

## Monthly Newsletter

### Dry Eye Awareness Month

Dry eye affects millions of Americans and is one of the most common eye conditions treated by eye care professionals. Dry eye can cause discomfort, redness, burning, blurry vision, and sensitivity to light. If left untreated, it may damage the surface of the eye and impact daily activities such as reading, driving, and screen use.

### **Treatment options**

- Artificial tears and lubricating eye drops
- Prescription eye drops for chronic dry eye
- Warm compresses and eyelid hygiene
- Reducing screen time and taking regular breaks

*The best treatment depends on the cause of your dry eye symptoms. Schedule an appointment to discuss personalized treatment options.*

## This Month At Spectrum

### Vote for Spectrum Eye Center!

Thank you to everyone who nominated Spectrum Eye Center for Best of the Pines! We're proud to be nominated for the 11th year in a row and would love your support in this year's voting.

*Scan this QR code to vote now ->*



### **Get 50% Off Your 2nd Pair!**

Buy one pair of prescription eyeglasses and get a second pair of prescription lenses 50% off.

*Please ask our Optical Associates for offer details.*



## **Employee Highlight:** Daniellisse Encarnacion-Mitte

**About Dani:** Dani is a scribe in our patient care department and has been with us for 6 years! She is a crucial part of our team, and we're very thankful for her dedication. Dani always greets patients kindly and helps create a welcoming, comfortable experience from the moment they arrive.

"I like to greet every patient with a smile and make them feel heard. Kindness and reassurance can really help patients feel at ease. "



Outside the office, Dani enjoys spending time with her family and cat, trying new coffee shops and restaurants, and relaxing with a good movie. One of her favorite local spots is Whale Tea in Southern Pines, where she loves the brown sugar milk tea. Her current favorite movie is Practical Magic.