



A View From The Summit

Are Contact Lenses right for your child?

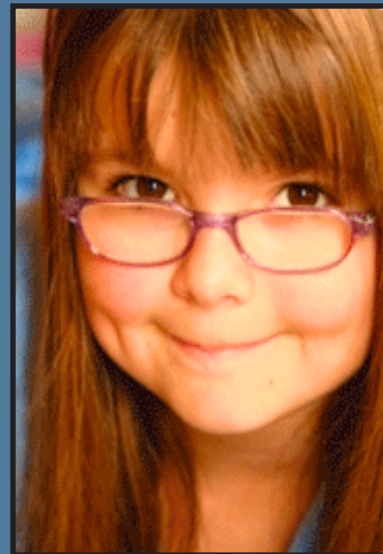
Contact Lenses Improve the Self Image of Children

The results of the Adolescent and Child Health Initiative to Encourage Vision Empowerment (ACHIEVE) study were published in early March. This three year study of children, ages 8-11, demonstrated that contact lens wearers felt better about their Physical Appearance, Athletic Competence, and Social Acceptance. It also revealed that for children who initially disliked wearing glasses, switching to contact lenses also make them more confident about their Academic Performance.

New contact lens materials provide better-than-ever eye

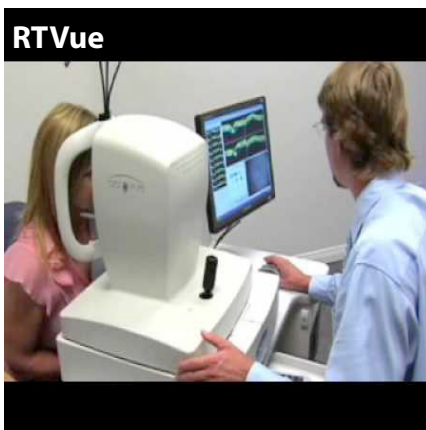
health, comfort and vision. These materials also make insertion of the contacts easier than ever. With the improved affordability of single use lenses, lens cleaning/disinfecting is no longer required. The prescribing of contact lenses for your child depends on the child's vision, maturity and your eye care provider's recommendation.

"This study suggests that we should look beyond just the visual benefits of contact lens wear when choosing the most appropriate vision correction for children as young as 8 years of age," says Dr. Sandi Farnham, Children's Vision Specialist at Summit Eye.



Many children between 7 and 10 can be successful candidates for contact lenses.

New News!!!



RTVue

We are excited about our new technology addition - the RTVue Spectral OCT. This device enables our doctors to diagnosis glaucoma, macular degeneration and other eye diseases earlier than ever.

Because the RTVue allows the doctors to see the tiniest of details inside the eye, they can identify any specific areas that are damaged. This brief, painless test enables views of the back of the eye (retina) which helps with early

diagnosis of diseases - often before you are having any symptoms.

Dr. Hoscheit on Essilor Panel

Dr. Hoscheit has added the Essilor National Advisory Panel to her growing list of national and international memberships. Essilor is a major manufacturer of ophthalmic lenses. As a participant on this panel, Dr. Hoscheit is able to help shape the vision of new lens technology and bring the latest to the patients of Summit Eye.

Why Wellness?

Some of our patients have asked us, "Why is Summit Eye focusing on wellness?" The answer is easy - we care about our patients!

Your eyes and your vision are affected by the health of your entire body, so mak-

ing sure you are as healthy as possible also aids in achieving your best visual and eye health.

Dr. Ann Hoscheit recently completed her Fellowship in Anti-Aging and Regenerative Medicine and was awarded

Diplomate status by the American Board of Anti-Aging Health Practitioners, which gives her the tools to help preserve vision and prevent disease.

For more wellness information, check out the back of this newsletter.



Summit Eye Wellness Corner

Nutrition Month

If you've been considering making some healthy changes to your diet, now is the time - March is Nutrition Month in North America. The best route to optimum nutri-

tion is to follow a healthy diet, choosing from a wide variety of whole, fresh, organic fruits and vegetables, healthy fats and whole grains, to some healthful treats like dark

chocolate for good measure. This eating plan is a great way to start when you want to eat well and be satisfied.

Supplementing Your Diet

Supplements should be an integral part of your nutritional program - they are not a substitute for eating right, but they can help fill any gaps in your diet when you are unable to get your daily requirement of micronutrients.



It is recommended that you take each daily:

- A high quality multivitamin/multimineral that includes zeaxanthin and lutein
- Co-enzyme Q10
- At least 2 grams of a molecularly distilled fish oil
- At least 2,000 IU of vitamin D3

5 Inexpensive Ways to get your Omega-3s

We all need essential fatty acids, including omega-3 fatty acids, for optimum health. Eating several servings of oily fish, such as wild Alaskan salmon, per week is a recommended dietary strategy to help decrease the risk of heart disease, inflammatory conditions, cancer and other health concerns. However, if you find fresh or frozen wild Alaskan salmon is too expensive, consider these economical alternatives:

Canned salmon Sockeye salmon is always wild-caught, costs less than fresh or frozen salmon, and has the added benefit of the canning process, which softens the bones, making them an edible source of

calcium.

Canned sardines Another fish-based source of omega-3s, choose sardines packed in water or olive oil.

Walnuts A good vegetarian source of omega-3 fatty acids, walnuts have protective fats that promote cardiovascular health and tone down inflammation, and contain ellagic acid, an antioxidant compound that helps support a healthy immune system.

Freshly ground flaxseed Contains both omega-3s and soluble fiber. Grind flaxseed daily in a coffee grinder at home (buy one specifically for this purpose) and sprinkle 1 to 2 tablespoons a day on salads or

cereals.

High quality omega-3 supplement Available in liquid or capsule forms, fish oil may help maintain healthy blood pressure already in the normal range, promote optimal day-to-day functioning and help support a healthy outlook. Look for products that are certified free of contaminants, and begin with small daily doses, building up to the recommended amount.

Summit Eye Associates
 Dr. Ann Hoscheit
 Dr. Sandi Farnham
 Dr. Kimberly Hoyle
 640 Summit Crossing Place Suite 202
 704-865-EYES(3937) www.summiteye.net