

Midwest  
EYE CONSULTANTS

LOVE

Your Eyes

Do You Suffer  
From Dry Eye?

Our eyes need tears to stay healthy and comfortable. Symptoms include:

- Stinging or burning
- Gritty or scratchy sensation
- Redness or irritation
- Painful contact lens wear
- Excessive tearing
- Heavy eyelids
- Fatigue

Dry eye can develop at any age, but it becomes increasingly common over the age of 50 and impacts women more frequently than men.

Our doctors are experts in dry eye testing and the development of a customized treatment plan.

**Take care of your eyes and schedule your annual eye exam today!**



Thomas D. Morlan, O.D. Charles M. Craig, O.D.

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260-768-7721

We accept most insurances including: VSP, Spectera, EyeMed, DAVIS and Plain Church Group

# Smart Choices

By Brady Roth, PharmD Candidate at Topeka Pharmacy

## Eating Good Fats Keeps You Healthy: Omega-3s

Did you know certain fats called health, but they are essential for the omega-3 fats can reduce your risk of healthy development of the baby's eyes heart attack and lower your blood and brain. They may also lower the risk pressure? Most Americans do not get of giving birth too early!

enough of these fats in their diets, but **How can I get more omega-3s in my diet?** we can change that!

### What are omega-3 fats?

Omega-3s are good, essential fats that must come from foods, as the body cannot make these fats. There are three main types of these "good fats" called eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and alpha-linolenic acid (ALA). These fats help keep the heart, brain, and eyes healthy!

### Why are omega-3s important?

Getting enough omega-3s can help prevent a variety of health complications. These fats can lower the risk of stroke by lowering blood pressure and triglycerides. They can also lower the risk of blood clots and even some forms of cancer. Omega-3s can help the brain with learning, memory, and blood flow, decreasing the risk of dementia and Alzheimer's disease.

### What about diabetes?

These "good fats" can be especially helpful to a person with diabetes. Having diabetes increases the risk of developing heart disease, stroke and dementia. Regular intake of omega-3s may decrease these risks for people with diabetes.

### What if I'm pregnant?

Omega-3s are very important for expecting mothers. Not only do they provide benefits to the mother's

health, but they are essential for the healthy development of the baby's eyes and brain. They may also lower the risk of giving birth too early!


**How can I get more omega-3s in my diet?**

Omega-3s can be added to the diet in a variety of ways. One of the best ways is by eating fatty fish. Fish with high levels of omega-3s include salmon, mackerel, lake trout, and albacore tuna, but all fish have some level of omega-3s! Fish should be eaten twice weekly to make sure there is an adequate level of omega-3 in the body.

### But I hate fish!

Some plant foods have higher levels of ALA omega-3s including ground flaxseed, flaxseed oil, chia seeds, canola oil, and walnuts. Omega-3 supplements are also a reliable way to obtain adequate amounts of EPA and DHA omega-3s. Look for omega-3 supplements that have a combined DHA and EPA total of 250-500mg per dose.

Pharmacists are a great source of information to help keep us healthy. They can direct you to the supplement that best supports your health goals.

Topeka Pharmacy has pharmacists ready to help! Stop by or call 260-593-2252 to learn more! 



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