



River City Eye

2020 Fall/Winter Newsletter



Do I have Dry Eye Syndrome?

Long days at work in front of a computer, a favorite movie, a plane flight to Paris, the book *War and Peace*, and Rheumatoid Arthritis. What do they have in common? They are all associated with dry eyes. In fact, there are many medical conditions and lifestyles that can cause or worsen dry eyes. People with dry eye disease have a variety of symptoms of varying severity. Certain individuals do not have any feeling of “dryness” while others are miserable. Eyes that are dry can feel itchy, scratchy, painful, sticky, or just tired at the end of the day. Complications of dry eyes range from simple occasional blurred vision to the extreme of corneal ulcers that lead to blindness.

Dry eye disease is not as simple as

underproduction of tears. In fact, for most people, their dry eyes result from evaporative tear loss from a poor quality tear film. A thorough ophthalmic evaluation of the ocular surface can reveal the etiology of the ocular dryness. There are many treatments for dry eye disease which are custom tailored to the patient’s type of dryness. These range from simple application of over the counter tear drops to a “full court press” of medicated eye drops, oral medications and even procedures. Most dry eye disease is able to be controlled with relatively conservative measures. If you are having any of these symptoms, please make sure you ask about your dry eye at your next exam.

~ Aaron C. Hager, M.D.

Spotlight on the Staff: Mary

Mary—Retirement Is Here!

What are some of the things you have planned for retirement?
Reading, volunteering and eventually moving to NC near family

Post-Covid, what place would like to visit more than any other?
I would love to go to Australia, unique animals and terrain.

What is your favorite food and favorite dessert?
Mexican first, but Indian, Chinese and Italian close behind, I love food. Desert: gingerbread with butter sauce.

If you were to get a pet, what would it be?
I grew up with cats and love the unpredictability.

What is the most amazing place you have ever visited (or lived)?
Undoubtedly our three years in Germany.

What is your favorite pastime/hobby?
Reading

Who is your favorite author?
Many favorites but love mysteries and historical fiction.

What do love most about San Antonio?
I love the friendliness of the people and the history of the area. It's been my home for almost 50 years. I'm going to miss it.



LASIK

is coming to
River City Eye!!!!

Please call the office for more details.



Merry Christmas

*The River City Eye staff wish you a
Wonderful Christmas and a Happy New Year.
We hope you enjoy this video from the Dotted Half String Trio with a
few Christmas songs recorded for our patients:*

