

Return Service Requested

150 Bryn Mawr Ave.  
Auburn, MA 01501

Dr. Gabriele Goszcz  
Optometrist



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# Both Eyes Open!

## Note from Dr. Goszcz...

I am thrilled at the response to our newsletter. Thanks for all your suggestions and comments. Let us know what other topics you'd like to hear about in upcoming issues. Have a fun and safe summer.  
-Dr. G

## Frequently Asked...

### Q. What is Macular degeneration?

A. Macular degeneration is the leading cause of blindness in the U.S. This disease breaks down the macula, the central part of the retina responsible for the sharp vision needed to read or drive. Most cases of macular degeneration are related to aging. It also can occur as a side effect of some drugs, it appears to run in families and smokers have 40 times more chance of developing it.

Macular degeneration can produce a slow or sudden painless loss of vision. If straight lines look wavy to you, your vision seems fuzzy, or there are shadowy areas in your central vision, you may have signs of Macular degeneration. If you experience any of these symptoms, **contact your eye doctor immediately.** Early detection is crucial for preserving your vision - yearly dilated eye exams are the best early detection plan.

### Q. What are the little specks I see floating in my vision?

A. These are called "Floaters". They are usually harmless, and are caused by web-like proteins in the vitreous gel that fills your eye. These cast a shadow on your retina, and look like floating objects in your vision. If you notice a change in the number and/or location of the floaters, this could be a sign of a serious retinal problem and you should visit your eye doctor as soon as possible.



Lots of new things going on around here!

Dr. G's son Christopher Goszcz Crawford just successfully completed his first year in Optometry School. This Summer, he will be working along side Dr. G as an Optometric Technician, utilizing the skills he acquired over the past year.

Construction work is in full swing. Additional office space is being added to give us more contact lens training area, room for our new state-of-the art glaucoma visual field testing equipment and improved handicapped services. We hope the building project will be completed by the end of the summer.

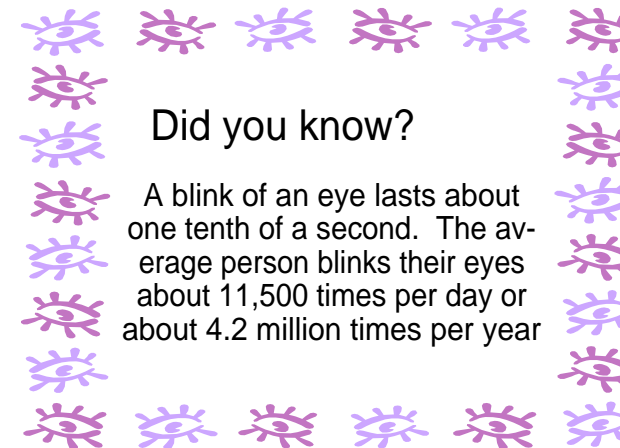
### Staff Profile:

#### Kim Ogilvie

Kim has been working with us for 2 years now. She is the mother of two wonderful children. Her daughter Tiffany recently graduated from Millbury High School and is attending college in September. Her son Ross Jr. will be a sophomore at Millbury High and is very athletic.



"I enjoy my job because of the diversity of it, plus I love working with people."



## Did you know?

A blink of an eye lasts about one tenth of a second. The average person blinks their eyes about 11,500 times per day or about 4.2 million times per year

# Around the Office

## 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	1:15-6:30
Friday	8:30-4:30
<i>We close for lunch 12-1:15</i>	

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

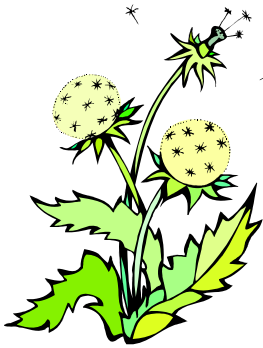
- |                        |  |                 |
|------------------------|--|-----------------|
| Gucci                  |  | CELEBRITY       |
| Escada                 |  | BenETTON        |
| Guess                  |  | Valentino       |
| Revlon                 |  | Flexon          |
| EMOZIONI               |  | MICROTECH       |
| And new SUNGLASSES by: |  |                 |
| CANDIE'S               |  | Harley Davidson |
| Magnetic Sunclips      |  | Nike            |

# Eye Allergies

Tis the season for red, itchy eyes

An allergy is the body's overreaction to a substance that it thinks will do harm. For example, dust is harmless to most people, but some people's bodies will try to flood it out with tears and mucus. Itchy, red and watery eyes are the major eye symptoms.

Allergies are a common cause of conjunctivitis (pink eye). Over 22 million Americans suffer from allergies, and most of those also have allergic conjunctivitis.



## What Causes Allergy Eyes?

Many allergens are in the air, where they come in contact with your eyes and nose. Airborne allergens include pollen, mold, dust and pet dander.

**Don't rub your eyes!** - It only makes it worse. Try a cool compress when you have the urge to itch.

**Avoidance.** The most effective "treatment" is to avoid what's causing your allergy. Keep your home free of pet dander and dust, and stay inside with the air conditioner on when there's a lot of pollen in the air. Air conditioners filter out allergens. Wash your hair before going to bed so pollen that has landed on your head doesn't get on your pillow and into your eyes and nasal passages.

**Medications.** If avoidance and compresses haven't helped enough and you are still suffering, medications may be needed.

# Allergy Medications:

Which types are best?

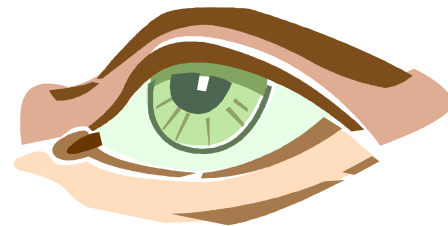
**Antihistamines** relieve many symptoms caused by airborne allergens, such as itchy, watery eyes, runny nose and sneezing.

**Decongestant eye drops** (like Visine) clear up redness. They contain vasoconstrictors, which simply make the blood vessels in your eyes smaller, reducing the apparent redness. They treat the symptom, not the cause. In fact, with extended use, the blood vessels can start to become dependent on the vasoconstrictor to stay small. When you discontinue this type of eyedrops, the vessels actually get bigger than they were to begin with. The result of this is that red eyes actually get worse.

**Mast cell stabilizers** alleviate redness and swelling. Mast cell stabilizers are similar to antihistamines, but while antihistamines are known for their immediate relief, mast cell stabilizers are known for their *long-lasting* relief.

*If you wear contact lenses, keep in mind that certain drops can damage your contact lenses or cause more problems.*

Ask Dr. Goszcz about eyedrops that are contact lens compatible. Another alternative is daily disposable contacts, which are discarded nightly. Because you replace them so frequently, irritating deposits cannot build up over time.



# Presbyopia:

Reading the fine print

Have you had your big 4-0 birthday? Does fine print seem smaller than it used to? Do your arms feel too short as you hold the phonebook at arms length? Welcome to the Presbyopia Club! Presbyopia is a normal vision change during middle age when eyes gradually lose their ability to focus up close. The good news is that now there are many solutions to help out with this problem:

**Reading glasses** are a popular option. With all sorts of styles and colors, the over-40s can have a pair for every room in the house. And they also work great in conjunction with contact lenses. They can't be worn for driving or walking around.

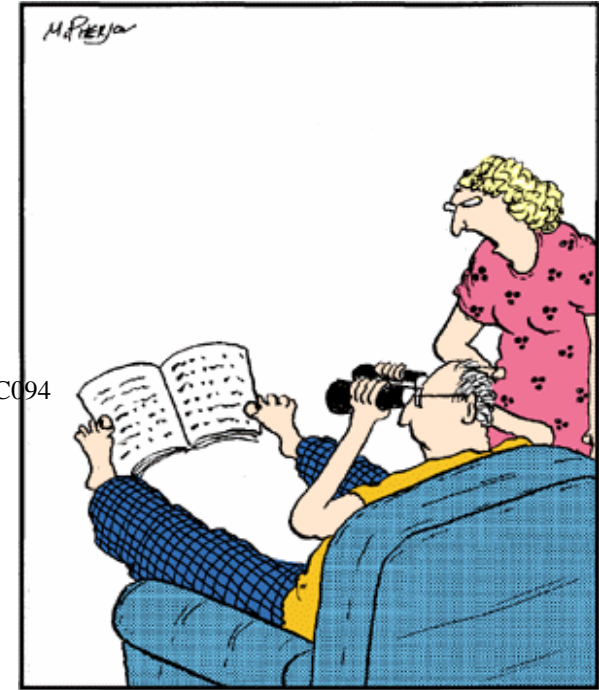
**Bifocal lenses** eliminate the need for switching glasses by providing a section for distance viewing as well as a lower segment for near.

**Progressive lenses** provide the convenience of bifocal lenses without a line separating the distance and near portions. These lenses have more going for them than just good looks, though. They enable the wearer to see at *all* distances, from far away to up close and everything in between, similar to young eyes that don't need

**Bifocal or Monovision Contact lenses** offer the convenience of contacts along with the ability to see close up as well as far away.

***If you're presbyopic, you have plenty of vision correction choices. We'll take the time to help you decide which option is best for you.***

# On The Light Side



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"For heaven's sake, will you just give it up and admit that you need reading glasses!"

**Help Josie find her Sunglasses**



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