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## LIGHT!

## USE IT RIGHT!

The eye is like a living camera with several natural “lenses”; specifically, the cornea and the crystalline lens.

As we age, these tissues become progressively more hazy.

This haze “aggravates” us in two ways:

1) As a **FILTER**

It’s as though we are increasing the “tint” in our glasses with each year of life. The more tint in our glasses or eye lens, the **MORE** light we need on our reading material and fine close work.

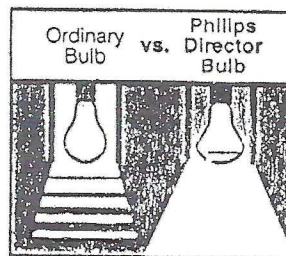
2) By **SCATTERING** light

This causes **GLARE** and **STREAKS**, especially with oncoming light. So the **DIRECTION** of your work or reading light is also important. You will be much more comfortable if the light you are using comes over your shoulder to illuminate your paper and bounces away from you. This is much better than light coming toward you and bouncing into your eyes.

SO...

Try this simple and relatively inexpensive solution:

Go to a hardware or lighting store and get a hinge-armed adjustable clamp-on drafting lamp....under \$20.00. (K-Mart, Wal-Mart, Home Depot, lighting stores.)



Use a 100 watt **DIRECTOR** bulb, or track flood lamp (looks like a small spotlight):

Philips Director 100 soft white (equivalent Phillips A21 led bulb), (Giant, Sears, Home Depot); Abco 100 W Track Spot R20, or Flood R25; Sylvania; Supreme Indoor Directional Reflector. Arrange the lamp so it illuminates your work or reading material from above and behind you.

The older you get, the more light you need----a small inconvenience but a great help!