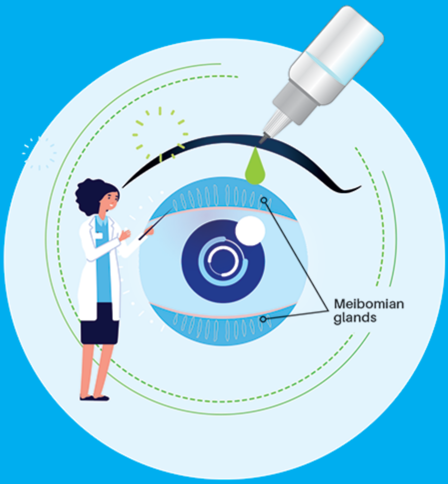
Regal Medical Group
Lakeside Community Healthcare™
ADOC Medical Group

FIND YOUR HealthyWay MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

Dry Eyes?



Let’s Ask the Optometrist

Did you know that dry, gritty, irritated eyes are not always caused by seasonal allergies? There may be some underlying reasons why your eyes are consistently

dry. One of our optometrists, Dr. Lavender Orr helps to explain some of the leading causes and best treatments for dry eye.

Can you explain what causes dry eye and how it can be treated?

Dry eye is a condition where the eyes do not produce enough tears or the tears evaporate too quickly, leading to discomfort, redness, and irritation. There are various factors that can contribute to dry eye, including age, certain medical conditions, and environmental factors such as low humidity. What you eat can also impact the health of your eyes and the production of tears.

If you have dry eye, it's important to get treatment. If left untreated, dry eye can lead to damage to your eye, infections, and trouble seeing or doing things you enjoy. There are a number of different treatment options available, including eye drops, ointments, and prescription medications. In more severe cases, certain medical procedures may be recommended. Your eye doctor can help you determine the best course of treatment for your specific needs.

Can my diet affect dry eye?

Yes, diet can affect dry eye. Research has shown that a diet high in omega-3 fatty acids, found in fish, nuts, and seeds, can reduce inflammation in the body and improve tear production. On the other hand, a diet high in processed foods and unhealthy fats, such as trans-fats, may increase inflammation and worsen dry eye symptoms.

Additionally, staying hydrated by drinking plenty of water can help keep the eyes lubricated, and avoiding excessive caffeine and alcohol consumption can prevent dehydration and dryness in the eyes.

Source: American Academy of Ophthalmology

Paying attention to dry eye symptoms is important.

If left untreated, they can worsen and prevent you from enjoying your daily life.

Tell your doctor if you are experiencing:

- Gritty or scratchy eyes
- Burning sensation
- Excess watering with fluctuating and blurry vision

Lavender Orr, OD
Board-Certified: Optometrist

Schedule a dry eye evaluation today! Call (818) 562-3630

This healthy recipe is just swimming in *delicious flavors!*

Trying to load up on your omega-3s? Try this delicious and nutritious meal that's easy to prepare. These Baked Fish Fillets with Thyme-Dijon Topping are the perfect way to get all the health benefits of omega-3 fatty acids. The flavorful thyme-Dijon topping adds a zesty kick that's sure to please your taste buds. Pair it with some roasted sweet potatoes and asparagus for a complete and satisfying meal. So if you're looking for a healthy and delicious dinner option, give this recipe a try!

Get the full recipe here

Need help paying your internet service connection cost?

You may qualify for a discount through ACP

If you or someone you know needs help paying for internet service, you may qualify for a monthly discount on a new or existing internet service plan through a government program called the Affordable Connectivity Program (ACP).

You may also qualify for a one-time device discount of up to $100, to buy a laptop, desktop computer, or tablet from participating providers.

Check if you qualify

To apply, visit **AffordableConnectivity.gov** **or call 1-877-384-2575** to request an application. Once your application is approved, you can contact a **participating internet service provider** to start receiving your monthly discount. Only one monthly service discount and one device discount is allowed per household.

What does a medical group really do?

Watch our mind-blowing video that explains it all

We know it can be confusing to know who's who and what's what when navigating your healthcare. Like knowing how your medical group works with your health plan. Still have questions? Don't worry, we help answer them in this informative video that explains the

relationship between your medical group and your health plan. It shows how we work together to provide the benefits and comprehensive care to meet your needs.

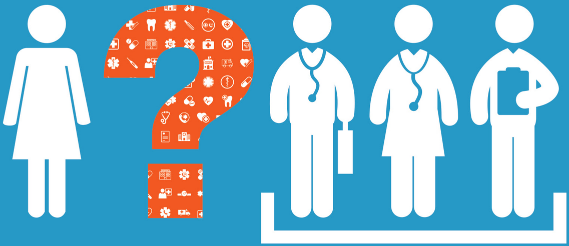
Regal Medical Group - Wh...
network size

Are you a new member?

Visit our New Member Welcome page! It will help guide you in the right direction.
www.regalmed.com/newmember/

Need to find a doctor?

Visit our Doctor Finder. Scheduling your appointment is the first step in getting you the care you need to stay on your journey to good health.
www.regalmed.com/doctor-finder/



Privacy Policy

Update Profile | **Manage Preferences** | **Unsubscribe**

This email was sent by: Regal Medical Group
8550 Balboa Blvd, Northridge, CA, 91325 US