

## Costa Optical Introduces New Eyewear Frames

Known for their famous line of sunglasses featuring crystal clear lenses and tough frames, Costa is introducing a new line of prescription eyewear called Costa Optical. Designed as eyeglasses for everyday wear, this new line boasts of 5 unique collections of beautifully crafted frames.

- **Bimini Road** has sporty, full-rim and semi-rimless titanium frames that are lightweight, yet durable, inspired by the crystal waters of the Bahamas.
- **Seamount** is also in a strong titanium framework which complements full rim and rimless options for a minimalist, sporty and sleek look.
- **Ocean Ridge** frames are designed for those continuously on the move featuring lightweight sport frames made from nearly indestructible, sustainable bio-based resin nylon, and Costa's Trifusion frame technology that results in beautiful color combinations.
- **Pacific Rise** frames boast of lightweight titanium and Costa's proprietary bio-based nylon resin. Hydrolite rubber is fused onto the temples of Costa Pacific Rise frames, providing classic designs with an incredibly comfortable fit.
- **Mariana Trench** frames are offered in a variety of color combinations featuring lightweight, handcrafted acetate frames with a wire core for adjustable temples and mechanical pin hinge construction.



**Come see the new Costa Optical line of eyewear in our optical dispensary so you can “see what’s out there”!**

*Gift Cards from Greenville EyeCare – the Perfect Gift Idea*

Can't seem to find a gift for that special someone on your list? No worries! With a gift card from Greenville EyeCare, your shopping just got easier! The recipient can redeem their card for any products or services available in our office. It's that simple and these are easy to get. Stop by our office and we'll take care of you from there. Now you can enjoy your holiday season knowing those on your list will receive the perfect gift from you!



## Use Your Flexible Spending Account Monies and HSA Funds for an Exam, Glasses or Contacts

You can use your flexible spending account (FSA) monies or health savings account (HSA) funds until the end of the year at Greenville EyeCare. Apply them toward an eye exam, new pair of glasses or even contact lenses.

Remember, these funds expire at the end of December. And, we encourage you to schedule your December appointment right away as our calendar will fill up quickly. To schedule an appointment, just visit us online, use our Facebook appointment app or call our office at 234-7700. We're here to help with any of your vision needs and to assist you with finding an appointment opening that works for you!



## In-House Recycling Program Reduces Waste

When Martina Brown, one of our licensed opticians, observed the amount of cardboard boxes going into the trash every week at our office, the idea for recycling struck her immediately. Having come from Germany where recycling was a big deal, Martina knew she could make a difference by starting a recycling program at Greenville EyeCare.

“At first, I volunteered to take the cardboard boxes to the recycling containers each week,” Martina reflects. “After others caught wind of the plan, the office was able to set up a recycling trash pick-up which is how we got the whole thing started.”

Although cardboard boxes were the logical first choice, the office now recycles old contact lens cases, plastic water bottles, plastic containers and more. Recycle containers have also been placed in the exam rooms for easy disposal of items.

And, it's working! In less than six months, office trash has been cut in half. Martina is thrilled with the progress knowing the program not only works well, but that the office is doing its part to keep the planet cleaner while inspiring others to participate in recycling.



## Raffle Benefits Safe Harbor Family

For most, Christmas is a time of hope, but for those with challenging circumstances, the season is often a difficult one. That's why we wanted to make a difference for a family this year by ensuring their Christmas was full of hope and good cheer! This holiday season, we are supporting Safe Harbor, a non-profit organization that provides safe shelter, counseling and advocacy for victims of domestic violence.

Through a raffle held at our office, we were able to raise over \$500 to buy Christmas presents for two Safe Harbor children – thanks to your generosity! And, we were able to award a fantastic gift basket filled with a blanket, YETI Rambler, Costa sunglasses, a personal training session with Justin Bowers, and a gift certificate to Sabroso Mexican Grille.

A huge “thank you” to everyone who participated in the raffle for this worthy cause. We appreciate your support and are proud to make this Christmas season a joyous one for our Safe Harbor children.



### Holiday Office Hours:

Friday, December 23rd 8am-12pm; Closed Monday, December 26th and January 2nd.

### ‘Like’ Us on Facebook – Share with Your Friends!

We want you and your friends to be Facebook fans of Greenville EyeCare so that you can receive our special announcements, updates, event information, promotions, and more. Simply click on the Facebook link and become a fan or share it with your friends!



# Optical Conclusions

## Digital Eye Strain – A Shock to Your Eyes

Constant exposure to technology can take its toll on our eyes. Talk to your eye doctor about ways to minimize the risk to ensure you maintain healthy vision.

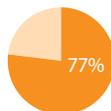
Digital eye strain is the physical eye discomfort felt by many individuals after two or more hours in front of a digital screen

**90%** Nearly 90% of Americans use digital devices for two or more hours each day.

More than nine out of 10 people with digital eye strain use devices for two or more hours each day.



**60%** Nearly 60% of Americans use digital devices for five or more hours each day and 70% of Americans use two or more devices at a time.



77% of the individuals who suffer from digital eye strain use two or more devices simultaneously.



70% of women report experiencing symptoms of digital eye strain and are more likely than men to simultaneously use multiple devices.

Use of technology can have unintended consequences for our health.



76% of Americans look at their digital devices in the hour before going to sleep.



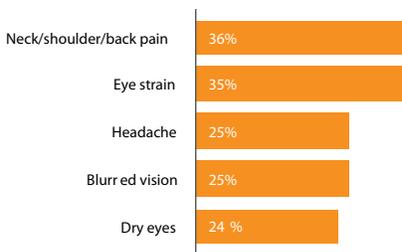
Adults under 30 experience the highest rates of digital eye strain symptoms (73%) compared with other age groups.



41% of women report experiencing back pain or text neck symptoms compared to 30% of men.

65% of Americans report experiencing symptoms of digital eye strain.

Symptoms Reported:



**27%**

of Americans do not know computer eyewear can protect against digital eye strain.



Digital device use is a family affair, but every generation has their own unique habits.

**GRANDPARENTS:**

More than 30% of adults 60 and older have had prolonged use of digital devices (two or more hours per day) for more than 15 years.

**YOUNG ADULTS:**

Nearly nine of 10 use two or more devices at a time and are more likely to use their smartphones for activities such as getting news updates.

**CHILDREN AND TEENS:**

65% spend two or more hours per day on a digital device, yet 77% of parents report being somewhat or very concerned about the impact of devices on children's eyes.

**PARENTS AND CAREGIVERS:**

64% spend more than five hours a day looking at digital screens. 55% use computers to shop online.



Americans are becoming increasingly digitized. More of our hobbies and activities are moving online.



96% of adults use digital devices to find a recipe.



Women (56%) are more likely than men (51%) to use their smartphones to get directions.



More than half of adults use their smartphone most frequently to check the weather.



59% of individuals in their 40s use computers to shop online, more than any other age group.

83% of adults in their 20s use a smartphone as their alarm clock.



**90%** of patients do not talk with their eye care provider about digital device usage.