



# Warren Eye Care

## Patient Newsletter

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Dear John,

It appears that Spring really is upon us. With warmer longer days comes the allergy season, which we talk about in this eNewsletter.

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March is Save Your Vision Month, we'll be concentrating on visual well being and ocular health this month here in our eNewsletters and blogs.

### Patient Communications

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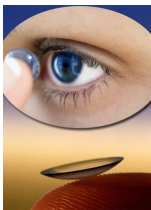
[Our Website](#)

Remember that you can follow us on Twitter @warreneyecare as well as on [Facebook](#) and [Yelp](#).

You can also read [Dr. Warren's Blog](#) to see what he's been thinking about and reading as well as listening to (podcasts that is).

We work hard to keep [our website](#) up to date and fresh, please pay us a quick virtual visit!

### VST



[Click here](#) to learn more about this exciting technique for reducing myopia!

### Ocular Allergies



Every year about this time, the weather starts getting better, and the pollen count gets ready to go up! This is sort of a double whammy for us. We're coming out of the driest period of the year which makes dry eye worse and can reduce contact lens comfort. As the humidity goes up and the allergy season kicks in, we trade one challenge to comfortable eyes and contact lens wear for another.

There are several things that can be done about ocular allergies though. From topical lubricant drops to reduce the level of allergen on the eye to topical allergy medications to oral allergy medications, most patients can have comfortable eyes, with or without contact lenses. For contact lens patients its important to manage allergies through the entire allergy season and insure that lenses are kept clean. Proper lens hygiene is critical when it comes to keeping lenses clean.

[Varilux 360 Lenses](#)

Read About:

**W.A.V.E.**  
TECHNOLOGY™  
WAVEFRONT ADVANCED  
VISION ENHANCEMENT

Learn about these exciting new lenses from Varilux at [Dr. Warren's Blog](#) or by clicking on the image above.

Even if your solution bottle says "No Rub" or "No Rubbing Needed" spend the 5 seconds per eye that it takes to give your lenses a quick rub on each side before storing them overnight. We only recommend two contact lens solutions, "Renu Multiplus" by Bausch and Lomb and "Optifree Replenish" by Alcon. These two single bottle lens care systems are easy to use and keep lenses clean and ready to wear. Generic solutions may contain alternate disinfectants or preservatives which are more prone to make allergies worse.



Another way to insure that your lenses are clean every time you put them in are "Daily Disposable" lenses which are worn once and thrown away. The [SofLens Daily Disposable](#) by Bausch and Lomb is one such lens that we're finding ourselves and our patients using more and more. The aspheric optics and lens material maximize both lens hygiene and comfort as well as vision.

Bausch and Lomb has some great rebates on the SofLens Daily Disposable lenses right now. If you want to learn more about these lenses and your vision correction options, schedule a no charge contact lens consultation by calling the office at (262) 752-2020 or request an appointment by following [this link](#).

### Proper UV Protection - And Looking Cool!

As the weather gets better and the days get longer, we spend more and more time outdoors working and playing. Diseases such as Cataracts and Macular Degeneration have been shown to be linked to UV light exposure. For that reason, any time that you're going to be outdoors for more than half an hour or so, you should be wearing UV absorbing lenses. Many of the prescription lenses that we dispense to our patients already block UV light. Most contact lenses don't however. In order to insure adequate protection from UV light, quality sunglasses should be worn.



Not only will you protect yourself from UV light, you'll see better with a polarized lens due to the way that they cut through glare without dulling the image like non-polarized lenses do. And you'll look cool too!

We can put polarized lenses (prescription and non-prescription) in just about any frame in our dispensary as well as the Costa Del Mar sunglasses that we carry. There's no better use for your old frames than to make them into a great pair of high quality, UV absorbing sunglasses!

We hope that you find our Patient Newsletter informative and interesting. Please don't hesitate to contact the office or either of our doctors at any time!

**Sincerely,**

John Warren, OD

Sara Nicholson, OD

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