



# Sight Line

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WINTER 2009 NEWSLETTER



*From  
Dr. Gramanzini  
and the entire staff at  
Family Eye Center,  
we wish you Seasons  
Greetings and hope that  
your holiday season is  
festive, safe and full of  
good cheer!*

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## Use It or Lose It!

Your Vision Plan benefits may expire at the end of the year! FSA and HSA dollars, which may also expire December 31st, can be used for eye exams, eyeglasses and contact lenses. Our caring and experienced staff will work with you to maximize your benefits. Contact our office today to schedule your annual eye exam!

Plantation 954.423.8444 - Dania Beach 954.920.1122 - Email [info@TheFamilyEyeCenter.com](mailto:info@TheFamilyEyeCenter.com)

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## Keep in Touch

Have you checked out our website yet? Find us at [www.TheFamilyEyeCenter.com](http://www.TheFamilyEyeCenter.com)

You can also follow us on Twitter. Just go to [twitter.com/Family\\_Eye](http://twitter.com/Family_Eye)

We would love to hear from you! Send your email message to [info@TheFamilyEyeCenter.com](mailto:info@TheFamilyEyeCenter.com)

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## “Healthy Sight”

is more than just vision correction, it also means enhancing your overall quality of vision, as well as preserving long-term eye health – basically, seeing well now and for your future. We are committed to providing you the most comprehensive, professional vision care possible. We’ll take the time to ask the right questions and find the right solutions to meet your vision needs today and tomorrow.

## Did You Know?

You can have an active hand in your own eye health by being informed about the many factors that can affect your vision. There is more than meets the eye to “Healthy Sight.”

## Lifestyle Can Affect Vision Needs

How you spend your days can affect your vision needs. If you spend a lot of time at the computer, outdoors, or if you participate in high-impact sports, ask us about the best vision solutions to match your particular lifestyle.

## Certain Medical Conditions and Medications Can Affect Vision

A number of diseases, and medical conditions such as diabetes mellitus and hypertension, can affect your vision. Many common medications including, antibiotics, antidepressants and oral contraceptives, can cause photo-sensitivity. This is why it is important that you share your full medical history during your eye exam.



### MEDICATIONS CHECKLIST

- Pain Killers
- Antibiotics
- Antidepressants
- Cardiac drugs
- Vitamins
- Antihistamines & allergy medicine
- Steroids (to treat Asthma)
- Oral contraceptives
- Herbs such as St. John's Wart
- Dermatologic agents & acne medicine

Talk with Dr. Gramanzini about all the medications you are taking, along with any lifestyle activities that could impact your eye health, such as hobbies, work, sports and travel.

## You Can Help Protect Your Long Term Healthy Sight

Healthy sight is the natural result of an overall healthy lifestyle that includes proper diet and exercise, as well as regular physical exams and eye exams. Remember to be safe and protect yourself from dangerous UV rays and glare, and always wear protective eyewear when engaging in high-impact sports or work with potential eye risk.

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## Dry Eye

If you are using artificial tears or rewetting drops throughout the day but they do not provide lasting relief, its time to address the real issue - dry eye. Dry eye is a condition that can begin as merely a nuisance, but can potentially progress with serious effects, including vision loss. Dr. Gramanzini can asses the quality of your tears and evaluate the function of your tear glands, ducts and eyelids to determine the underlying causes of dry eye and develop a treatment plan designed to leave your eyes feeling refreshed.

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# Holiday Gift Ideas

Looking for a unique gift? We have many options from Coach, Prada, Maui Jim and Juicy Couture. Or you may give a Family Eye Center Gift Certificate so your loved one can choose their own gift.



Want to dazzle her with jewels but you're on a budget? Delight her Tiffany & Co. sunglasses! We have a fabulous selection of eyewear from the designer that is adored by women the world over. Of course, your gift will come wrapped in that famous blue box!

Oakley has customized sunwear available with his favorite Major League Baseball team logo and team colors. His prescription can also be included, so not only will he look great, but he will see clearly too!



If he already has Ed Hardy t-shirts and she has Ed Hardy jackets and belts, give them Ed Hardy sunglasses for perfectly coordinated style!

All Ed Hardy eyewear is now specially priced for the holidays.



Transitions lenses: the most convenient way to enjoy better vision, indoors and out, today and tomorrow.

Does the glare of the sun cause you to squint and strain your eyes? Do your eyes sometimes get tired when you're outside? Do you sometimes have trouble seeing objects when the bright sun is shining?

Transitions lenses are clear indoors and at night but automatically adjust their level of tint to changing light conditions outdoors. They provide visual comfort and quality at any and every moment, helping you to see better today.

And just like sunblock protects your skin, Transitions lenses help preserve the health and wellness of your eyes for the future by blocking 100% of harmful UV rays, so you can see better tomorrow too.

Transitions lenses. Because you only have one pair of eyes.

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## Family Eye Center

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