Tips for Healthy Eyes

Get an eye examination every year or two (annually after age 60).

Eat a healthy diet with at least five fruits and vegetables a day. Eat foods high in Vitamin A -- for example, milk, cheese, egg yolk, and liver.

Protect your eyes from the sun’s harmful rays.

Wear sunglasses with maximum ultraviolet protection (block 99-100% of UV-A and UV-B rays).

Take periodic rest breaks from your computer or other close work to relax your eyes.

Source: American Optometric Association

Finding an Eye Doctor Who Accepts Medicaid

University at Albany, SUNY
www.albany.edu/emhd
(518) 442-5976

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Albany County

Professional Eye Care
Downtown
99 Pine Street Suite C 101
Albany, NY 12207
(518) 463-1707
Eye Exam and Glasses

Sterling Optical
Crossgates Mall, 120 Washington Ave. Ext.
Albany, NY 12202
(518) 456-4151
Eye Exam and Glasses
*Under HMO Only

Montgomery County

Paul Austin, MD
2470 Riverfront Ctr.
Amsterdam, NY 12010
(518) 842-7732
Eye Exam Only
* By doctor referral only

Craig L. Murcay, OD
35 West Main Street
St. Johnsville, NY 13452
(518) 568-2886
Eye Exam and Glasses

Shauna Glenn Zemken, MD
2 Canal Street
Fort Plain, NY 13339
(518) 993-4743
Eye Exam and Glasses

Rensselaer County

Troy Vision Center
42 3rd Street
Troy, NY 12180
(518) 274-8181
Eye Exam and Glasses

Wal-Mart Vision Center
760 Hoosick Rd
Troy, NY 12180
(518) 279-0641
Eye Exam and Glasses
*Under CDPHP only

Seton Vision Care
1444 Massachusetts Ave.
Suite 105
Troy, NY 12180
(518) 274-5559
Eye Exam Only

* Information current as of December 12, 2006

Please call doctor’s office to make an appointment