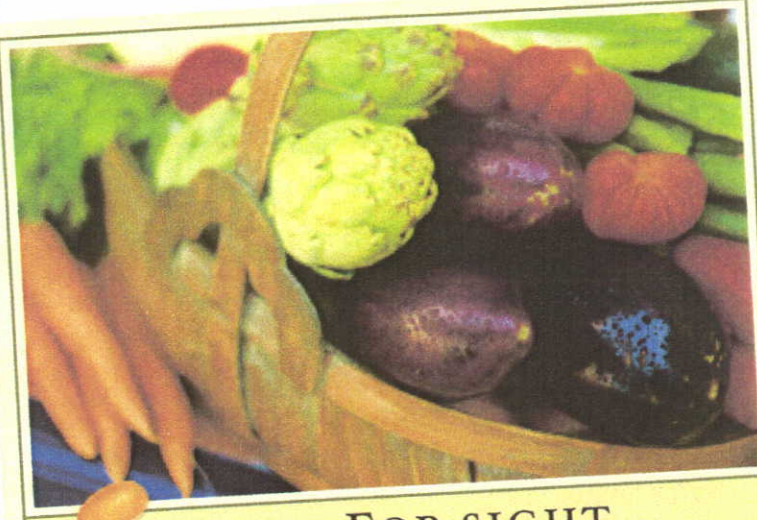


LOWCOUNTRY EYECARE

Seeing is Believing: by Ashley



FOOD FOR SIGHT

HEALTHY FOOD THAT HELPS

HOLIDAY COOKING

Tips and tricks from a resident dietitian,
Julie Upton, RD

INSPIRED BY DR. HENDRICKS & DR. SCHNOBRICH

As we age, the chances that we will suffer from an eye disorder increase significantly. By age 65, one in three adults will have a vision-impairing condition, and by age 80 that percentage rises to half of us. Many conditions are preventable and can be treated, but others lead to blindness.

Research over the past few decades shows that eye health is linked to diet and lifestyle. Being overweight, smoking, having diabetes, eating a high-fat diet, excessive alcohol consumption, and low fruit and vegetable intake all increase the risk of eye diseases.

While we all learned that carrots are important for our eyes, there's actually more evidence that other veggies have even bigger impacts on our peepers: Specifically, green- and yellow-hued foods have been shown to be more effective at reducing risk for macular degeneration and cataracts than orange ones.



NOVEMBER

The News

BeBe

Lowcountry Eyecare is proud to present its valued patients with a new line to our office. Fashion forward frames that will fit any woman's face.



Medical Eye Exams

There comes a time when most may encounter a problem that is not considered a routine eye exam. At Lowcountry Eyecare our Doctors are more than equipped to see exams that are considered medical. Some examples are; "Pink eye", Painful eye, prescreening for Glaucoma, eye medicine care.



Diabetic?

All diabetics need regular eye exams, not just people over 40, because of the damage that blood sugar fluctuations can do to the eyes.

Remember

During a comprehensive eye exam, your eye doctor does much more than just determine your prescription for eyeglasses or contact lenses. He or she will also check your eyes for common eye diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health.

