

Take Care of Your Eyes World Sight Day



Thursday,
October
10, 2013

FREE
Eye Screenings
for Adults

Sponsored by
North Shore-LIJ Health System:

Manhattan Eye, Ear and Throat Hospital (MEETH)

West Eye (First Floor)

210 East 64th Street

New York, NY 10065

(212) 702-7777

8:00am – 4:00pm

Syosset Hospital Administrative

Conference Room (First Floor)

221 Jericho Turnpike

Syosset, NY 11791

(516) 496-6400

10:00am – 5:00pm

Staten Island University Hospital

Regina McGinn

Education Center

475 Seaview Avenue

Staten Island, NY 10305

(718) 226-1855

2:00pm – 7:00pm

Five Simple Ways to Keep Your Eyes Healthy*

- 1 Visit a doctor regularly for a comprehensive eye exam.
- 2 Know your family's eye health history – some conditions are inherited.
- 3 Eat right to protect your sight (lots of fruits and vegetables, especially dark leafy greens such as spinach, kale and collard greens).
- 4 Quit smoking or never start.
- 5 Wear sunglasses that block the sun's harmful UV rays.

*Adapted from the National Eye Institute.

"This World Sight Day, North Shore-LIJ Health System is pleased to launch a partnership with Sightsavers, combining our efforts to promote eye health right here in New York and around the globe."

Richard E. Braunstein, MD, Vice President of Ophthalmology



Sightsavers

There are 285 million blind or visually impaired people in the world and 90% live in some of the world's poorest countries. Yet, more than 80% of sight loss is avoidable.

Sightsavers International is one of the world's leading non-profit organizations dedicated to combating avoidable blindness and promoting equal opportunities for people with disabilities in developing countries. Sightsavers works in more than 30 countries in Africa, Asia and the Caribbean, restoring sight through specialist treatment and eye care. Sightsavers also supports people who are irreversibly blind to live independently by providing education, counseling and training.

Last year alone, Sightsavers carried out over 49 million treatments to restore sight or prevent blindness. To learn more about Sightsavers and their global health initiatives, please visit www.sightsaversusa.org.

Free screenings offered for adults only
on Thursday, October 10, 2013.

**North
Shore LIJ**