You Don't Know About Fireworks Can Cost You Your Sight

Every year, people suffer serious eye injuries from backyard firework displays. Most of the victims are children and bystanders located nowhere near the pyrotechnics. As Independence Day nears, The Eye Centers of Northwest Ohio and the American Academy of Ophthalmology is working to dispel the myths that put people at risk of blindness.

Fireworks & Your Eyes

Typical Eye Injuries From Fireworks



- Detached Retina
- Ruptured Eyeball
- Scratches on Cornea
- Burns

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- **Myth #1:** Consumer fireworks are harmless. Fireworks can cause blinding eye injuries such as chemical and thermal burns, corneal abrasions or retinal detachment. If you have plans to use consumer fireworks, please wear eye protection.
- **Myth #2:** Sparklers are made for kids and aren't dangerous. Don't let their small size fool you; sparklers burn at more than 2,000 degrees Fahrenheit. That's hot enough to melt certain metals.
- **Myth #3:** Duds are harmless. Malfunctioning fireworks should be handled with caution. Do not try to relight faulty fireworks. Instead, soak it in water and throw the dud away.
- **Myth #4:** Only those handling the fireworks are at risk. The majority of firework-related eye injuries happen to bystanders. Watch fireworks from at least 500 feet away and make sure everyone is wearing eye protection.

If an eye injury does occur, seek medical attention right away.

