

Orange County, NY Doctors Urge Eye Exams During National Cataract Awareness Month

Highland Ophthalmology Associates to Offer Free Cataract Screenings.

NEW WINDSOR, N.Y., Aug. 6 (SEND2PRESS NEWSWIRE) – In recognition of Cataract Awareness Month, Highland Ophthalmology Associates (highlandophthalmology.com), in New Windsor, NY, will be offering free Cataract Screenings during the month of August, 2009. Highland Ophthalmology Associates encourages anyone at risk to please participate in their Cataract Awareness Program. “Cataracts are the leading cause of visual loss in Americans 65 and older,” said Mary Davidian, M.D. fellowship trained ophthalmologist at Highland Ophthalmology. “This month, learn how to recognize the symptoms, find treatment, and educate others on this common – but treatable – eye condition.”



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What is a Cataract? A cataract is the clouding of the natural lens of the eye, the same part of the eye responsible for focusing light and enabling you to see sharp and clear images. Aside from the normal aging process, additional causes for developing cataracts include eye injury, previous eye surgery, the use of certain systemic medications, long-term unprotected sun

exposure, and a family history of cataracts.

Symptoms – The most common symptoms of cataracts are:

- clouded or blurry vision
- sensitivity to light, both nighttime glare and daylight
- fading colors
- difficulty reading
- double vision (often goes away as cataracts worsen)
- frequent changes in prescription of eyeglasses and contact lenses.

According to Dr. Thien (Tim) Huynh, fellowship trained ophthalmologist at Highland Ophthalmology, “It is important to note that small cataracts may not cause any noticeable changes in your vision, but as the condition tends to develop slowly, it will eventually get worse.” If you have any of these symptoms, it is important to see a doctor, as these may be signs of a cataract or other eye conditions. An ophthalmologist, a doctor who specializes in eye care and surgery, should be seen to diagnose and help treat your eye condition.

Because cataracts are so common in older adults, it’s important to have your eyes examined on a regular basis. According to the American Academy of Ophthalmology, people aged 40 to 64 should have a comprehensive eye examination every two to four years; people 65 and older should have a comprehensive eye examination every one to two years. People with a history of eye problems or other medical conditions that increase the risk of eye disease – such as diabetes – should have eye exams more frequently (once a year or as recommended by your doctor).

During the months of August, 2009, Highland Ophthalmology will be offering complimentary cataract screenings at the New Windsor, NY Vision Center. Appointments can be scheduled by calling (845) 562-0138.

About Highland Ophthalmology Associates

Highland Ophthalmology Associates is a full-service ophthalmology practice, located at 140 Executive Drive in New Windsor, NY and headed under the direction of Dr. Mary E. Davidian, a Fellowship Trained Corneal Specialist and a Refractive Surgeon. She specializes in corneal transplants, multifocal lens implants and cataract surgery. The staff includes: Dr. Thien (Tim) Huynh, a Fellowship Trained Glaucoma Specialist who also performs cataract surgery; Dr. Maureen K. Wallen, a Doctor of Optometry with extensive training in ocular disease management and primary eye care; Dr. Miriam M. Rolf, a Doctor of Optometry with extensive clinical and academic experience. Highland Ophthalmology is affiliated with leading medical and academic centers in the Hudson Valley and the New York City metropolitan area including: The New York Eye and Ear Infirmary, Westchester Medical Center, Central New York Eye Center and The Vassar Brothers Medical Center.

More information on Highland Ophthalmology Associates can be found at www.highlandophthalmology.com.

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News issued by: Highland Ophthalmology Associates



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Original Story ID: (5214) :: 2009-08-0806-002

Original Keywords: Highland Ophthalmology Associates, Cataract Awareness Month, Mary Davidian MD, fellowship trained ophthalmologist, Dr. Thien Tim Huynh, complimentary cataract screenings at the New Windsor, NY Vision Center, Corneal Specialist and a Refractive Surgeon, Doctor of Optometry Highland Ophthalmology Associates