

WHAT'S NEW

AT MULVANE VISION CARE

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GET THE RIGHT "SUNBLOCK FOR YOUR EYES, TOO

With frame styles and lens options designed for every activity and all age groups finding the perfect sunglasses can be difficult. But before deciding on new sunglasses, Dr. Cline suggests considering some important traits.

- Be sure the sun wear blocks both types of harmful ultraviolet light-UV-A and UV-B.
- Lenses should also block 75-90 percent of visible light to provide comfortable vision. As a general rule, if the lenses allow clear view of the eyes, they probably aren't dark enough for subjective comfort.
- Sunglasses with polarized lenses should also be considered, because they reduce reflected glare. In addition to providing more comfort and better visibility while driving, these lenses are also ideal for use while fishing or boating.

And don't forget-children need sunglasses that are appropriate to their activities, too.

SUNGLASSES FOR THE LITTLE ONES

Nancy has a full line of inexpensive sun wear for children and toddlers. Ask for a brochure on EYESCREAM SHADES. Protect your children's and grandchildren's eyes.

Dietary Omega-3 Fatty Acids May Reduce Risk of Age-Related Macular Degeneration. Dietary omega-3 fatty acids is associated with a reduced risk of age-related macular degeneration (AMD). "Higher intake of omega-3 fatty acid and fish was associated with decrease risk of having AMD" said J.P. SanGiovanni, from the National Eye Institute in Bethesda, Maryland, and colleagues.

L.A. SCHOOLS BAN SODA POP

Created to take aim at the growing problem of obesity among youth, soda pop is no longer on the menu in Los Angeles Public Schools, according to a news item published in the November 2002 issue of *The Nation's Health*, a new publication of the American Public Health Association. "We are hopeful that this success will usher in a new era when schools are safe havens where students make food choices free from the intense marketing and ready availability of foods with little or no nutritional value," states Harold Goldstein, Dr. P.H. executive director of the California Center for Public Health Advocacy.

DO YOU LIKE CLEANING YOUR CONTACTS??

Now you don't have to with **SofLens One Day Disposable Lenses**. What a great convenience! Just put them on in the morning and take them out and throw them away at the end of the day. Disposable lenses are one of the safest and most convenient ways of wearing contacts. Ask Renee about a free "Test Drive" of these lenses.