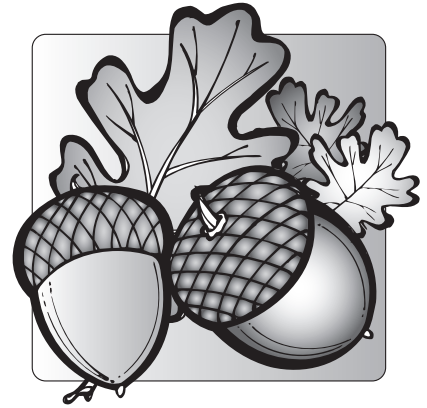


# ROBERT E. COOPER, OPTOMETRIST, INC.

FELLOW OF AMERICAN ACADEMY OF OPTOMETRY

## WELCOME TO THE FALL 2017 NEWSLETTER

Of course, you're pretty sure I'm going to talk about the incredibly, fabulous wet August we've had this year. Wow, it was like a brisk Spring rain every other day for quite a while. Unlike the Pacific Northwest, we have not had to worry about big, fast moving fires, and of course the trees have been soaking up the rain in a big way. We will have to mow the lawns more this year but it's so nice to have that bright green color. We will have to put the mower away soon enough though, as Halloween, Thanksgiving, Xmas, and New Year will be here in a flash. Diet now and avoid the rush! Onto the news.....



## THERE IS A NEW COATING FOR RIGID CONTACT

### LENSES!

One of the problems encountered by our rigid contact lens wearers is oily deposits on the lenses after an hour or two of wearing time. There is a new coating called, "Hydra-Peg" that imparts a slippery surface the front and back surface of the contacts. If you are wearing rigid gas permeable contact lenses and would like to try this new technology, give us a call and we will order this in your current prescription to see how it does. You can actually order one lens in this treatment to do a comparison with your other untreated lens. Just let us know!



**contact lenses**



## NEW SURGERIES FOR GLAUCOMA

The big new talk surrounding glaucoma is MIGS, minimally invasive glaucoma surgery. And "What is this?" you ask. We all know about stents for our hearts blood vessels, well, we now have stents for the drainage canals in glaucoma. At this time they are only okay'd for use during cataract surgery but eventually they should be okay'd for anyone with glaucoma, whether they need cataract surgery or not. This tiny titanium tube, about the size of the head of a pin, is inserted in the inside corner of your eye and lets more fluid escape from the front of the eye, thus lowering pressure. So, if you have glaucoma and are near cataract surgery, ask us about the stent. It can reduce or eliminate the number of drops that you are taking. Thanks!



## A NOTE ABOUT IMODIUM

In June of 2016 the FDA issued a warning about loperamide (IMODIUM). If you take Imodium in larger than 8 mg in 24 hours you can have depressed breathing, low blood pressure, inability to urinate, and possibly fatal heart rhythm interruptions. This is important for travelers and those who are predisposed to diarrhea. If you need this medication, it is important to use it but be alert to your daily dosage and to any side effects you may notice. Thanks!



## HAVE YOU HEARD ABOUT "SLEEP DRIVING"?

When we first heard about this, we thought it was some kind of a tease, but it's real, and really interesting. Apparently, about one in 1000 people who take sedative-hypnotic class medications are at risk of arising when asleep and actively participating in routine daily activities, while still technically asleep! Sedative-hypnotic medications are a class of medications designed to help you achieve longer and better sleep, but some have these side effects. These side effects include cleaning the house, sleep walking, sleep sex, and "sleep driving." And there is no memory of the activity afterwards. It is more likely to happen if you have a history of sleep walking but it can happen to others too. If you take sleep aids, please do so where you can be monitored at first, for this side effect. Mostly, only take these meds if you really need them. Thanks!



## THE NEXT TIME YOU GET GLASSES....

Think about "TRIVEX" material for your glasses. It is lighter, stronger, and thinner than regular plastic, and clearer than polycarbonate. It blocks 100% of UV radiation and has high impact resistance. It also is less prone to those stress cracks you see in bolted rimless frame lenses. Why haven't you heard about this? This plastic is harder on the grinding wheels in a lab than polycarbonate lenses so it wears out the lab equipment faster. But that should not be your concern. So wherever you get your glasses, ask them about Trivex lenses, for vision and comfort.



## WHAT'S THE CURRENT STATUS ON EYE VITAMINS?

Remember the first AREDS study of vitamins ended in 2001 and now more people are taking these medications for the reduction of the consequences of macular degeneration. So what's new? Not much but it's still a good idea to take eye vitamins if you have macular degeneration. We have a video presentation on eye vitamins at our website "drcoopereyecare.com". It's short and tells you the briefest about this issue. Most importantly, we are reminded to take in lutein and zeaxanthin regularly. These are found in green leafy vegetables and can be an important part of a high fiber diet. If the vitamins don't bother your stomach, you can take them for prevention although the data supporting this is not currently available. Do take the vitamins with meals to limit any stomach irritation. So there you go. A good reminder accomplished with only one paragraph. Thanks!



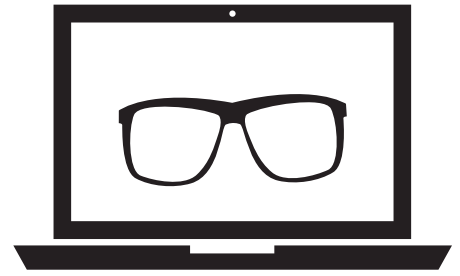
## THE DOCTOR'S MISSION TRIP THIS YEAR TO AGUACALIENTES, MEXICO

This spring Dr. Cooper visited the industrial city of Aguascalientes, Mexico. This was a very cramped clinic with four Doctors seeing over seven hundred patients in two days. This is a town in the high plains area, northern central Mexico, and the weather was chilly, in the lower 40's at night and up to 70 during the day. We are very thankful that we work hard to treat glaucoma in the US, as there were a few patients that slipped through the cracks in the local healthcare, and had lost most of their peripheral vision. It was hard work and an honor to help the good people in Aguascalientes.

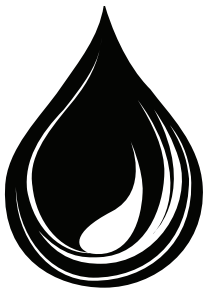


## CAN YOU BUY YOUR GLASSES ONLINE?

Well of course you can. Dr. Cooper and Dr. Summers before him, have released prescriptions for glasses and contacts so you can fill them where you want. You will notice that online glasses retailers will always talk about how cheap they are and how foolish it is to buy your things anywhere else. And when it comes to cheap, they are very good at that. You must remember that this does not mean that they sell the same products cheaper, because what they are doing is selling cheaper things for cheaper prices. They sell discontinued and discounted frames, older style no line bifocal/trifocals, and less effective scratch resistant and anti-reflective coatings. If you are very careful in caring for your glasses, not too sensitive to the accuracy of the correction, and don't mind less well fitting clothes and glasses, this is a great alternative for you. We are happy for you to save some money. If you can't see, we want to see you, but please don't bring these frames into the office for our experienced Opticians to attempt to make the glasses fit better to your head, fix the lens scratches, or repair the frames. Thanks for allowing us to serve you better.



## THEY ARE BEGINNING "RAINDROP" NEAR VISION IMPLANT CERTIFICATION



N'JOY laser center here in Oklahoma City is beginning certification exercises for the new "Raindrop" corneal surgical implant. This is a new technology wherein a clear implant about the size of a pinhead is implanted in the cornea (the front surface of the eye) and the small "bump" this makes allows the patient to have near vision without reading glasses. This is like monovision, one eye for near and one for far, but there is less loss of distance vision in the implanted eye. It works best for patients who are just a tiny bit farsighted. If you are interested in pursuing this interesting surgical option for blurry near vision give us a call and we will put you in touch with the N'JOY Laser Center.



## SOME WAYS TO IMPROVE YOUR MEMORY SKILLS

- 1) Learn a new skill.
- 2) Volunteer in your community, at a school, or at your place of worship.
- 3) Spend time with friends and family.
- 4) Use memory tools such as big calendars, to-do lists, and notes to yourself.
- 5) Put your wallet or purse, keys, and glasses in the same place each day.
- 6) Get lots of rest.
- 7) Exercise and eat well.
- 8) Don't drink a lot of alcohol.
- 9) Get help if you feel depressed for weeks at a time.



This was taken from, "Understanding Memory Loss: What to Do When You Have Trouble Remembering." National Institute on Aging, October 2015.



## AND WHAT ABOUT PERFECT TOMATOES....

According to a new paper in Science magazine, tomatoes have been bred to make them easier to bring to the grocery store with that great beautiful red / orange color that we like so much. This color is supposed to be a signal that the tomato is ripe and delicious. Unfortunately, some of the new colorful tomatoes have been bred to be pretty, but these pretty varieties can contain less flavors and sugars. So if you want the most flavorful tomatoes, grow your own or try some of the organics that our local stores are starting to stock. Oh, fresh ripe tomatoes are really delicious!



## IF YOU CAN TAKE ASPIRIN.....

There is increasing evidence that taking low dose (baby aspirin) aspirin taken over a ten year period is associated with a reduced risk of colon cancer. This was mentioned in the October 2016 NUTRITION ACTION HEALTH LETTER. Aspirin is very inexpensive, but you must note that there is a very long list of side effects and potential complications, so do mention this to your Family Doctor. For sure, if you have stomach ulcers, are allergic to aspirin, or have bleeding problems this is not a help for you, but otherwise think about adding this to your daily regimen. Thanks!



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