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Fall Special

Enjoy a 20% OFF discount on the purchase of prescription sunglasses during the months of October and November. All you have to do is mention to our opticians that you saw the ad in our email newsletter. As always, we want to remind you of the importance of proper UV protection while outdoors in order to protect your eyes.

[30% off Gucci Frames](#)

For more information, please stop by or give us a call

Protect Your Eyes While Using Electronic Devices

Crizal Previncia

A recent research study indicates that over 60% of Americans own a smartphone.

This doesn't account for the daily growing number of people who own a tablet or some form of e-reader. More recently the use of smart watches has also become a popular trend. Considering these facts, it is not to our surprise that so many patients express their concern with glare coming from electronic devices.

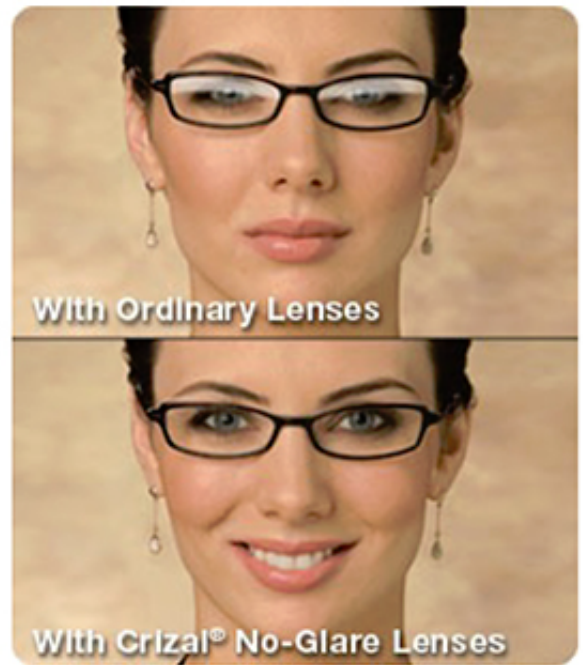
There are many measurements that can be taken to minimize eye fatigue from the use of electronic devices. Often, it is recommended to follow the 20/20/20 rule. What does this mean? Every twenty minutes we should take a twenty second break and look at something at a distance of twenty feet or more. Doing so will allow our eyes to rest.

There are also special screen protectors designed to reduce the amount of glare reflected from the device's screen. More important, however, is having a high quality anti-glare treatment in your eyewear lenses that will protect your eyes regardless of what electronic device you are using. At Elmquist Eye Group we only recommend Crizal products. Crizal is a reputable brand that has advanced hand in hand with technology throughout the years.

Rather than being a coating that strips over time, Crizal products are an anti-glare treatment built into your lenses.

The latest from Crizal is Crizal Previncia, especially designed to filter out harmful lights from electronic devices' screens. It also includes an Eye-Sun protection of E-SPF 25. In addition, there are other benefits to Crizal Previncia. For instance, it is a lens easier to maintain clean and more scratch resistant than ever. This is why the product comes with a two year unlimited warranty against scratches. You can find out more about Crizal products by visiting their official website: www.crizalusa.com.

Our opticians would also be happy to help you select the best lenses for your specific needs.



Meet Amanda

New Optician Joining the Elmquist Family

We are delighted to welcome Amanda Gonzalez to the Elmquist family. Amanda is our new Optician in the Fort Myers office. Below you will find a brief interview that will help us all get to know her better.

Amanda, what kind of certifications do you currently have?

"I have an Associate's Degree in Opticianry from Hillsborough College in Tampa. I also have my ABO (American Board of Optometry) and NCLE (National Contact Lens Examiners) certifications. I am set to sit for my boards this December."



For how long have you worked in this field?

“I have worked in the eye care field for four years and counting! I’ve also worked as an Ophthalmic Assistant which has helped me better assist patients in picking the lenses that would work best for them.”

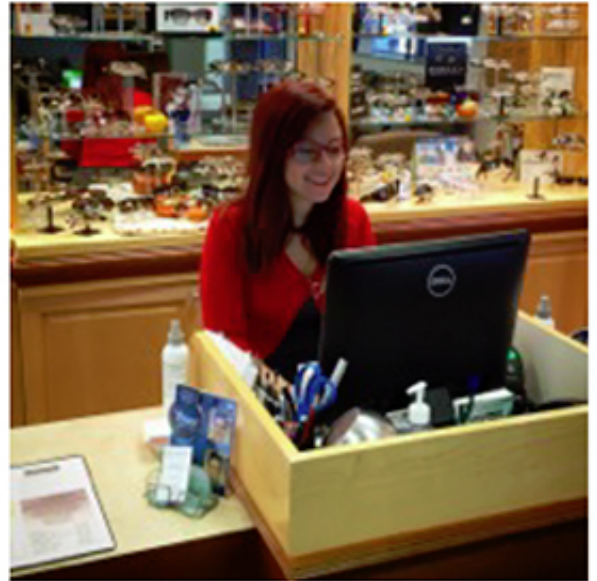
What about when you’re not at work? Is there any activities that you enjoy?

“I love to play the piano, paint, spend time with my family and friends, cook new recipes and spend a day at the beach. I also enjoy working with the youth ministry at my church.”

Anything else that you would like to share with us?

“I was born in Staten Island, New York. I’ve been married to my awesome husband David for two years! We don’t have any kids yet, but we do have a canary named Panchito.”

We hope that you can enjoy talking to Amanda next time you visit our Fort Myers office.



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