



Pernoud Eye Institute

Spring 2009

INSIGHTS

New Patient Newsletter!

Welcome to our inaugural patient newsletter! We hope you enjoy it. If you would like to receive our newsletter at home, please place your e-mail address in the box at the front desk.



Red Meat

Here's another reason to limit your intake of red meat. Not only is it heart healthy to increase your chicken intake, a new study shows that eating chicken three times per week and decreasing red meat to only once per week decreases the incidence of macular degeneration.

Red Flags Rule

On August 1, 2009, medical practices are required to comply with the "Red Flags Rule" to protect patients from identity theft. In addition to the shredding practices we already practice, we are now asking for a state ID along with your insurance card. This is simply another step we take to ensure your utmost privacy and protection.

Specialty Care

Our office is equipped to treat almost every eye condition. Each of our doctors has his or her own subspecialty along with treating general ophthalmology. Our on-site diagnostic center allows for your to have your testing done right here, without traveling to another location.

Contact Lenses



Just another way, we are saving you money...we now stock many contact lenses – AND for an annual supply of most lenses our prices match those of 1-800-CONTACTS and Walmart. One more step to helping you take care of your eyes.

We continue to grow thanks to your kind referrals. Thank you for trusting us to care for your family and friends.