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# The Spectacle

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## July is UV Safety Month

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### The Doctor's Corner

**Dr. Jason W. Cook, O.D.**

We all use sunscreen to protect our skin during the warmer months, but don't forget to protect your eyes as well. Summertime means more time spent outdoors, and studies show that exposure to bright sunlight may increase the risk of developing cataracts, age-related macular degeneration and growths on the eye, including cancer. The same risk applies when using tanning beds, so be sure to protect your eyes from indoor UV light as well.

"UV radiation, whether from natural sunlight or indoor artificial rays, can damage the eye's surface tissues as well as the cornea and lens," said Michael Kutryb, MD, an ophthalmologist in Edgewater, Fla., and clinical correspondent for the American Academy of Ophthalmology. "Unfortunately, many people are unaware of the dangers UV light can pose. By wearing UV-blocking sunglasses, you can enjoy the summer safely while lowering your risk for potentially blinding eye diseases and tumors." It is important to start wearing proper eye protection at an early age to protect your eyes from years of ultraviolet exposure.

### ***Follow these tips to protect your eyes from the sun:***

- Select sunglasses that block UV rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the price tag or how dark the sunglass lenses are.
- Make sure your sunglasses block 100 percent of UVA and UVB rays.

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## Did You Know?

The chances of you dying on the way to buy your lottery ticket are greater than your chances of winning.

Every time you lick a stamp, you're consuming 1/10 of a calorie.

## Top Reasons to buy your contacts from your Eye Doctor

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*“If your lenses are not performing properly, we can correct the problem quickly.”*

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1. You are guaranteed to get the correct lenses in the correct parameters.
2. You are guaranteed to get unexpired lenses.
3. If your lenses are not performing properly, we can correct the problem quickly and easy.
4. We will check your vision through your new lenses, free of charge.
5. If you have a defective lens, we will replace it free of charge.
6. You can exchange unopened boxes in new condition at your yearly visit as long as they are not expired or packaged is not written on.
7. Our prices are competitive with most mail-order companies.
8. Shipping is free or in some cases only \$5.99
9. You will be getting the lenses from an authorized distributor of the brand you wear.
10. You will have the satisfaction of supporting a local business that cares about you and your eyes.

### **You now have three ways to purchase contacts from Dawson’s Vision Center:**

1. You can go to our website and order them, we will have them drop shipped to your house for a nominal fee or free shipping with a year supply or you can have them shipped to our office and pick them up here for no charge.
2. You can come by our office and purchase them.
3. You can call us and place the order over the phone. We will take your credit card information or your care credit information at that time and apply the payment to your account.

## Auto-Renew – A Contact Lens Replenishment Program

Dawson's Vision Center offers a contact lens replenishment program called **Auto- Renew**. With auto renew, you get all the advantages of buying an annual supply from us- the right prescription, a great low price, and guaranteed delivery of your contact lenses. But there is one special difference; you get to pay over time. With **Auto-Renew** every 3 or 6 months (based on which contact lens you wear) you'll automatically receive your contact lenses direct to your door.

You'll only be billed for the contact lenses when they are shipped and you can cancel anytime.

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### Continued from page 2 (Auto-Renew)

There's no long-term contract. We'll automatically send out e-mails to confirm shipments and to remind you about eye exams. It's that easy! You can order your replacement contact lenses from anywhere in the United States, day or night, 24/7/365 by visiting our website or calling a toll-free phone number, it's that easy.

To sign up for **Auto-Renew** just go to [www.dawsonsvisioncenter.com](http://www.dawsonsvisioncenter.com), click on "Order Now", login to your account and order your contacts. When you begin to check-out on the bottom of the screen it will ask you "Would you like to enroll for Auto-Renew" click "yes" and follow the instructions. If you don't know how to login to your account, just ask us and we'll be glad to show you how.

### Continued from page 1 (The Doctor's Corner)

- Choose wraparound styles. Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays can't enter from the side.
- Wear a hat in addition to your sunglasses. Broad-brimmed styles provide the best protection for your eyes.
- Don't rely on contact lenses. Even if your lenses have UV protection, remember to wear your sunglasses, too.
- Don't be fooled by clouds: the sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime—so be sure to wear sunglasses whenever you're outside.
- Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, which is damage to the eye's retina from solar radiation.
- Take special care at peak sun times: It's best to avoid exposure between 10 a.m. and 2 p.m., when the sun's UV rays are the strongest, but if you must be outdoors it's especially important to shield your eyes with a hat and sunglasses.
- Don't forget the kids and older family members: everyone is at risk, including children and senior citizens. Protect their eyes with hats and sunglasses.

Source:AAO.org

## Independence Day in the United States

In 1775, people in New England began fighting the British for their independence. On July 2, 1776, the Congress secretly voted for independence from Great Britain. The Declaration of Independence was first published two days later on July 4, 1776. The first public reading of the Declaration of Independence was on July 8, 1776.

Delegates began to sign the Declaration of Independence on August 2, 1776. In 1870, Independence Day was made an unpaid holiday for federal employees. In 1941, it became a paid holiday for them.

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The first description of how Independence Day would be celebrated was in a letter from John Adams to his wife Abigail on July 3, 1776. He described "pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations" throughout the United States. However, the term "Independence Day" was not used until 1791.

Interestingly, Thomas Jefferson and John Adams, both signers of the Declaration of Independence and presidents of the United States, died on July 4, 1826 - exactly 50 years after the adoption of the declaration. It is also important to note that Native Americans lived in the country and each tribe had its own nation and government prior to the European settlers.

## Fun Facts

### **2.5 million**

In July 1776, the estimated number of people living in the newly independent nation.  
Source: Historical Statistics of the United States: Colonial Times to 1970

### **313.9 million**

The nations estimated population on this July Fourth.

## Up Coming Events:

### August

Back to School

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