

ROBERT E. COOPER, OPTOMETRIST, INC.

FELLOW OF AMERICAN ACADEMY OF OPTOMETRY

## WELCOME TO THE SPRING 2016 NEWSLETTER

By now you know we are going to encourage you to start putting up the sweaters and thinking about what sort of work the lawn mower needs, and this is all true. Since El Niño has given us a mild, wet winter we are sure to have a green and growing Spring. Don't forget Daylight Savings Time will be back again soon, and this will be something to smile about. And don't even think about selling the snowblower. El Niño is often followed by La Niña and we know that means real cold and snow for the upcoming winter. Let's enjoy a great summer, knowing we should put out the Xmas lights early next year, before the bitter cold reminds us that winter loves to visit near the end of the year.



## TIME TO THINK ABOUT SPRING-TIME ALLERGIES

The winter cold is really unpleasant for most of us but there is one good thing to think about, allergies tend to be less (until the trees kick in a little in late January). The joy of spring flowers is somewhat offset by the associated pollen floating in the air. We want to remind you about some over-the-counter allergy eyedrops that used to require a prescription. If you have itchy, watery eyes, you might want to purchase some Zaditor/Zyrtec/Alaway eyedrops at your pharmacy (they all have the same active ingredient, and they all sting some). As mentioned, they are now non-prescription and don't leave your eyes as dry when they wear off as the more common decongestant eyedrops. Some pharmacies have a generic version of these that is less expensive so ask your Pharmacist if they have this option available. If you try these and still are not getting the relief that you need, call or visit our office and we will write you an Rx for a stronger medicine if your personal health situation will allow. Here's hoping for a very mild allergy season and many, many flowers!



## WE HAVE THE NEW OPTIFREE PRO!!!!

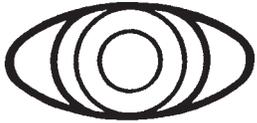
The new Optifree Pro is soft contact lens multipurpose saline designed for soft and silicone based soft contact lenses. It comes in 16 oz. Bottles for \$13.50. When you purchase \$40 of Optifree Pro products you will receive a \$10 rebate from the good people at Alcon. We also have the Optifree lid wipes (used for reducing bacteria on lashes, cleaning off makeup, and reducing dry eye symptoms). And we have the Optifree Pro lubricating eye drop to use with your contacts on. These are very high quality and cost competitive so drop buy and give them a try.



## JIMMY CHOO..... CHOO, CHOO, CHOO..... AND ADIDAS!

The Opticians are always trying to bring in the "up and coming" fashions in frames. Recently, they've added Jimmy Choo designs, not only for their fashion flair, but also, for their quality and fit. When it's time for your next pair of glasses, you will want to give these styles a look.

P.S. For our sports minded, they've add the sleek, performance Adidas line. Drop by and give them a look!



## TEN TIPS FOR IMPROVING YOUR HEALTH

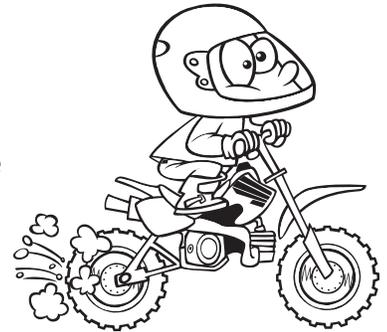
- 1) Eat fruit daily - for the antioxidants and the fiber... and the reduction in desire for other fatty foods.
- 2) Eat high fiber foods daily - for your colon health... and the reduction in appetite for other fatty foods.
- 3) Take a brisk walk daily - get your heart pumping and blood flowing... and wave at the neighbors, they want to be reminded of what a good person you are.
- 4) Do stretching daily - flexibility physically as well as emotionally is important.
- 5) Take up a low impact activity / sport - make your strength and flexibility generate some entertainment.
- 6) Be optimistic daily - after all you're still alive to make something good happen.
- 7) Be grateful daily - write down what you are grateful for each day, surprise yourself.
- 8) Volunteer - being helpful is helpful and that's not tautological.
- 9) Enjoy having a pet - caregiving is life affirming.
- 10) Be caring to family members - being good and honest with loved ones is good for you.

So there you go. Nothing in this about binge eating, getting revenge, or being inconvenienced. Of course you can have pizza and banana splits but make them special by only having them once a week.... or once a month. So you can savor every bite!



## ALERT! MOTORCYCLE RIDING TIME WILL BE UPON US SOON!

It will be warm enough to ride motorcycles soon, so we want to remind you about eye protection. If you are going to take any long rides be sure your helmet is comfortable and your glasses fit well, while wearing your helmet. We have the Wiley X sports glasses that are great for motorcycling, boating, and fishing. They come already with tint, scratch resistant coating, and UV filter. We can order them with anti-reflection coatings, polarized lenses (real important for boating/fishing, and snow skiing in winter), and we can put your prescription in them. So brush off your winter doldrums and get ready for the fun of warmer weather.



## EYE MITES, WHAT'S THIS TALK ABOUT EYE MITES?

Quite often patients can have tiny mites up in the base of their eye lashes. We are not talking about crab lice, but these are much smaller and hide in the base of your eyelash follicle. They are termed "Demodex follicularum." One or two of these is probably not going to bother us, just like the normal bacteria that live along our eyelashes and lid margins. However, if somehow too many start breeding and infesting the eyelash follicles, it is presumed that the chemicals they (and the bacteria that accompany them) emit upon the mite's death can cause inflammation and dry eyes for the human host. Symptoms of this include itchy red eyelids, perennial small crusts on lid margins, and dry irritated eyes. To see pictures of these tick like creatures you can look them up on the internet or go to our Facebook page for our latest article on them. If you have any of these symptoms you are welcome to see us. We will pluck out three or four lashes and look at them under the microscope to see if we can see any of their eight legs waving around. If you do have too many of these creepy interlopers we have some excellent tea tree oil lid scrub pad you can use to treat yourself for about eighteen days. Who knows, maybe it will really reduce your dry eye symptoms. Thanks!



## DON'T FORGET TO VISIT OUR WEBSITE EVERY FEW MONTHS OR SO!

In case the subject never came up, we have a website. "[drcoopereyecare.com](http://drcoopereyecare.com)" is the web address. It has our back issues of our newsletters, frame and lens information, and links to other websites of interest. I also have information about the Doctor and Staff. So take a moment and surf on over to the website so you can know more about our office. Thanks!

## **OUR OFFICE HAS THE BRUDER EYE HYDRATING COMPRESSES!**

For our dry eye patients and patients with repeated styes this compress works by liquifying the oils that are produced by meibomian glands of our eyelids. These glands orient like vertical fingers in your upper and lower eyelids (styes can form here also), producing a light oil that spills out over the tear film and limits evaporation of the saltwater portion of the tears. For some, the oils get thick and waxy, limiting the oils ability to flow over the tear film. This compress contains Medibeads (registered) technology and is microwaved for 20-30 seconds to warm up, and then is worn for about 3-5 minutes. It increases the temperature in the eyelids (increasing blood flow) and liquifies the waxy meibomian oil in the glands to help them flow over and protect the tears. Use once or twice each day for a week to reduce dry symptoms and, of course this is more important in winter time. It is washable and reusable. Call us if you have dry eyes or styes and want to try this new technology!



## **GET YOUR FLU SHOT PLEASE!**

You get a flu shot to protect yourself but guess what! It protects the older people in the community from the flu and its complications too. And what's more it helps protect all our immuno-compromised fellows too. Fellows like those in cancer treatment, or children who can't take the shot for some reason. So, if you can take the flu shot, please do so. It helps us all to be healthier... and happier!



## **WE ARE NOW ON FACEBOOK!**

We are attempting to provide a slightly more contemporaneous source of information to our patients, in addition to this newsletter, so we are opening a Facebook page. To reach us, go to "www.facebook.com" and type in "Robert Cooper". You will be able to see our page there and you can click on it to bring us up. We are a little new to this so we really appreciate your visiting and your comments. We will try to have some new monthly information about eyecare to keep you current with what is happening. Please give us a visit and give us a "LIKE". Thanks!



## **IF YOU FORGOT YOUR SUNGLASSES THIS LAST WINTER.....**

Okay, summer isn't here, but it is on its way. And you need protection. Not just protection from flying objects but protection from harmful ultraviolet radiation from the sun and protection from high light loads that prematurely age your eyes and skin. If you are a boater, golfer, biker, trucker, soccer mom, or fisherman/woman/person, life is so much more comfortable when you don't spend your day squinting in the sunlight. And for all these activities, give yourself a chance to try some of the new polarized lenses. Polarized lenses reduce light bouncing off horizontal surfaces so it is very helpful for driving and fishing. The new polarized technology is much, much better and more durable than in the past. We have Maui Jim, Wylie X, Polaroid, Rayban, and designer sunglasses, so please come visit!



## **I KNOW WE TALK ABOUT WEIGHT A LOT BUT....**

Actually, it's an important issue for everyone whether they are skinny or fat now. Everyone in our office watches their weight because they want to be active and spry as they get older. And face it, we are all living longer and it is so much more fun if you can jump around a little when we're upset about how much less our social security checks can buy. With this in mind, here are eight mindset mistakes about our weight as listed in the April Nutrition Action Health Letter.

- 1) I can lose later. Nope... It will be more difficult later, there's nothing fair about this.
- 2) Once it's off, it will stay off. Nope.. It's a lifestyle change that must be maintained.

- 3) Fat is fat. Nope... Belly fat is not a sign of affluence, it's a danger for heart attacks.
- 4) You have to go out of your way to overeat. Nope... Small meals that are calorie packed will make you fat too. Pay attention to what you eat as well as how much you eat.
- 5) All calories are equal. Nope...There's just something about saturated fat and sugar that are tasty and go straight to your belly and butt.
- 6) You can boost your metabolism. Nope, not really....You can speed up your heart rate with stimulants and teas but long term studies fail to demonstrate a sustainable weight loss. And we all know the aging complications experienced by meth addicts.
- 7) There's a magic bullet diet. Nope... You have to figure out how to survive with less calories. Maybe carbohydrates are a larger part of the problem but it still boils down to taking in fewer calories.
- 8) I can work off the extra calories. Nope...People lose more weight by cutting calories than by going to the gym. Part of the problem with the gym, is people walk out of the gym....hungry... and think that they can eat because they just burned a few hundred calories. They need to think again.

As a reminder, food, and especially fats and sugars, are evolutionarily desired by the human body, which is designed to endure times of hunger. Therefore, food provides a feeling of well being and pain relief in the short term. Long term, it can make you fat and debilitated. We're not trying to be skinny, just reasonable in our weight goals. So you have to figure out some sort of reward to substitute for the comfort extra food supplies. In the future, we will have pills or injections that will help suppress your appetite but for now it's a personal issue. We wish you (and ourselves) the best in this endeavor!



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