



April 26, 2014

## Barry N. Wasserman, M.D.

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### WHAT OUR PATIENTS ARE SAYING...

I want to share my story with all the anxious people out there who were afraid for years to get this done. My husband, Alex, had his LASIK 5 years ago with Dr. Wasserman. Alex tried to convince me for the past 5 years about how easy and great LASIK is. However, it wasn't until I was approaching the end of my contact lens supply, that I started to think about the costs of contact lens exams, contact lenses, solutions and glasses. I also thought about the inconvenience of cleaning and using the contact lenses. It was annoying to swim with them and they were hard to remove if I wore them in the shower or after a nap by accident. I put up with all of this for so many years because I was afraid of getting LASIK. I had such anxiety. My husband was shocked when I finally made an appointment, but each day until that appointment, I was seriously considering canceling because of my fears of the procedure. I sat in the waiting room that morning of my surgery with tears running down my face because I was so afraid. Although I wanted some medication to settle my nerves, Dr. Wasserman assured me that I would be fine without any meds. I trust Dr. Wasserman. It only took about 20 seconds per eye to get my vision back to perfect. It takes longer than 20 seconds to brush my teeth!! I remember thinking about getting scared, but I had no time to be. Looking back, I wasted so many years that I could have enjoyed perfect vision. I hope my story helps you overcome those irrational fears. If I can do this, anyone can. [Read more here](#)



### Women's Eye Health and Safety Month

Prevent Blindness in America has designated April as Women's Eye Health and Safety month to help educate women about the steps they should take to prioritize their eye health.

Of the 3.4 million Americans suffering from visual impairment, about 2.3 million are women. Women in the US live longer than men on average, so women are more susceptible to age-related eye diseases or issues like dry eye syndrome, cataracts, glaucoma and macular degeneration.

So while you are taking care of everyone else around you, remember to make your own eye health a



priority.

Some recommendations include:

- Get routine eye care. Make eye exams a regular part of your healthcare . Eye exams evaluate much more than just blurry vision
- Know your family history. Genetics is important in determining the risks associated with certain eye diseases.
- Avoid smoking and second-hand smoke.
- Eat healthy and exercise to help maintain a proper weight and to reduce the risk for certain conditions like diabetes.
- Sunglasses should be worn when you are outside with 100% UV protection
- Wearing contact lenses and cosmetics can be problematic. Wash your hands first, throw away all outdated cosmetics like mascara and contact lenses. All this will help avoid contamination and infections. And never share your cosmetics with others.

If you have questions about your personal eye health, email us at [info@barrywasserman.com](mailto:info@barrywasserman.com) or call us to make an appointment for an eye exam.



## GET READY FOR SUMMER

Want to eliminate those fine lines and wrinkles, laugh lines and crow's feet? Dr. Wasserman is offering **\$50 off your next cosmetic Botox treatment**. Call the office today to make your appointment. 877 598 EYES or visit [www.barrywasserman.com](http://www.barrywasserman.com) and request an appointment

Financing with Care Credit available.

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