



Indiana Eye Care

January 2010

National Glaucoma Awareness Month

You've probably heard of glaucoma, but many people don't know how it can affect – and how quickly it can take – your eyesight. Glaucoma affects more than three million Americans, but over half of them don't even know that they have it, according to Prevent Blindness America. Like many diseases, some factors can increase the risk of developing glaucoma, such as age, race or genetics. Glaucoma usually affects one in 200 people by age 50, but as many as one in 10 people by age 80. Glaucoma cannot be prevented, but if diagnosed and treated early, it can be controlled. So start off the new year right: set up an appointment with your eye doctor – and maybe hit the gym and grab a green leafy salad on your way home.

Spread the word!

FREE GLAUCOMA SCREENING- JANUARY ONLY!

Ask your friends or family members that are not current patients to call for their free glaucoma screening now.



Happy New Year!

I want to wish you and your family a healthy and prosperous 2010! I also hope you had a wonderful Christmas holiday. Christmas with the twins was magical...two years olds are so much fun!

What are you going to do differently this year? Take better care of yourself? Will you exercise more, eat healthier, or make an effort to see the doctor as often as you should? Maybe see your eye doctor more often?! :) What happens inside your eyes is happening throughout your body.

Part of my job is to keep your eyes and your body healthy. Join me in trying to make 2010 a healthy year for all of us! Call today to schedule your annual physical with your family doctor, your annual eye exam and your annual dental exam.

Take care,
Rebecca Wincek Bateson OD

Check one more thing off your list for 2010! Call now to schedule your Annual Eye Health Exam.

Not due for your appointment until later in the year? We can schedule your appointment now and give you a friendly reminder 2 weeks before.



Michael J. Yuhas OD

Ahhhh.....the snow!!!!



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Dr. Wincek Bateson & Wil



Wil

Some of us hate it , some of us love it.....be a kid again!



INDIANA EYE CARE
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for any of your friends or family that are not currently patients

Glaucoma Screening

FREE

**January is
Glaucoma Awareness Month**