



Doctor's Note: Not all glasses provide the right kind of protection from the sun. Contact Dr. Smith for a full array of safe lenses.

SAVE

\$35⁰⁰

On Purchase of:

- Prescription Glasses
- Prescription Sunglasses
- Non-prescription Sunglasses
- Contact Lenses (non disposable)

Limited to one coupon per purchase. Not to be used with any other offers. Not to be used with insurance or discount plans. Can not be used towards children's namebrand sunglasses.

Expires: 10/31/2003



Dr. Phil Smith & Associates
Total Family Eyecare
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A Newsletter From Dr. Phil Smith & Associates

Issue 1 v.3 09/01/2003

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Is your child slightly cross eyed?

Eyes that turn out, in, up or down are an indication of a childhood vision disorder called **strabismus** or **crossed eyes**. This ocular condition, which is the result of poor muscle control, is often **corrected with excellent results** if it is detected and treated early.



Children will not "outgrow" this condition, in fact, it may get worse without treatment. Parents can watch for symptoms and seek early treatment.

What to Look For

The most obvious symptom is an eye that is not always straight. Someone with strabismus may tilt

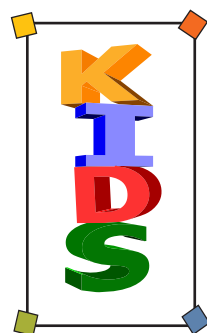
their head to focus their eyes. If strabismus is suspected, a complete eye exam through dilated pupils will be done. This allows a thorough evaluation of the back of the eye to help determine the cause of crossed eyes.

The goals of treating strabismus include preserving or restoring vision and improving appearance.

Treatment may include:

- ◆ Eyeglasses
- ◆ Patching an eye to force infants and young children to use and straighten the weaker eye
- ◆ Eye drops, ointments or medications
- ◆ Vision training or eye exercises
- ◆ Surgery to tighten, relax or reposition eye muscles

Best results are achieved if strabismus is identified and corrected early, before the child enters school.



Update on Dr. Smith

Join us in welcoming three exceptional optometrists to our practice. Dr. Robert Joyce is with us full time, please refer to the featured article on him in this volume of our newsletter. Dr. David Jessop and Dr. Gary Krueger, with over 30 years of practice experience, are also now with us, seeing patients Tuesday through Friday. Please find their pictures and bios in this newsletter as well. Meanwhile, we wish Dr. Peter Huang best of luck opening his own practice in Chula Vista.

With these additions, Dr. Smith and his wife are now able to pursue another dream which is completing their Masters program in Marriage and Family Therapy. Dr. Smith will still be very active in the practice seeing patients Monday through Wednesday. Dr. Joyce will be available Monday through Friday and provides innovative new testing and therapy techniques that are highly regarded in the optometry profession.

Congratulations to Dr. Smith on being awarded the Optometrist of the Year by California Optometrist for contributions to the profession and community. He received the award at the California Optometric Association state convention in Anaheim this April. He will continue to stay involved in committee work, heading the local PAC committee.

As always, stay well, be happy and enjoy good vision.

Questions **OR** Comments

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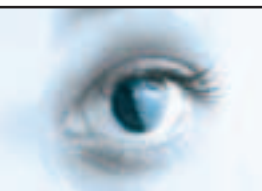
A lot has changed since contact lenses were introduced in the late 1940s. Those early contacts were hard and required daily sterilizing. Today your choices include extended-wear, disposable, and planned replacement lenses. Nearly 25 million Ameri-

tions for cleaning, storing and replacing lenses.

Comprehensive Service

Part of our comprehensive contact lens service includes training in the proper use and care of your new contact lenses. You will

CONTACT LENSES: so many options



cans wear contact lenses to correct for nearsightedness, farsightedness and astigmatism. **You can even change your eye color with contacts**, whether you need vision correction or not!

If you're interested in contact lenses, you should do some homework before having a thorough eye exam. Based on the results of the exam and a discussion of your work and pleasure activities, we can guide you in selecting the style and features that best suit your vision requirements.

While contact lenses offer easy care, you should plan on regular follow-up visits to maintain eye health. To wear lenses successfully, you must follow instruc-

tions for cleaning, storing and replacing lenses. While comparing costs is important, remember the value added service of having your contact lenses provided by a professional who is familiar with your particular vision needs and will work with you to achieve your best vision.

If you are a first-time contact lens wearer, pay close attention to the training instructions we provide. You will have time in the office to practice placing and removing the lenses.

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Nutrition and your vision.....

Tips

An apple a day may keep you healthy, but did you know that a carrot a day can actually help your vision stay clear?

From A to Z, **vitamins and minerals keep your eyes healthy** while providing essential nutrients for strong bodies. Vitamin A – found in carrots, fish oil, dark green vegetables and fruit – helps prevent night blindness. Zinc oxides and other antioxidants including Vitamins C and E may prevent or delay cataract development. Get your antioxidants naturally by eating shellfish, citrus fruits, peppers, wheat germ and nuts.

The B vitamins found in pork, whole-grain and enriched cereals, dark green vegetables and eggs alleviate eye fatigue and may help prevent cataracts. If you have light eyes – blue, green or hazel – lutein may help keep your eyes healthy. This nutrient is available in spinach, kale and other dark leafy green vegetables.

A sound diet that includes these nutrient-rich foods is the basis of good health. However, most people aren't able to meet the U.S. Recommended Daily Allowance (RDA) for these vitamins and minerals by food alone. That's where supplements are helpful, especially if you smoke. Smoking will deplete your body of many nutrients.

Researches at the University of Wisconsin in Madison found the risk of developing cataracts was 60% less among people who took a **multivitamin** for more than 10 years. While additional studies are needed, researchers recommend eating a diet rich in fresh fruits and vegetables and taking a multivitamin.

Doctor's Note: Anytime in San Diego is the best time to wear sunglasses. Dr. Smith can custom fit your glasses with UV protected lenses.

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Keep the follow-up appointments as recommended. If you experience any of the following difficulties, contact our office as soon as possible:

- Blurred or fuzzy vision, especially if it occurs suddenly
- Red, irritated eyes
- Uncomfortable lenses
- Pain in or around your eyes

"We are committed to helping you achieve the best possible vision with contact lenses."

Use this guide to become familiar with the key advantages and disadvantages on different types of lenses:

Contact Lens Type	Advantages	Disadvantages
Rigid Gas-Permeable (RGP)	Easy to use; durable. Provides excellent vision. Comfortable & requires short adaptation.	May slip from center of eye. Debris can easily get under lenses.
Daily-Wear Soft	Great for active lifestyles. Very short adaptation period. More comfortable than RGP.	Does not correct all vision problems: vision may not be as sharp as with RGP. Lenses soil easily.
Extended-Wear	Available for overnight wear in soft or RGP lenses. Can usually be worn up to 7 days without removal.	Increases risk of complications. Requires regular monitoring and professional care.
Extended-Wear Disposable	Requires little/no care. Minimal risk of eye infection if instructions are followed.	Vision may not be as sharp as with RGP. Does not correct all vision problems.
Planned Replacement	Replace soft daily wear lenses on a planned schedule (every 2 weeks, monthly, etc.) Requires simplified cleaning and disinfecting.	Does not correct all vision problems. Vision may not be as sharp as with RGP lenses.

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Dr. David Jessop and Dr. Gary Krueger join Dr. Smith and Associates

Dr. David Jessop

Dr. David Jessop is a third generation San Diego Optometrist. His great grandfather, George Jessop, founded J. Jessop and sons Jewelers in Downtown San Diego. David's great uncle, Alonzo de Jessop started practicing Optometry in 1915 at the Jessop Jewelers building. He was one of the first practicing Optometrist in San Diego. David's father, David Jessop Sr. practiced Optometry in San Diego for over 50 years. David Jr. has been practicing for over 40 years and has participated in partnership with Dr. Gary Krueger for 31 years. They joined Dr. Philip Smith and Associates in January 2003. David is a member of The American Optometric Association, Fellow of the American Academy of Optometry, and past president of the San Diego Optometric Society.



Dr. David Jessop

Gary P. Krueger, O.D., F.A.A.O.

Dr. Krueger is a native Californian who grew up in the Bishop and Mammoth area of the eastern high sierras. After graduating from bishop high, Dr. Krueger attended the University of Redlands on a football and track scholarship. He received his optometric education at the Los Angeles College of Optometry, graduating with magna cum laude honors in 1971. After serving in the United States Army as an optometrist, Dr. Krueger joined the private practice of Jessop and Jessop in 1973. Dr's Jessop and Krueger have practiced at several locations in the Hillcrest area. Dr. Krueger belongs to the AOA, COA, SDCOS, (all professional optometric associations) and is a fellow of the American Academy of Optometry. His hobbies are skiing, sailing, and fresh water fishing. Dr Krueger specializes in difficult contact lens fittings and medical optometry.

Dr. Smith and Associates Welcomes our Newest Associate, Dr. Robert Joyce

Robert Joyce O.D. is a native San Diegan and is thrilled to be practicing in this area. He received his Bachelor of Science in Biochemistry from the University of California at San Diego, and graduated with clinical honors from the New England College of Optometry with his Doctor of Optometry Degree. Practice experience includes treating complicated ocular pathology in a busy Ophthalmology clinic, as well as the VA hospital. He also had the opportunity to serve as

a principal investigator on a series of clinical trials that studied the fit of gas permeable contact lenses. Dr. Joyce belongs to the California Optometric Association, and is also a member of the Low Vision chapter of the American Optometric Association. He is excited about taking on the position of Director of Low Vision Rehabilitation at this practice. In his spare time, Dr. Joyce enjoys recreating outdoors with his wife of twelve years and three children.



Dr. Robert Joyce