



# Broadway Eye Center

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<http://www.broadwayeyecenter.com/>

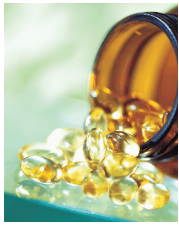
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## Spring 2011 Newsletter

### Omega-3 Fatty Acids

Without fat, our bodies can not function properly and without the proper kinds of fats in our diet, our eyes health may also suffer.

Fatty acids are the "building blocks" of fat. These important nutrients are critical for the normal production and functioning of cells, muscles, nerves and organs. Fatty acids also are required for the production of hormone-like compounds that help regulate blood pressure, heart rate and blood clotting. Some essential fatty acids (EFAs) are necessary to our diet, because our bodies can not produce them. Two types of EFAs are omega-3 and omega-6 fatty acids.



Several studies suggest omega-3 fatty acids may help protect adult eyes from macular degeneration and dry eye syndrome. Essential fatty acids may help proper drainage of intraocular fluid from the eye, decreasing the risk of high eye pressure and glaucoma.

While both omega-3 and omega-6 fatty acids are important to health, the balance of these two types of EFAs in our diet is extremely important. Most experts believe that ratio of omega-6 to omega-3 should be 4-to-1 or lower. Unfortunately, the typical American diet tends to contain 10 to 30 times more omega-6 than omega-3. The best food sources of beneficial omega-3 are cold-water fish, such as sardines, herring, salmon and tuna. If you are not a fish lover, another way to make sure your diet contains enough omega-3 is to take fish oil supplements.



Excerpted from "Eye Benefits of Omega-3 Fatty Acids" by Drs. White and Heiting at [http://www.allaboutvision.com/nutrition/fatty\\_acid\\_1.htm](http://www.allaboutvision.com/nutrition/fatty_acid_1.htm).

### Contacts in the News

The 2010 American Optometric Association's Eye-Q survey reveals bad habits of some contact lens wearers: almost 25% said they soak or clean lenses in water (water can contaminate lenses with harmful microorganisms) and 12% said they store contacts in something other than a contact lens case.

Another recent study showed that contact lens cases that dried face-up were significantly more contaminated than face-down (71% to 21%). Drying cases out and using fresh solution is important because disinfecting solutions lose effectiveness when just "topped off".

A Pittsburgh company is developing a glucose-sensing contact lens for people with diabetes. A sensor in the contact monitors glucose levels in the tear fluid and turns different colors. Potentially no more test strips; just look in the mirror. Hopefully, it will work better than mood rings.

### Office Hours

**Lunch Time:** Broadway Eye Center will be open during lunch on Monday, Tuesday, Wednesday and Friday. These new hours will allow for patient phone calls, pickup of contact lenses, financial transactions, and other activities which do not require doctor services.



**Tuesday Late Hours:** Broadway Eye Center will be open later on Tuesday to accommodate patients who have difficulty leaving work for doctor's appointments. On Tuesdays, the office will stay open until 6:00 PM. These later hours will allow the last examination appointment to be at 5:30 pm, rather than 4:00 pm.

### Computer Vision Syndrome



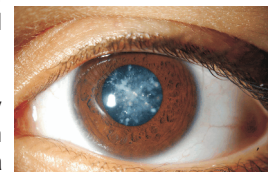
Computer vision syndrome (CVS) is a very real problem for many people who spend hours daily in front of a computer screen. Sometimes, simply rearranging your work environment to create better ergonomics is all you may need to reduce eye strain and other vision problems related to CVS.

In some cases, a good pair of computer eyeglasses or monovision contacts may help you see better and more comfortably at just the right distance needed for viewing a computer screen. Excerpted from "Computer Vision Syndrome (CVS) at <http://www.allaboutvision.com/cvs/>.

### Ka-ta-rakt

A cataract is a clouding of the eye's natural lens. The word cataract is derived from a Greek word meaning "waterfall" (looking though falling water). Cataracts are most commonly caused by chemical changes due to the natural aging process, but can result from ultraviolet damage, heredity, alcohol, smoking, trauma, disease or prolonged use of certain medications.

Although a cataract is erroneously described as "growing", cataract formation is not the growth of new tissue, but a change in existing tissue. Because cataracts usually develop slowly, months or years pass before most people become aware of the change. Although cataracts do not cause pain, some people may experience eyestrain from excessive glare or blurry vision, which may require more frequent eyeglass or contact lens prescription changes.



When decreasing vision makes it difficult or impossible to carry on daily activities, surgical removal of the cataracts is often necessary.