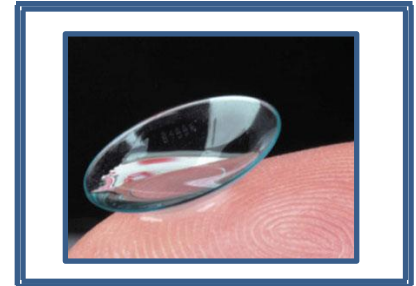


MARCH 2017 HEALTHY TIP PROTECT YOUR VISION

We only have one pair of eyes; isn't it important we take care of them?

One overlooked area is contact lenses. Yes, their subtle appearance and durability correct vision disorders and boost confidence. However, failure to take proper care of your lenses can have harmful effects. Serious conditions include eye infections, corneal ulcers, and in rare cases, blindness.



How do I purchase the right lens?

- Follow the prescription outlined by your eye professional. If you are unsure of what you received, contact your professional for support.
- Make certain your prescription is current. If your eyes have not been checked within the past year or two, schedule an appointment for a checkup as new vision problems could arise.
- It is recommended to place your order from a reliable supplier. A sign that a supplier is reliable is if they require a valid and current prescription from your eye care professional. Ask your eye care provider for supplier recommendations.

How can I protect myself today?

To reduce your risk of infection, the FDA has outlined several safety tips.

- Clean properly: No water. Water is a source of microorganisms which leads to infections.
- When traveling, do not store lens solutions in a travel-sized container. These are not sterile. Instead, store in a zip lock bag that is firmly sealed.
- Unless you were prescribed by a doctor, do not wear lenses overnight. The risk of infection increases and you are reducing the amount of oxygen flow to your eyes.
- Do not reuse your lens solutions.

Year-round education and diligence is critical, especially when it comes to eye protection. Arm yourself with as much knowledge as you can!

For additional information go to
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm048893.htm>

WORLD CLASS. LOCAL TOUCH.

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