



# Fairway FORESIGHT

HAVE A STUDENT COMING HOME FOR THE HOLIDAYS?

Now is the perfect time to schedule their annual eye exam at one of our 5 convenient locations! Time slots fill up quickly so don't wait!



## Spotlight on DRY EYE

### What is dry eye?

Dry eye is a condition where the eyes do not produce enough tears or produce poor quality tears.

Tears function to lubricate and nourish the eyes. Natural tears produced by the eyes are composed of three layers:

- Outer oily layer (lipid layer)
- Middle watery layer (aqueous layer)
- Inner mucus layer

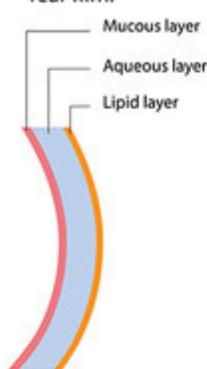
If the quantity or chemical composition of these layers is unbalanced, discomfort from dry eye may develop.

### What causes dry eye?

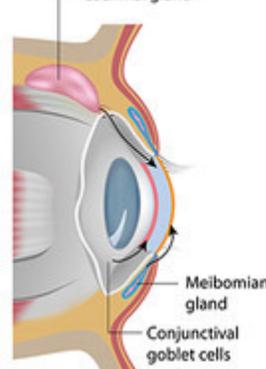
Dry eye is most often a result of the natural aging process. Most people's eyes tend to become drier as they age, but the degree of dryness varies and some people have more problems than others. In addition to age, dry eye can result from:

- Problems with normal blinking, such as incomplete or infrequent blinks
- Certain medications like decongestants, antihistamines, oral contraceptives and antidepressants
- Environmental factors like a dry climate and exposure to wind or irritants such as smoke
- General health problems like rheumatoid arthritis, thyroid problems, or Sjögren's syndrome
- Chemical or thermal burns to the eye
- Refractive surgery (LASIK or PRK)

### Tear film:



### Lacrimal gland



All three layers of tears—the outer oily layer, the middle watery layer, and the inner mucus layer—are produced by different glands of the eye and are necessary for proper lubrication.

### What are the symptoms of dry eye?

Dry eye symptoms often vary in type, frequency and severity in people, but the following symptoms are commonly experienced by those with inadequate tear production:

- Irritated, scratchy, gritty or uncomfortable eyes
- Redness of the eyes
- Burning sensation
- A feeling of a foreign body in the eye
- Blurred vision
- Excessive tearing or watering

### What are the risks?

If untreated, dry eye can be more than just irritating and uncomfortable.

Severe dry eye can damage the eye's surface tissue and possibly scar the cornea, the transparent front covering of the eye, impairing vision. Wearing contact lenses may be more difficult due to the possibility of increased irritation and a greater chance of eye infection.

If you are experiencing the symptoms of dry eye, your doctor of optometry can perform "dry eye" tests using diagnostic instruments to give a highly magnified view of the tears and front surface of the eye and special dyes to evaluate the quality, amount, and distribution of tears.

AMERICAN OPTOMETRIC ASSOCIATION  
aaa.org

Schedule a consultation at our Leawood location to learn more about our dry eye spa treatments!

## EYE-HEALTHY PUMPKIN MOUSSE

This fall, trade your traditional pumpkin pie for this lighter dessert. Filled with beta-carotene, it will nourish your eyes and satisfy your sweet tooth.

- 1 cup pumpkin puree from can (24oz)
- 1/2 cup plain 0% or 2% fat Greek yogurt
- 1/2 cup maple syrup
- 1/4 cup freshly squeezed orange juice
- 1 envelope gelatin
- 1/4 cup whipping cream, very cold
- zest of one orange
- 1/2 tsp mixed spice (cinnamon, clove, nutmeg, ginger)



- Put medium bowl in freezer.
- In a large bowl, mix pumpkin and yogurt, using a whisk.
- Sprinkle gelatin on orange juice and let sit for about three minutes, just enough time to get maple syrup ready.
- Bring maple syrup to a boil on medium-high heat in a small sauce pan, stirring constantly.
- Pour boiling maple syrup over orange juice and stir until gelatin has melted.
- Pour maple syrup mix into pumpkin preparation and mix well, using a whisk.
- Add orange zest and spices; stir to combine.
- In chilled bowl, whip cream to firm peaks, using a hand mixer.
- Use your mixer to whip pumpkin mix for about one minute.
- Fold whipped cream gently into pumpkin mix, using a spatula.
- Ladle into serving cups and chill in the refrigerator for two to three hours, until set.

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