



The Eye Care Editorials

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Welcome, Spring! If you are like me, Spring couldn't have come fast enough! Now that Spring is here it is time to plan and

plant the gardens, pull out the grill and enjoy the warm sunshine! This spring, think about what healthy eye care goodies you can plant to help you and your families keep your eyes healthy. Foods with zinc, beta carotene, vitamin C, vitamin E, lutein and zeaxanthin and omega-3 fats are best for your eyes so incorporate them into your gardens this year! Think food like bell peppers for vitamin C, carrots and potatoes for beta carotene, chick peas for zinc, Spinach for lutein and zeaxanthin, sunflower seeds for vitamin E! All of these are perfect sides for Omega-3 main dishes like salmon. See below for a favorite recipe using some of the ingredients I just listed.

Here's to a happy and healthy spring season!

Rebecca Wincek-Bateson, O.D.

Call or stop in today
to set up an appointment!
Office Hours

Mon. 8:00 AM to 4:00 PM
Tues. 8:00 AM to 5:00 PM
Wed. 8:00 AM to 7:00 PM
Thurs. 8:00 AM to 5:00 PM
Fri. 8:00 AM to 3:00 PM
Sat. By appointment

Get a Jump on Your Spring Eye Allergies

Although springtime may bring warm weather, flip flops, baseball games and fun in the sun, it is also the start of seasonal allergies for millions of Americans. Besides runny noses and itchy throats, eye allergies are also common and can be very disabling. This common condition is called allergic conjunctivitis.

Allergic conjunctivitis is likely to develop as an eye comes in contact with an allergen creating an allergic reaction. The allergic reaction releases chemicals, such as histamine, causing symptoms like itchy eyes, redness, swelling and even tearing.

So what can you do to help prevent your seasonal eye allergies? Stay indoors when pollen and mold counts are the highest, shower and shampoo after working or playing outside, wash hands frequently and try to keep the windows in your home and car closed, using air condition.

So now that you tried preventing eye allergies, how do you treat them if they still persist? Use a cold compress on eyes to help reduce swelling, resist rubbing your eyes and avoid contact lenses until the symptoms go away.

As always, if your problems persist or increase, consult with your eye care professional for further treatment. At Indiana Eye Care we can prescribe eye drops to help alleviate itchy, watery eyes and nasal congestion. Don't let your eye allergies prevent you from enjoying the beautiful foliage Spring provides!

Red Pepper Hummus

Prep Time: 10 minutes

Ingredients:

15 oz. of chick peas

1/3 cup tahini

1/4 cup lemon juice

2 tablespoon olive oil

2 garlic cloves, crushed

1/2 cup -3/4 cup roasted red bell peppers (depending on taste)

Preparation:

In a food processor, combine beans, tahini, lemon juice and olive. Process until smooth. Add peppers and garlic until desired consistency.

Garnish with parsley. Serve warm with hot pita bread or toasted pita chips.

Roasted red pepper hummus can be made up to two days in advance and stored in an airtight container in the refrigerator. Heat up in microwave or on stovetop to serve.



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- SEE INSIDE FOR:**
- EYE FRIENDLY GARDEN MUST HAVES
 - RECIPE FOR HEALTHIER EYES
 - HOW TO PREVENT AND TREAT EYE ALLERGIES
 - 40% OFF PRESCRIPTION SUNGLASSES!
- HURRY IN TODAY, OFFER ENDS SOON!***