A L L L D O C S<sup>TM</sup>



**PATIENT NEWSLETTER** 

**MARCH 2019** 



### INSIGHTS

## Overcoming Nearsightedness: Elijah's Story



Just around the time that our son Elijah turned 3 years old, we learned that he was severely nearsighted and needed glasses to improve his vision and quality of life. We followed the advice of a well-respected ophthalmologist and purchased eyeglasses for Elijah. Although he enjoyed a brief period of stable vision, that soon changed. He needed to have his prescription changed at least twice each calendar year. With every change in prescription, the new eyeglasses he got were heavier and stronger than the previous ones. He also had difficulty keeping them from sliding down the bridge of his little nose.

In addition to the heavier weight of the glasses, he also experienced other challenges with wearing eyeglasses. Like most children, he loves the water and looks forward to spending days at the pool or beach. However, he became so dependent on his eyeglasses that he could never get comfortable without wearing them. This prevented him diving, swimming under water, and enjoying the full experience of any aquatic

activity. After playing with his cousins and friends, he'd need to visit the optometrist for frame adjustments.

### Lenscrafter's Doctor to the Rescue

After 3 years of wearing glasses, we took Elijah to LensCrafters for what we assumed would be yet another prescription change. Imagine our delight upon hearing our son had other choices that could be better for Elijah. The doctor discussed several options, but the most appealing choice to us was orthokeratology, a non-surgical procedure that reshapes the cornea while sleeping to temporarily correct myopia. Our son could simply put on contact lens devices before bed and remove them in the morning. This eliminated his need to wear glasses at all! In addition, the process is designed to slow the progression of his nearsightedness, which was the most important benefit for us.

The most difficult part of orthokeratology was abandoning eyeglasses altogether and waiting for Elijah to achieve

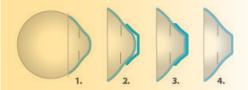
**6** 

the maximum vision correction effect. This process is different for everyone, but it took just 4 or 5 days for our son. At the beginning, he also had some awareness of the lenses on his eyes until he fell asleep, but this was a small "price" to pay for the ultimate reward of being able to navigate and function in the world with great vision and without the need for clumsy eyeglasses.

### **A Brighter Future**

It's been about 3 years since we began this journey with orthokeratology and the doctors at LensCrafters. That's 3 years of freedom from eyeglasses with no significant changes in his prescription. Needless to say, sight is a gift that Elijah will never take for granted. He can now swim underwater and tumble with his cousins and friends without concerns about damaging eyeglass frames or needing to visit the doctor frequently for adjustments. This has been such a wonderful treatment for our son, and our entire family is grateful to our optometrist.

### **Understanding Orthokeratology**



- Uncorrected eye. Distant objects appear blurred.
- 2. Ortho-k contact lens is put in before bedtime.
- 3. During sleep the contact lens gently corrects
- 4. The contact lens is removed in the morning leaving you with crisp and natural vision all day.



### EYE-Q

Q1: What is the average lifespan of eyelashes?

See answer on back.

**Q2:** Approximately how much does a human eyeball weight?

See answer on back.

Q3: What president lost an eye while in office?

See answer on back.

INSIGHTS EYE CANDY EYE-Q ASK THE DOCTOR EYE SPY EYE DROPS EYE FOOD EYE TECH EYENATOMY SCEYENG



# Concussion Awareness: A Look at Visual Problems







There are many vision issues that can come up after suffering a concussion, including light sensitivity, blurrv vision, headaches, and eve strain. Aside from a more obvious threat of eye injury like a retinal detachment, it's important to see an eye doctor following a concussion because many symptoms are ocular in nature. Optometrists are at the forefront for initially diagnosing, managing, and treating people who suffer these events. The good news is many concussion symptoms can be rehabilitated with help from your eye doctor.

#### **Get Examined**

After suffering a concussion, get a thorough eye exam to make sure your eyes haven't had a more serious injury resulting from the event. When other possible problems are ruled out, your eye doctor will usually dilate your pupils to get a full view of the inside of your eyes. A visual field exam may also be given to determine how your visual system is functioning. Often, symptoms of eye injuries won't appear until hours or even days after the incident. If you're diagnosed with a concussion too late after vision symptoms emerge, you may suffer permanent vision loss.

### **Get Treated**

After making sure your eyes haven't suffered any physical damage, there are ways to improve your symptoms and begin to experience relief. Different treatments can help, including specialized prism glasses, eye exercises, and eye drops. Prism glasses can help you manage your light sensitivity, eye strain, and visual fatigue. They can help you return to work or school more quickly and make you feel more comfortable. Don't worry about becoming dependent on prism glasses because they're to be used only when reading. Special

exercises can strengthen your visual system and make you feel better. Just like physical therapy heals other body parts, vision therapy strengthens the visual system, which is disrupted after a concussion. Eye drops can reduce dryness or relieve pain in the eyes. Your eye doctor can speed up the process by helping you rehabilitate the fine motor coordination in your eyes.

### **Be Patient**

It can take several weeks or months to recover from a concussion. Don't get discouraged if you require more office visits. These visits are important to ensuring the fastest recovery possible. If you or a loved one suffers a concussion, be sure to see an eye doctor soon after it happens and continue with your follow up.





### EYE DROPS

While a fingerprint has 40 unique characteristics, an iris has 256. This is why iris scans are increasingly being used for security purposes. This pattern is so intricate that even identical twins do not have the same configuration.



## **Cosmetic Contacts:** A Threat to Vision Health



Cosmetic contact lenses, such as colored lenses and costume-inspired designs, may look fun but it's important to understand the risks. Unprescribed contact lenses pose a threat to your ocular health. They have been linked to problems like corneal abrasions or ulcers and even infections.

If you're planning to use colored or costume contact lenses, be sure to get a prescription from your doctor and get their help first. Never share these lenses with others, just as you would not with regular contact lenses.





## EYE FOOD

## Relieve the strain on your eyes with Biofinity Energys® Lenses

Americans check their phones more than **12 billion** times a day¹ and it's affecting their eyes.





The shark cornea has been used in eye surgery, since its cornea is similar to a human cornea.



## Vitamin D Deficiency and Dry Eye

Vitamin D deficiency is common during the winter months due to fewer daylight hours and people staying inside to keep warm. The vitamin helps regulate calcium and phosphate, which are nutrients that keep bones, teeth, and muscles healthy. One sign of vitamin D deficiency is dry eyes, according to a recent study.

The best source of vitamin D is from sunlight, but it can also be gained by eating certain foods. Research shows that foods like oily fish, egg yolks, meat, and some breakfast cereals and yogurts can increase vitamin D intake. Beyond changes to your diet, supplements can also help. Ask your optometrists what you can do to increase your vitamin D intake.

**Soak Up the Sun** Help avoid dry eye by enjoying the daylight hours while using protective SPF.





## A Closer Look at Cataracts



Cataracts are a clouding of the eye's natural lens, which lies behind the iris and the pupil. They affect more than 22 million Americans age 40 and older. As the population ages, more than 30 million Americans are expected to have cataracts by the year 2020.

### Types, Signs, and Symptom

The 3 most common types of cataracts are subcapsular, nuclear, and cortical. All cataracts start out small. At first, you may have slightly blurred vision where it feels like you're looking through a cloudy piece of glass. If it progresses to more hazy, blurred vision, it could mean you have a cataract.

Туре	Description
Subcapsular	<ul> <li>Occurs at the back of the lens</li> <li>Risk factors include diabetes and use of high doses of steroids</li> </ul>
Nuclear	<ul> <li>Forms deep in the central zone (nucleus) of the lens</li> <li>Usually associated with aging</li> </ul>
Cortical	Characterized by white, wedge-like opacities that start in the lens and work their way to the center  Coccurs in the lens cortex, which is part of the lens that surrounds the central nucleus

Cataracts may make light from the sun or a lamp seem too bright or glaring. Or, you may notice more glare from oncoming headlights when you drive at night. Colors may not appear as bright as they once did.

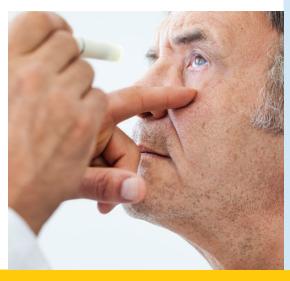
The type of cataract you have is based on symptoms and how quickly they occur. A nuclear cataract can bring about a temporary improvement in your near vision at first, but this is short-lived and disappears as the cataract worsens. A subcapsular cataract may not produce any symptoms until it's well-developed.

### **What Causes Cataracts?**

The lenses in your eyes are mostly made of water and protein, which are arranged in a way that keeps the lenses clear and lets light pass through them. As we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract.

The exact causes of cataracts are unknown, but there are many risk factors beyond advancing age. These include getting too much UV light from the sun and other conditions like diabetes, high blood pressure, obesity, and smoking. Prolonged use of some medications and previous eye injuries and inflammation can also lead to cataracts.

If you think you have a cataract, it's important to see an eye doctor for an exam to find out for sure. If you're at risk, your doctor may recommend eye vitamins and a healthy diet as a preventive measure. Another step you can take to is to wear protective sunglasses that block 100% of the sun's UV rays when you're outdoors.





## 6 Ways to Keep Your Eyes from Getting Dry



During cold weather, your eyes can dry out even more if you wear contacts. It's important to protect your eyes from extreme cold and wind to keep them from becoming dry. Here are some ways you can safely restore moisture to the eyes:

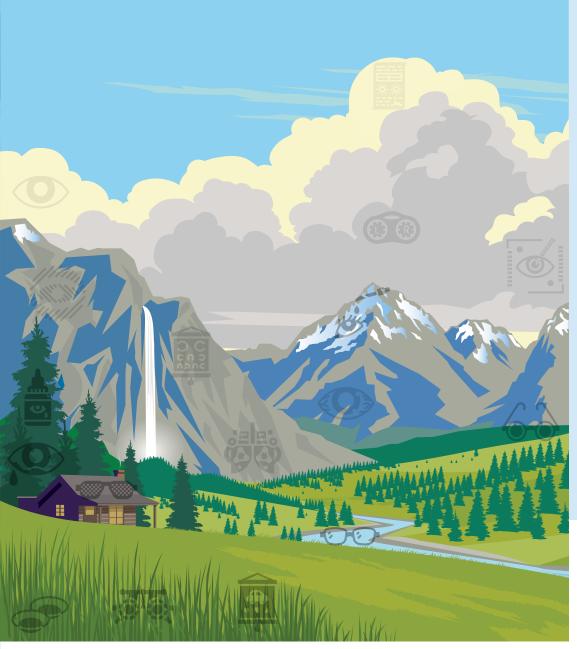
- 1. Use a humidifier.
- 2. Drink plenty of fluids.
- 3. Use eye protection or a hat with a visor.
- 4. Don't let heat blow directly onto your face or turn a fan on at night.
- 5. Turn car vents toward your lower body.
- Always wear clean contacts or change to a daily disposable.

If you have dry or itchy eye symptoms, talk to your doctor. Eye drops, ointments, or medications may help. Omega supplements specifically designed for dry eye may also be prescribed by your optometrist.



## **Find the Hidden Eye Pictures**





### FIND THE FOLLOWING EYE-RELATED IMAGES IN THIS MOUNTAIN SCENE

CONTACT LENSES

LASER VISION CORRECTION

CONTACT CASE

MEDICAL GLASSES

COLOR BLINDNESS
EYE DROPS
HEALTHY EYE
GLASSES

CHILD EYE SPECIALIST
GLASSES PRESCRIPTION
WATERY EYE
BLINDNESS

EYE DISEASE PHOROPTER EYE CHART TRIAL FRAME



Are You Properly Caring for Your Contacts?

A recent study showed that most people who wear contact lenses have at least one bad hygiene habit. Take these precautions to ensure that you're caring for your contact lenses the right way:

- Don't sleep in your contacts.
- Keep water away from your contact lenses.
- Don't "top off" contact lens solution.
- Replace your lens case every 3 months.
- Don't over-wear your contacts.
- Contacts which are not daily replacements need to be disinfected overnight daily.
- Avoid using decorative cosmetic lenses.

Talk to your doctor about how you care for your contacts to make sure you're doing it right.







## **Farsightedness and Troubles with Attention**

Farsightedness is having trouble seeing things that are close to you. It affects 5% to 10% of both children and adults in the United States, according to the National Eye Institute, but many people are not diagnosed with the condition until later in life. Studies show that people whose parents are farsighted may be more likely to be farsighted.

### A Big Problem for Kids

Being farsighted can be especially troublesome for kids. Between 4% and 14% of preschoolers have moderate farsightedness, but the condition often goes undetected. This can happen because children may pass standard screenings that are given by school nurses or pediatricians. The problem is that these tests are not full eye exams. Children need their sight to be evaluated more thoroughly by an optometrist.

Research has shown that children who are farsighted but do not have their condition addressed tend to struggle with reading and may develop other problems early in life. Farsighted children often have difficulties with focusing and tracking. More recently, a study found that farsightedness can also affect a young child's ability to pay attention in school. This can put them at higher risk of falling behind in the classroom. In addition, they may be misdiagnosed with other attention or learning difficulties.

### **Be Proactive**

If your child is having difficulty paying attention in school, it might be time to talk to your doctor and think about getting his or her eyes checked for vision problems. Experts say parents and caregivers of children need to know that even moderate farsightedness can cause learning and literacy problems. It is important to identify farsightedness early in life and determine if learning difficulties are happening because of vision problems.

### **Spot the Symptoms**

The symptoms of farsightedness vary from person to person. Your eye care professional can help you understand how the condition affects you or your child.

### Signs and symptoms of farsightedness include:

- Headaches
- Eyestrain
- Squinting
- Blurry vision, especially for close objects

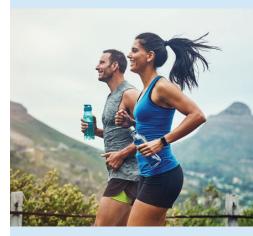
If your child is complaining about visual discomfort or blurred vision, it is important to schedule an appointment with an optometrist to have their vision examined more closely.

### **Treatment Can Help**

The good news is farsightedness can be treated with eyeglasses or contact lenses. Your optometrist can prescribe lenses that will help correct the problem and help you child see better. Contact lenses and, for more serious cases, refractive surgery are other possible options, that should be discussed with eye care professionals.







### **Stay Active to Stave Off** Glaucoma

Many people know that exercise can reduce your risks for heart disease and help you lose weight. Now, new research suggests exercise may also help your vision. Researchers at UCLA found that people who were the most physically active were 73% less likely to develop glaucoma than those who were least active.

For each 10-minute increase in moderate-to-vigorous physical activity per week, the risk of glaucoma dropped by 25%. People who exercised at higher intensity and did more walking or running reduced their risks for glaucoma even further. More research is needed before doctors can recommend exercise as a way to avoid glaucoma, but the good news is the health benefits seem to go beyond your heart and vour waistline.



EYE-Q

Answer to Eye-Q (from page 1)

A1: 5 months

A2: 28 grams, or one ounce

A3: Theodore Roosevelt

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