

[Top NJ Retina Doctors for](#) Macular degeneration, pucker, hole, retinal detachment, diabetic retina www.retinavitreouscenter.com
[Free Eye Exams](#) It May Be Time For Your Yearly Eye Examination. Schedule It Today. HealthyNow.com
[Vitreous Surgery Recovery](#) Post-Surgery Facedown Recovery 24/7 Emergency Support 877-262-7378 www.VitreotomySolutions.com

Ads by Google



Subscribe
Give a Gift
Large Print
Digital Editions
Shop our Store

OUR BEST DEAL
Save 79% >>

SEARCH

TRENDING HEART HEALTH DIABETES FOOD HEALTH HOME & GARDEN FAMILY MONEY TRAVEL ALL TOPICS

MORE

Jokes Sweepstakes We Hear You America Newsletters Mobile Digital Editions Books & Magazines Best You

13 Things 13 Secrets Your Eye Doctor Won't Tell You

from Reader's Digest Magazine June/July 2011



© KIM CARSON/PHOTODISC/THINKSTOCK

8 "Reading in dim light won't hurt your eyes. The worst that might happen is that you get a headache."

-- Eric Donnenfeld, MD

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13

Like 516 likes. Sign Up to see what your friends like.

SHARE PRINT EMAIL FACEBOOK TWITTER

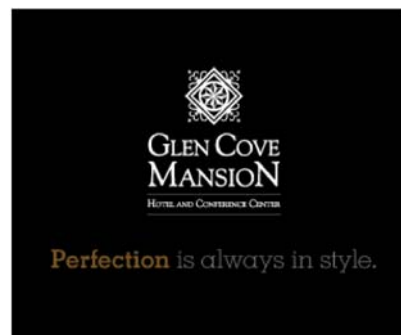
COMMENTS & TIPS

Type your comment here.

Post as ...

FILED UNDER

[AILMENTS](#)
[WELLNESS](#)



OTHER GALLERIES



[13 Things a Burglar Won't Tell You](#)



[13 Things Your Florist Won't Tell You](#)



[13 Hotel Secrets You Need to Know](#)

OUR BEST DEAL!



The Best Info & Tips from 350+ Sources!
Special limited time offer!
Save up to 79%

Reader's Digest BEST OF America

> SUBSCRIBE TODAY

Sort by [Oldest first](#) [Subscribe by email](#) [Subscribe by RSS](#)

 **Badkins105** 2 weeks ago


What useful, helpful information. Thank you!

7 people liked this. [Like](#) [Reply](#)

 **Memurray** 1 week ago


I am not sure what doctors the writer of this article has been using, but after working with several eye doctors over ten years, we ALWAYS give our patients these tips.

 [erluechtemich](#) and 13 more liked this [Like](#) [Reply](#)

 **Ebangao** 1 week ago [in reply to Memurray](#)

Yeah, I was wondering why my eye doc wouldn't want me to know!

2 people liked this. [Like](#) [Reply](#)

 **Pamela** 1 week ago [in reply to Memurray](#)

They just use the tag "things they won't tell you" to get people interested... most of these "won't tell you" articles are actually filled with things they would tell you... with a few exceptions, perhaps.

 [erluechtemich](#) and 2 more liked this [Like](#) [Reply](#)

 **Dot035** 1 week ago

Thanks for the info on cataracts. I've been under some pressure for surgery for what seems to be an early stage, and now I know I can comfortable wait for the right time.

1 person liked this. [Like](#) [Reply](#)

 **Whittle** 1 week ago

I don't see how these are considered secrets if I regularly cover all of these tips more than once over the course of a week with my patients.

 [erluechtemich](#) and 5 more liked this [Like](#) [Reply](#)

 **JS** 1 week ago

These are definitely good things to be reminded about, however, I hardly believe their is any secret to any of them!

 [erluechtemich](#) and 4 more liked this [Like](#) [Reply](#)

 **Soccermom1121** 1 week ago

This reads more as "13 things your eye doctor will tell you"! One thing I found out they DON'T Tell you...those glasses that darken in the sun are great for being out in the sun...but get in a car and you need sunglasses because they will clear up!!!

 [erluechtemich](#) and 2 more liked this [Like](#) [Reply](#)

 **JLC** 1 week ago [in reply to Soccermom1121](#)

As a Licensed Optician, I feel it is my responsibility to tell patients all the things this article lists, but also the misnomer about Transitions lenses. They are NOT a substitute for sunglasses! Even the brochures we receive from the company state this. All states do no require Opticians to be licensed. Those places are where you don't get the information you need to make an informed decision. You can flip hamburgers one day and fit people in glasses the next day.

 [erluechtemich](#) and 1 more liked this [Like](#) [Reply](#)

 **song4you** 1 week ago

I like these articles, but I don't understand why they're presented as "secrets they won't tell you" like they're trying to cheat you or something. Are they really SECRETS anyhow? How about just calling them "13 interesting facts about eye care".

 [erluechtemich](#) and 3 more liked this [Like](#) [Reply](#)

Related Topics on Ask.com

- [Cataract Eye](#)
- [Cataracts Symptoms Treatment](#)
- [Cataract Removal](#)
- [Cataract Surgery](#)
- [Cataracts Cause](#)
- [Cataract Falls](#)
- [Cataract Types](#)
- [How To Reduce Your Cataract...](#)
- [Delta](#)
- [Glaucoma](#)

NEW ON READER'S DIGEST VERSION

 **Eye2020** 1 week ago


Good info, but I think something would be amiss if an eye doctor didn't inform a patient of these points. The title is really stupid.

 [erluechtemich](#) and 2 more liked this

 **Lucy Defeo** 1 week ago

I'd like to add that eyeglasses can not cure your blurry eyesight (nearsighted, farsighted etc.) but there are some exercises to help and make them back to normal 20/20

3 people liked this.

 **Luch Eze** 1 week ago [in reply to Lucy Defeo](#)

Please what the exercises that can help nearsighted?

 **Dave Meyer** 1 week ago

The reason Spinach and Kale are good for your eyes are that they provide Lutein and Zeaxanthin which protect the macula, where the sharp vision is concentrated. If you suffer macular degeneration, it is too late to reverse it by eating these alone. The best and most effective way is to get a supplement that is sprayed under your tongue, as it gives 10 times the absorption compared to tablets and does not get lost in the digestive tract.

1 person liked this.

 **Bettytupperware** 1 week ago

I was hoping for more info on dry eyes. The restasis isn't helping as much as it did in the beginning.

 **Ms. Sindee** 1 week ago

And I prided myself on knowing some of this. Glad I read the article. Learned some things. Good job !

1 person liked this.

 **CLS** 1 week ago

As an eye doctor, I am very disappointed in the choice of the title of the article. On a regular basis, I tell and remind my patients of these tips listed. I feel that this article is going to make patients question the integrity of the Optometric profession.

 [erluechtemich](#) and 1 more liked this

 **Sclarkhighway** 1 week ago

Very good article! Thanks a lot!!!!

1 person liked this.

 **Woods** 1 week ago

An optometrist found my cataracts when I was in my mid-50's. An ophthalmologist said they were only incipient, and could wait a year or so. I waited a little over a year. By that time the cataracts were very thick and brunescant (brownish.) Another ophthalmologist said they were quite old. I must have had the "incipient" cataracts for a long time. Not realizing how bad my vision was in dim light, I had been driving over yellow lines, etc., and could have had an accident. After the first surgery I regained my color vision but not my visual acuity. Twenty years later that eye is 20/200, but I had a better surgeon and a more successful surgery in the other eye. I'm sure some doctors pressure patients too much, but the first ophthalmologist I saw was too casual. I should have gotten a second opinion.

 [erluechtemich](#) liked this

 **Yongke12003** 1 week ago

Any way, it is kind to share this information. So it return to say thank you for the author.

Like Reply

 **Makhan Barha** 1 week ago

Mahmood Ali Khan These are not actually secrets. But it is helpful to be reminded. Thanks

Like Reply

 **Lauren** 2 days ago

How about a lens cleaning cloth? It is made to clean lenses! This article is a terribly sad to read. I work with an extremely skilled and caring group of Opticians, technicians and a wonderful Optometrist who truly believes in helping people achieve their BEST vision and eye health. We make sure that our patients are educated about their eye health in addition to designing a prescription especially for them. We make them aware of benefits of well-made lenses (which are more expensive because they are made with the latest technology and therefore offer optimum sight correction) and make sure that the frame they choose is actually a frame that will enhance their appearance. I think there are definitely practices out there that leave much to be desired in the way of customer service and it is up to the consumer to find the best doctor for them. People...please do your research before hitting up one of the big chains just because it is less expensive. Also, watch out for online businesses selling glasses and contact lenses. These companies are not always operating legally and their focus is NOT on the health of your eyes or your best vision, it is on money. Sounds funny to say being that they are usually offering huge discounts and extremely cheap options on glasses/contacts, but they make their money in volume of sales. The more they push that your eye doctor is the bad guy, the better their sales. I am so troubled that Reader's Digest would publish this article at all. There are great optometrists out there who truly do care about their patients and it is ridiculous to try to instill mistrust the industry as a whole. Shame on you Reader's Digest. This is not helping people be empowered, it is simply misinformation. SHAME!

Like Reply



VivaBolova 23 hours ago

 From [Twitter](#)

13 things your eye doc won't tell you <http://bit.ly/jdXm1p> #health



BusyOT 1 week ago

 From [Twitter](#)

American but quick. 13 Secrets Your Eye Doctor Won't Tell You : <http://www.rd.com/slideshows/13-secrets-your-eye-doctor-wont-tell-you/>



sensorysmarts 1 week ago

 From [Twitter](#)

These 13 eye doctor secrets are from one of my favorite developmental optometrists. -Lindsey Biel, OTR
<http://fb.me/FlqImN6X>



InnovationsinEC 1 week ago

 From [Twitter](#)

Check out "13 Secrets Your Eye Doctor Won't Tell You" from Reader's Digest - <http://ow.ly/4TvU6>



PIAS13212 2 weeks ago

 From [Twitter](#)

13 Secrets Your Eye Doctor Won't Tell You | Reader's Digest Version <http://fb.me/MEojKHEB>



FamilyTipsToday 2 weeks ago

From [Twitter](#)

13 Secrets Your Eye Doctor Won't Tell You! <http://bit.ly/15P7fO>



**CAN TANGERINES
KEEP YOU HEALTHY
AND SLIM?**



**THE SECRET TO
AGING
GRACEFULLY**

**15 HEALTHY
SNACKS**

READERSDIGESTVERSION.COM: [FOOD](#) [HEALTH](#) [HOME AND GARDEN](#) [FAMILY](#) [MONEY](#) [TRAVEL](#) [13 THINGS SWEEPSTAKES](#)

Shortcuts: [Newsletters](#) [Mobile](#) [RSS Feeds](#) [All Topics](#) [Shop Our Store](#) [We Hear You America](#) [Offers From Our Advertisers](#)

About: [International Editions](#) [Media Kit](#) [Contact Us](#) [Privacy Policy](#) [Terms & Conditions](#) [RDA Corporate Site](#) [Press](#) [Career Center](#)

Reader's Digest Magazine: [Subscribe](#) [Customer Care](#)

Friends and Family: [Reader's Digest Laughs](#) [Best You](#) [Prize Digest](#) [Allrecipes](#) [Every Day with Rachael Ray](#) [Taste of Home](#) [The Family Handyman](#)

© 2011 The Reader's Digest Association, Inc.