

DECEMBER: SAFE TOYS AND CELEBRATIONS MONTH

The holiday season marks a time for family, fun, food and festivity. However, it can also be a dangerous time. Each year, people suffer eye injuries from unsafe toys and celebrations.

Toys/Gifts

Selecting gifts that are appropriate for a child's age and maturity level is very important. Avoid giving toys with sharp protruding parts, like paint or pellet guns, rifles and darts. If you plan to give sports equipment, please include associated protective gear (helmets, facemasks, goggles). It has been estimate that these preventive measures can reduce eye injuries by 90 percent.

Parties & Celebrations

Christmas tree branches and needles can be hazardous to eyes. Be very careful when transporting, untying, or decorating your tree. The branches can snap back quickly, injuring the face and eyes. Hang all sharp and glass ornaments high on the tree, out of the reach of pets and small children to avoid potential injuries.

Celebrating the New Year often includes fireworks. Professional fireworks displays are the safest. Never allow children to play with fireworks, or even sparklers, because there is no safe way to handle them.

Opening a champagne bottle is a simple task that can lead to a devastating eye injury. Be sure corks are pointed away when opening the bottle. Also, to prevent the cork from shooting uncontrollably, cover it with a towel and turn it with a slight upward pull.

If you experience any eye injuries, it is important to seek medical attention promptly. Should an emergency arise, please keep in mind that we have doctors available around the clock via our on-call system.

We wish you and your family a happy holiday season!

Please call 703-827-5454 or 877-234-2020 to make an appointment with one of our doctors.

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\$TRETCH YOUR DOLLARS

Looking Ahead: 2009 Flexible Spending Accounts

These days, we are all looking for ways to maximize our resources and control our spending. Flexible spending accounts (FSAs) can help significantly defray your medical costs; the most common type is a medical spending account. Many large companies and government agencies offer flex spending accounts to their employees. Typically, the employee signs up for this pre-tax spending plan late in the year, allocating a specific amount of money to the plan. Since the money is not subject to payroll taxes, a substantial tax savings is seen. Beginning the next calendar year, the individual (or eligible family members) can utilize the funds. Once the individual pays for an eligible expense out-of-pocket, he/she can submit to be reimbursed for those expenses.

By using a flex spending plan, you can save up to 30%.

Check with your Human Resources office to see if your company offers a flexible spending account as part of your benefits package.

See Clearly Vision and Cornea Consultants include multiple medical practices that have served patients in the mid-Atlantic region for over ten years. We offer patients the following services:

- Advanced Cataract Surgery, including specialty lens implants
- All Laser LASIK/Custom LASIK, LASEK, PRK and CK
- Annual Eye Exams
- Botox and Juvéderm
- Contact Lenses - cosmetic and therapeutic fitting, including keratoconus
- Corneal Transplants
- Diabetes and Glaucoma Management
- Dry Eye Treatment
- Emergency On-Call Care

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