

eye *Facts and Fancies*

Insight Into Eyesight Care

(NAPSA)—Regular eye exams may help you see things a little more clearly.

Doctors recommend that everyone get an eye exam at least once a year. Routine eye care should start at the age of three.

“We need to drive home the point that taking care of your eyes is an important part of your health routine, like getting exercise and drinking enough water,” said New York-based Dr. Barry Farkas, partner in one of the largest contact lens specialty practices in the United States. “It should just be one of the things we all know needs to be done—and then we need to act on it.”

A recent eye care survey for Bausch & Lomb revealed the following highlights:

- 74 percent of those surveyed require vision correction.
- 90 percent have never spoken to their eye care professional about all of the vision correction options available to them.
- 77 percent want a vision correction method that could provide healthier eyes and better vision.
- 84 percent have never talked with their eye care professional about gas permeable contact lenses.

Nearly four million Americans wear gas permeable contact lenses, which are made of a breathable firm, durable, plastic that is custom fitted to the shape of the cornea. The smooth finish and low water content of these lenses can mean few protein deposits, which can contribute to ocular health. Gas permeable lenses can provide vision correction for a variety of needs includ-



Actress Lorraine Bracco of HBO's *The Sopranos* said gas permeable contact lenses help her focus on reading scripts.

ing: first-time contact lens use, myopia, presbyopia/evolving reading needs, astigmatism, and medically demanding situations.

One of the many fans of gas permeable contact lenses is Lorraine Bracco, an Emmy Award-nominated actress on HBO's *The Sopranos*.

“For many years, I had a variety of vision problems and was always too busy to see my eye doctor. It had gotten to the point where my arms were not long enough to hold my scripts any further away so I could read them,” Bracco said. “Gas permeable contact lenses now allow me to see both for distance and up close.”

More information about gas permeable contact lenses is available on the web site at www.bausch.com or through your eye care specialist.