

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



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

This brochure was supported by the National Center on Minority Health & Health Disparities (NCMHD). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the University at Albany or the NCMHD.

**Finding
an Eye Doctor
Who Accepts
Medicaid**

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. Murcra, 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

