

## June Newsletter

### It's Cataract Awareness Month.

As the leading cause of reversible blindness worldwide, cataracts are a significant health concern for aging adults. The CDC reports that over 17% of Americans over 40 will have at least one eye affected by cataracts. That number that rises to 70% by age 75.

### Tips For Cataract Prevention

- Wear UV-protective sunglasses
- Schedule routine eye exams
- Avoid smoking
- Manage diabetes and overall health
- Cataract surgery is safe, common, and highly effective



# Spectrum Eye Center

## This Month At Spectrum

### Best Of The Pines Nominations Are Open!

We need your help earning a nomination in the 2026 Best of the Pines competition! Spectrum Eye Center has proudly been nominated every year for the past 10 years, and we'd be honored to earn your nomination again.

To nominate Spectrum Eye Center:

- Visit [bestofthepines.com](https://bestofthepines.com)
- Go to Nominations
- Click Wellness & Aesthetics
- Select Ophthalmology/Optometry Practice
- Nominate Spectrum Eye Center



Thank you for being part of our success!

### **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.*

# Spectrum EyeCenter

## Employee Highlight: Amber Schofield

**About Amber:** Amber is Spectrum Eye Center's Business Office Coordinator and has been with us for 8½ years. She is a crucial part of our team, and we're very thankful for her dedication! Amber always brings a can-do attitude and loves connecting with our patients.

"I love connecting with patients on a personal level. I enjoy talking with them and am always happy to answer any questions they may have. If I don't know the answer, I'll find it."

Outside the office, Amber enjoys dining at her favorite local restaurant, San Felipe, and spending time with family, including her pets, Willow (left), Winston (right), and Wiggles (pig).

