



Warren Eye Care

Patient Newsletter

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Dear John,

Do we dare hope that spring has sprung? Not that we won't have some more snow and cold days, but with the recent bout of sunshine that we've been dealing with, maybe the end of winter is near?

Join Our List

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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

[Dr. Warren's Blog](#)

[Email Dr. Warren](#)

[Email Dr. Nicholson](#)

[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!

Is It "Pink Eye" Doctor?



Pink eye is a general term for a red eye, or conjunctivitis, however several different things can cause it. Most cases of conjunctivitis are caused by bacteria, allergy, or viral infections, and a careful eye exam in necessary to determine the cause for proper treatment. Antibiotics eye drops are often over-prescribed, since they have no effect on viral or allergic eye disease.

Symptoms of Conjunctivitis in one or both eyes include:

- Red eye
- Swollen, itching, or burning eyes
- Tearing or discharge
- Crusting of the eyelids
- Sensitivity to light
- Blurred vision

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.

Some types of pink eye are highly contagious and spread rapidly among people in schools and in households. Therefore it is essential to practice good hygiene such as washing hands often and replacing contaminated cosmetics.

If you or a family member is having any of these symptoms, see an eye care professional for the proper diagnosis and treatment options. Whatever the cause of the conjunctivitis, it is always our goal at Warren Eye Care to make you comfortable and to slow down the progression of the infection.

Save Your Vision Month

Every year March is "Save Your Vision Month". You will see articles about vision and ocular health problems online, on TV and in the print media, and on our blogs and eNewsletters.

Dr. Warren has been writing a bit already about these issues on his blog.



The American Optometric Association also has quite a bit of information about vision problems and ocular disease [here](#). This link focuses on computer vision syndrome and good visual ergonomics, which cause much of the eye strain in this country.

Remember that without proper and regular eye examinations, there's no way to know if you have many of the most common eye diseases, until its too late. If you haven't had an exam w/in the last year, call us at 752-2020 to schedule your exam, or [request one online here](#).

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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