

See

Celebrating
a World
of Vision



INSIGHTS

Open Your Eyes: A Groundbreaking Podcast Series



The Open Your Eyes podcast series is the leading podcast in optometry, making its presence felt with more than 255,000 global views from 102 different countries since its launch in 2020. This groundbreaking podcast series—featuring Dr. Kerry Gelb, an optometrist with more than 30 years of experience—takes a unique perspective on how the eyes are the gateway to overall health.

Prior to the launch of the podcast series, Dr. Gelb spent 3 years traveling the world to produce the Open Your Eyes feature-length documentary, which was released in 2020. Upon its release, he launched the podcast series, which delivers weekly episodes focusing on all aspects of health.

Engaging Topics

With the overarching goal of reframing health in the eyes of the world, the podcasts feature expert interviews with prominent voices in optometry and within the health and wellness community. Some of the more recent episodes of Open Your Eyes include:

- The Eye and Genetics (with Dr. Steve Silberberg)
- Digital Device Eye Strain (with Dr. Brianna Rhue)
- Your Eyes and Nutrition (with Dr. Julie Poteet)
- Science of Water (with Dr. Gerald Pollock)
- Why Are We Sicker Today? (with Dr. Shanhong Lu)

Other popular topics have included:

- Longevity, Diet, and Sugar (with Dr. Robert Lustig)
- Myopia (with Dr. Alan Glazier)
- Diabetes, Insulin Resistance and Diet (with Dr. Ted Naiman)
- Glaucoma (with Dr. Jeffrey Goldberg)
- Cutting Edge Contact Lenses (with Dr. Barry Eiden)

About Dr. Gelb

Dr. Gelb, President of ALLDocs and a member of the New Jersey Society of Optometric Physicians, frequently gives lectures on the diagnosis and treatment of macular degeneration, glaucoma, and diabetes, among other important health topics. He is committed to providing the highest quality of care and developed the “Kerryatics” 10-Point Plan, a roadmap to help his patients make the necessary lifestyle changes to improve their health.

Don't Miss Out!

Be sure to “like” the Open Your Eyes podcast series and subscribe to it today! The series is available on YouTube and can be found online at <http://drkerrygelb.com/podcast/>. You can also learn more about the documentary at www.openyoureyes2020.com.



EYE HEALTH

Is Vision Loss a Consequence of Missed Doctor's Visits?



A study from researchers at Penn Medicine has found that missing a single eye doctor appointment over a 2-year period was linked to decreased visual acuity for older patients with age-related macular degeneration (AMD). The findings, published in JAMA Ophthalmology, suggest that patients should pay more attention to sticking to their scheduled visits with their eyecare professionals.

AMD occurs when debris builds up in the central portion of the retina, causing it to lose function and eventually paving the way to blurred eyesight. AMD is the leading cause of permanent vision loss in people older than 50 years of age, with an estimated 1.8 million Americans suffering from the disease. The CDC predicts another 7.3 million are at risk of developing AMD. According to the study authors, while there is no cure for AMD, your vision may be maintained and often improves by using one of several FDA-approved medications.



EYE-Q

Q: What is the world's most common eye color?

See answer on back.



KIDS SHOULD GROW STRONGER

Their nearsightedness shouldn't.



Children grow up fast. Unfortunately, nearsightedness grows too. Nearsightedness, also known as myopia, gets progressively worse over time.

Introducing **Brilliant Futures™ Myopia Management Program with MiSight® 1 day** contact lenses. MiSight® 1 day goes beyond correcting vision to help slow the progression of myopia in children aged 8-12 at the initiation of treatment.^{1†}



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Slows Myopia Progression
on average^{1†}



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Indications and Important Safety Information. Rx only. Results may vary. **ATTENTION:** Reference the Patient Information Booklet for a complete listing of Indications and Important Safety Information. *Indications: MiSight® 1 day (omafilcon A) soft (hydrophilic) contact lenses for daily wear are indicated for the correction of myopic ametropia and for slowing the progression of myopia in children with non-diseased eyes, who at the initiation of treatment are 8-12 years of age and have a refraction of -0.75 to -4.00 diopters (spherical equivalent) with ≤ 0.75 diopters of astigmatism. The lens is to be discarded after each removal. **Warnings:** Problems with contact lenses could result in serious injury to the eye. Do not expose contact lenses to water while wearing them. Under certain circumstances MiSight® lenses optical design can cause reduced image contrast/ghosting/halo/glare in some patients that may cause difficulties with certain visually-demanding tasks. **Precautions:** Daily wear single use only. Patient should always dispose when lenses are removed. No overnight wear. Patients should exercise extra care if performing potentially hazardous activities. **Adverse events:** Including but not limited to infection/inflammation/ulceration/abrasion of the cornea, other parts of the eye or eyelids. Some of these adverse reactions can cause permanent or temporary loss of vision. If you notice any of the stated in your child, immediately have your child remove the lenses and contact your eye care professional.

† Compared to a single vision 1 day lens over a 3 year period. ¹Chamberlain P, et al. A 3-year randomized clinical trial of MiSight® lenses for myopia control. *Optom Vis Sci.* 2019; 96(8):556-567.

EYE DROPS

A **fingerprint has 40 unique characteristics**, but an **iris has 256**, a reason retina scans are increasingly being used for security purposes.



EYE HEALTH



A Closer Look at Pterygium, or “Surfer’s Eye”

A pterygium is a raised, wedged-shaped eye growth that can form on the eye, starting on the white of the eye. Although a pterygium is commonly called “surfer’s eye,” you don’t have to be a surfer to get one. These eye growths are usually caused by being in bright sunlight for long hours, especially when you’re on the water.

People with mild surfer’s eye may not experience symptoms or need treatment. However, more serious cases should be treated because pterygia can permanently disfigure the eye and may cause discomfort and/or blurred vision. Prescription lubricating therapies, mild steroid eye drops, topical cyclosporine, and contact lenses are possible treatment options. Surgery is reserved for the most serious cases.

If you have a pterygium, talk to your optometrist about your options. Treatment will depend on many factors. Regardless of its severity, you and your optometrist should monitor surfer’s eye to prevent scarring that could lead to vision loss.



EYE-Q

Answer to Eye-Q (from page 1)

A: Brown

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