

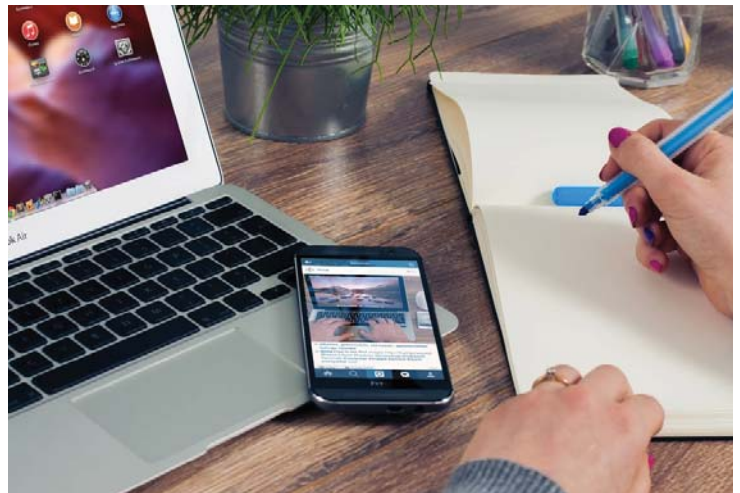
## Healthy Vision All Year Long

**A**t the start of each year, people around the world make plans to change their habits and set goals in hopes of becoming a better version of themselves. One of the most popular New Year's resolutions is to be a little healthier. More often than not, this commitment only extends to weight loss or dieting however good vision is also a key part of overall health.

At The Eye Institute (TEI), we encourage you to extend your plans for health and wellness to include caring for your vision. Here are some simple ways you can resolve to protect your vision all year long:

- **Watch your diet:** Eating healthy foods and maintaining a healthy weight can lower your risk of eye disease. Along with carrots, eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens, is important for keeping your eyes healthy, too.
- **Sport your shades:** Sunglasses are more than just a fashion statement – they are crucial for protecting your eyes from the sun's harmful UV rays. UV exposure isn't related to temperature so it's equally as important to sport your shades even during the colder months.

- **Lessen your screen time:** Prolonged screen time can put users at risk for computer vision syndrome and digital eye strain so it's important to rest your eyes and take frequent breaks from screen time. A good rule of thumb is the 20-20-20 rule: look away from the screen every 20 minutes and stare at something about 20 feet away for 20 seconds.



The most important thing you can do to maintain your visual health is to have a comprehensive eye exam. According to the American Optometric Association adults should have an eye exam at least once every two years.

If you have a family history of eye disease or vision issues, a visit to the optometrist is recommended sooner rather than later.

**To schedule an appointment at The Eye Institute, call 215.276.6111.**

### IN THIS ISSUE:

Healthy Vision All Year Long

Twelfth Annual "Looking Out for Kids" Charity Fundraiser

Glaucoma Awareness Month

Better Hearing & Speech Month Open House



# Twelfth Annual “Looking Out For Kids” Charity Fundraiser

**A**rea school children continue to receive the quality healthcare services they need - thanks to Salus University's twelfth annual Looking Out for Kids (LOFK) charity fundraiser held Saturday, November 3 at the Hilton City Avenue Hotel in Philadelphia.

The LOFK fundraiser and initiative was originally established to benefit The Eye Institute's (TEI) School Vision Programs, which provides comprehensive eye care services and eyeglasses to uninsured and underinsured children in Philadelphia, Montgomery, and Delaware counties.

However, for the first time, some money raised from this year's event will also go towards establishing a hearing aid loaner bank for children through the Pennsylvania Ear Institute (PEI). PEI provides a range of hearing and balance services for adults and children. Hearing aids can be very costly and are often not covered by health insurance.

NBC10 reporter and anchor Rosemary Connors co-hosted the fundraiser for the fourth time. During the program portion, Connors interviewed Eric Melton, a sixth grade student from F.S. Edmonds Elementary School alongside his school nurse Margo Owen.

Melton is one of the many children who have received vision care services and two pairs of glasses - one for home and one for school - thanks to TEI's School Vision Program. "Before my



glasses I couldn't really see that good but now I can see better in class and I'm also getting straight A's in school," he said.

Donna Frisby-Greenwood, president and CEO of The Fund for the School District of Philadelphia, was also presented with the 2018 Lighthouse Award.

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# Glaucoma Awareness Month



**J**anuary is National Glaucoma Awareness Month, an important time to educate the community and our patients about a disease that is one of the leading causes of blindness in the United States. According to the Glaucoma Research Foundation, glaucoma affects more than three million people in the U.S. alone. That number is projected to skyrocket to 4.2 million by 2030 – an increase of 58 percent.

Glaucoma is a disease that damages the optic nerve, which is a bundle of more than one million nerve fibers that connect the light-sensitive tissue at the back of your eye to your brain. Primary open-angle is the most common type of glaucoma - affecting 90 percent of those with the disease.

With this type, drainage canals in the eye become blocked and lead to a buildup of fluid and pressure within the eye. This pressure can damage the optic nerve, thus leading to vision loss.

Vision loss is typically slow and gradual. Unfortunately glaucoma is a deceptive disease in that individuals may not notice any symptoms at all until it is too late. Experts estimate that only half of those with glaucoma are aware they have it.

Though glaucoma can develop in anyone at any age, certain factors can increase the risk of

developing the disease.

Those at higher risk include:

- A family history of glaucoma
- Being over age 60
- An increase in eye pressure
- Those of African-American and/or Hispanic descent
- Certain medical conditions such as: high blood pressure, diabetes, heart disease, and sickle cell anemia
- Undergoing certain eye surgeries or having an eye injury

In fact, according to the American Academy of Ophthalmology, glaucoma is a leading cause of blindness for people over 60 years old. Fortunately, blindness and other visual difficulties from glaucoma can be prevented with early detection and treatment. For individuals over the age of 60, an eye exam is recommended annually due to the increased risk of glaucoma and other eye conditions.

Call **The Eye Institute** at 215.276.6111 to schedule your appointment today!

The Eye Institute (Oak Lane)  
1200 West Godfrey Avenue  
Philadelphia, PA 19141  
**Appointments:** 215.276.6111

The Eye Institute (East Falls)  
One Falls Center  
3300 Henry Avenue, Suite 104  
Philadelphia, PA 19129  
**Appointments:** 215.276.6111

The Eye Institute (Chestnut Hill)  
Chestnut Hill Plaza  
7630 Germantown Avenue, #4  
Philadelphia, PA 19118  
**Appointments:** 215.276.6111

The Eye Institute (Norristown)  
1401 DeKalb Street  
Norristown, PA 19401  
**Appointments:** 610.278.7787

[SalusUhealth.com/TEI](http://SalusUhealth.com/TEI)

*The Eye Institute is the clinical optometric practice of Salus University*

## SAVE THE DATE

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Just in time for Better Hearing and Speech Month, join the Pennsylvania Ear Institute (PEI) and the Speech-Language Institute (SLI) for a Spring Open House:

**Saturday, April 27, 2019**

8380 Old York Road  
Suites 2100 & 1200  
Elkins Park, PA 19027

Learn more about the hearing, balance, speech-language, communication and swallowing services provided.

