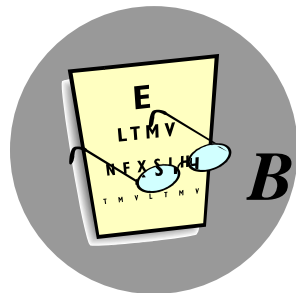


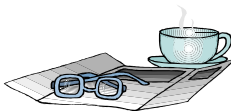
150 Bryn Mawr Ave.
Auburn, MA 01501
Dr. Gabriele Goszcz
Optometrist



Dr. Gabriele Goszcz
Optometrist

Both Eyes Open!

Note from Dr. Goszcz...



Many thanks to all my patients that shared their comments about our first newsletter. I'm pleased to be able to offer information on subjects related to keeping your eyes healthy and your vision clear, so please feel free to submit your ideas and suggestions anytime. Wishing you good health! -Dr. G

Frequently Asked...

Q. Is there a difference between conjunctivitis and "pink eye"? What should I do if I have it?

A. When the white part of the eye (the conjunctiva) becomes inflamed (*conjunctivitis*), it gives the eye a light red-dish tinge, hence the common name of "pink eye." The eye also may also hurt, itch, or produce discharge depending on the cause—virus, bacteria, or allergy. The cause and therefore the course of treatment cannot be determined unless your eyes are looked at under a microscope, so be sure to call your optometrist. If you suspect conjunctivitis, it is important to wash your hands frequently, don't share your towels, discontinue make-up and contact lens wear and it is also a good idea to discard and replenish your makeup every three months. Whether you have conjunctivitis or not, *don't rub or touch your eyes.*

Call your doctor soon so treatment can begin before the conjunctivitis gets worse and harder to get rid of.

Q. Why does my eye twitch?

A. Unless you have a very rare neurological problem, an eye twitch or *blepharospasm* is nothing to be concerned about. It is simply a spasm in the muscle of the eyelid caused by fatigue, stress, or possibly a virus. Fortunately, the treatment for all three of these is the same: get more rest! Alternating cool and warm compress may also help.



Office News

Dr Goszcz' Family News

Dr. G's son Christopher Goszcz Crawford moved back from California and just began his doctoral studies this fall in Boston at the New England College of Optometry. Family tradition continues! His older brother Raphael, a finance and marketing executive for Campbell Soup, was married in May to Dr. Alison Portnoy, an emergency physician. They live in the Philadelphia area. Needless to say, there's been lots of excitement around the office.

Equipment Upgrade

The office has just completed another comprehensive equipment upgrade. This is to ensure that we have the most state-of-the-art equipment to diagnose and treat our patients. As with anything you work on: the better tools you have, the better job you can do!

Gift Ideas for the Holidays or Any Occasion

Treat a loved one to the gift of better vision! Nearly everyone can use an extra pair of glasses, sunglasses, contact lenses or sports glasses. Gift certificates are available for exams and eyewear. For cool accessories, we have new eyeglasses cases in many varied styles, from leopard fur to tartan plaid. We also carry a new line of fashionable, fancy & fun chains for your glasses or sunglasses to keep track of them in style. They are great stocking stuffers!



Did you know...?

The first sunglasses were invented by the Inuit (Eskimo) people to prevent snow blindness. They were fashioned by cutting narrow slits in pieces of whale bone that covered the eyes.

Office Location & Staff

150 Bryn Mawr Ave.
Auburn, MA 01501
(508) 832-4613

Optometrist:

Gabriele M. Goszcz, MSW, OD

Staff:

Kim Ogilvie, Full-time

Linda Kneeland, Part-time

Office Hours

Monday	8:30-4:30
Tuesday	8:30-4:30
Wednesday	8:30-4:30
Thursday	10:30-6:30
Friday	8:30-4:30

We close for lunch 12-1:15

Come check out the latest styles ! NEW DESIGNER FRAMES & LENS Technologies

Gucci		CELEBRITY
Escada		BenETTON
Flexon		Valentino
EMOZIONI		Guess

And new SUNGLASSES by:

CANDIE's	NIKE
sunlites Magnetic Sunclips	

Nutrition & Eye Health

Helping our vision simply by what we eat

There are many eye conditions that can be prevented or alleviated by choosing foods that are rich in certain vitamins and minerals.

Antioxidants are very helpful to the eyes because they protect against the damaging effects of free radicals in the body. **Antioxidant vitamins** such as A, C, E, lutein, zeaxanthin and bioflavonoids can all reduce the risk of cataracts that result in cloudy vision. Antioxidants may also help to prevent or delay macular degeneration, which currently has no cure, and prevent related blindness.

Vitamin A specifically helps to prevent night blindness. Vitamin C helps prevent infection by reinforcing the immune system.



Minerals help your body to absorb vitamins. Selenium, for example, helps your body make its own antioxidants. Zinc is part of an enzyme that reduces the number of free radicals in your body.

Your body uses **essential fatty acids** to help regulate internal eye pressure. These are connected with visual development in infants, while deficiencies in adults can lead to impaired vision or retinal/macular damage.

If you don't pick up fresh food, select frozen rather than canned, as canning strips away much more vitamin content. Multivitamins with Lutein are recommended but they don't take the place of good nutrition—you'll still need your veggies!

If you smoke, drink alcohol, or have diabetes, plan on taking in more of the nutrients listed because your levels will tend to be lower than average. Tobacco hinders absorption of vitamins while drinking depletes what you already have in your body.

A Feast For Your Eyes

Foods for Healthy Vision

Vitamin A: green, leafy vegetables, carrots, sweet potatoes, butternut squash, cantaloupe, kale, liver, butter

Vitamin C: citrus fruits, berries, peppers, tropical fruits, potatoes, broccoli and green, leafy vegetables

Vitamin E: nuts (hazelnuts, peanuts, almonds) and sunflower seeds

Lutein and Zeaxanthin: green, leafy vegetables (spinach, kale, collard greens) and yellow and orange fruits and vegetables (apricots, peaches, corn)

Bioflavonoids: red and purple fruits (cherry, grapes, plums), buckwheat, and the white part in the center of citrus fruits

Minerals: nuts, seafood (oysters), yeast, wheat

Essential Fatty Acids: cold-water fish, fish oils, vegetable oils

Keep it simple!
Don't smoke, watch your alcohol intake & make sure you eat:

- Plenty of green, leafy vegetables**
- Fish (twice a week)**
- Nuts**
- Yellow or orange fruits and vegetables**

Protective Eyewear for Sports

Play It Safe With

Your Child's & Your Own Eyes

Each year thousands of eye injuries could have been prevented if the athlete had been wearing protective eyewear. Children should wear eye protection for any sports or recreational activities that use a projectile (a flying object) or racket, involve rough contact with other players, or require travel at high speed.

Only eye protection that has been independently certified to standards set by the American Society for Testing and Materials (ASTM) should be used in sports. Many companies sell sports eyewear that does not meet this standard, so be sure to ask about safety certification wherever you purchase it.

ASTM sports standards are extremely effective. There have been no reported blinding eye injuries to any player wearing an appropriate protector certified to its standards, despite extensive exposure.

Dr. Goszcz carries a full line of ASTM-certified protective eyewear for adults and children. Remember the importance of eye safety during physical activities.

Mention this newsletter and receive \$25 off your purchase of sports protective eyewear!

TIPS FOR PARENTS:

Overcome Objections

Some kids may object to wearing protective eyewear, but simply make protective eyewear part of the required gear along with the sports equipment. Lifelong good vision is more important than short-term complaints—they'll quickly get used to it!



Involve Your Child

Take your children with you for the purchase and allow them to select which style & color they prefer. Protective eyewear is available either prescription or nonprescription.

Be a Role Model

The best way to encourage your kids to don protective eyewear is to wear it yourself, and a soon-to-be longtime habit of protective eyewear will begin.

On The Light Side

**My face in the mirror
Isn't wrinkled or drawn.
My house isn't dirty.
The cobwebs are gone.
My garden looks lovely
And so does my lawn.**



**I think I might never
Put my glasses back on.**

*-Poem submitted by our patient, Judy Doherty.
Thanks for giving us a laugh!*

What did one eye say to the other eye?

***There's something between you and me
that really smells!***

- Thanks to our patient Evan Scarfo, 7 years old, for sending in this cute eye joke!

(p.s.—special note to Judy & Evan: stop by the office to pick out a fancy new eyeglass case as our gift to you!)

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