Mission
Our mission is to provide state-of-the-art medical and surgical eye care that is accessible to underserved individuals in Southwest Florida.

Philosophy
Healthy eyesight is a basic need, essential to perform some of the most ordinary functions in daily life. With poor eyesight, children’s academic performance is hindered, and adults are far less effective in their jobs or become unemployed. Giving the Gift of Sight is what inspires the Clinic’s team.

We help prevent blindness by providing exemplary state-of-the-art care including comprehensive eye exams and medical and surgical treatment of eye disease. Services are provided free of charge to qualified individuals.

Give the Gift of Sight
The Most Vulnerable in Our Community Desperately Need Your Help Now!

The generosity from our supporters over the past year has been amazing, but we are not out of the woods yet. The Clinic and its patients still face the challenges of the pandemic. Many people in our community have lost employment or have seen their wages decrease. This is reflected in our waiting list of families who desperately need our help, which has continued to grow since March 2020. As the demand increases, our services have become more important than ever.

The virus has also taken a toll on the clinic. So much of our work depends on the generous time donated by our volunteer doctors and staff. But because of Covid concerns, many of our volunteers are unable to offer their time. To compensate, we had to bring in additional paid staff. At the same time, we had to postpone our annual fundraising event, a much-needed revenue source. We are also looking to our faithful supporters to help us reach our goal.

Your donation is critical at this time and will make a world of difference as we make every attempt to meet the needs of the most vulnerable in our community. Thank you for helping, we are going to get through these difficult times because of you!

Click here to DONATE!

Just for Kids
Saturday Children’s Clinic

SLT/YAG Laser
A Game Changer for the Clinic
The Florida Lions Eye Clinic held its first monthly children's eye clinic on Saturday, March 20. Two volunteer doctors, a pediatric ophthalmologist and an orthoptist were available to perform examinations for the children. “Being a working mom, I understand the difficulties of weekday appointments,” said Olivia Pena, the Clinic’s Supervisor. “Holding these clinics on Saturdays helps us reach more kids in need of eye care. Plus, it all happens in a kid-friendly environment.”

The Clinic’s leadership team believes healthy eyesight is a basic need, essential to perform some of the most ordinary functions in daily life. Experts say one in four school-aged children have undetected vision problems. If left untreated, some of these problems can cause permanent vision loss. With poor eyesight, children’s academic performance is hindered, and childhood disorders may continue to affect health and well-being throughout their adult years.

“The earlier we detect and treat vision problems in children the easier they are to cure and this allows our children to do better in school and life,” said Dr. Howard Freedman, a volunteer doctor and one of the founders of the Florida Lions Eye Clinic. “We want to give kids the Gift of Sight!”

Many of the patients that come to the Florida Lions Eye Clinic are diagnosed with glaucoma, a group of eye diseases that can cause vision loss and blindness. There is no cure for glaucoma, but early treatment can often stop the damage and protect vision. Unfortunately, many times there are no early symptoms and the patient comes to the Clinic in advance stages of the disease.

Although there are several treatments for glaucoma, including eye drops, surgery and laser, many of the Clinic’s patients would benefit most from laser treatments, or trabeculoplasty, to save their vision. These laser treatments reduce eye pressure and/or prevent future progressive elevation of eye pressure. Fortunately, due to the generosity of its supporters, the Clinic is in the process of acquiring a Selective Laser Trabeculoplasty (SLT) and YAG laser.

The need for this equipment is so important when treating the underserved community the Florida Lions Eye Clinic serves. In fact, in just the past month, several of the Clinic’s patients would have benefited from use of the SLT/YAG laser. Patients will now have the opportunity to receive this effective, and possibly life changing treatment. Your donations make it all possible!

Carrots, are they good for your eyes?

Well, rabbits love carrots, and you’ve probably never seen a rabbit wearing eyeglasses, so carrots must be good for your eyes, right? The truth is, there is a connection. Carrots are rich in beta-carotene, which the body uses to make vitamin A, essential for maintaining good eye health. Other orange-colored foods such as sweet potatoes, mangos, pumpkins, apricots, and cantaloupe are also rich in beta-carotene. Give your eyes a little love with this delicious carrot salad!

**Zesty Carrot Salad**

**serves 4**

**Salad Ingredients:**
- 1/2 cup pumpkin or sunflower seeds (toasted)
- 8 large carrots, grated or spiralized
- 1-1/2 cups baby arugula
- 1/2 cup dried cranberries

**Dressing**
- 1/3 cup fresh squeezed orange juice
- 2 tbsp lime juice
- 3 tbsp extra-virgin olive oil
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- Salt and pepper to taste

1. Place carrots, arugula and cranberries in a large bowl.
2. In a small bowl, whisk together the dressing ingredients.
3. Pour dressing over salad in large bowl and toss. Sprinkle the toasted seeds over the top and serve.

Want to learn more about improving your eye health through healthy eating?

Follow us on Facebook [https://www.facebook.com/fllec.org](https://www.facebook.com/fllec.org)

and watch for our “Food for Sight” posts!
Check out our new video!

Please DONATE NOW
Give the Gift of Sight to Those in Need

Visit our Website

Did You Know...
The Clinic serves 2,000 patients in need throughout SWFL each year.