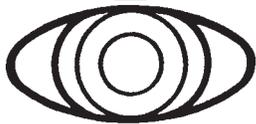


ROBERT E. COOPER, OPTOMETRIST, INC.

FELLOW OF AMERICAN ACADEMY OF OPTOMETRY



WELCOME TO THE FALL 2012 NEWSLETTER

HOT! HOT! HOT! And oh yes, HOT! If this keeps up we are going to have to think about changing our name to Hotlahoma. Hmm, so is there maybe something good about all this hot weather? Well for one, ultraviolet light has disinfecting properties. So, apparently we've all had our state disinfected. Vitamin D levels should be up and osteoporosis down. Also, hot and dry roads have better traction, so there are fewer traffic accidents. And, sunlight has been implicated in reducing SAD (seasonal affective disorder), so we should all be happier and require less coffee and anti-depressant medications. The lawn mower will be needed less... and will last longer. Okay, enough of this. Just think in these terms. When the weather cools, it will be so refreshing and enjoyable we will have to change our name to Smilelahoma. Now onto the news....



IMPORTANT INFORMATION ABOUT TOPAMAX

Topamax is a an anti- seizure medication that can be very helpful for many patients. As is true for other neurologic medications, we are not exactly sure how it works. It is also often used in smaller doses to prevent migraine headaches and has been used as a weight loss medication. What we are concerned about in this article is myopia and angle closure type glaucoma. If you take this medication, for whatever reason, you can experience increased nearsightedness and possibly painful angle closure glaucoma. This side effect usually occurs in the first month but sometimes later. If you take this medicine, please be on the alert for blurry distance vision as the complications are unpleasant and require appropriate therapy including a tapering of the dosage of this medication. If you are taking Topomax and, if you don't have these complications, this medication can really help so don't just stop the medicine, just be aware. Thanks!



IS THERE A NEW TREATMENT FOR DRY EYES?

It somehow seems that there is some new eyedrop that is better for dry eyes every six months or so. Those of our patients who've read our dry eyes monograph know that there's a lot you can do to limit and treat the occurrence of dry eyes. Included as an option is testosterone therapy. Systemic testosterone therapy is not an option for many of us but there was a study done in 2002 where dry eye patients applied 2.5% testosterone cream to upper eyelids twice daily. This study demonstrated improved tear health. Another study has also suggested an increase in contact lense wearing times. This cream is not available commercially, is not FDA approved, and no long term studies have been done so it's very new. It is relatively inexpensive to compound and we can recommend a trial of three weeks only. The studies seem to be most promising for post-menopausal women but it is likely to be helpful for men with low testosterone levels. It is not for those with breast or prostate cancers. If you are interested please get in touch with our office for a three week trial and we will contact a compounding pharmacy for your prescription. And lastly, if you discover something that helps your dry eyes stay comfortable, please pass that information along to us on your next visit. It's how our office learns and shares information amongst our patients.

METABOLIC SYNDROME

Okay here we go. Our office is not entirely convinced of the Metabolic Syndrome but we do know the criteria are important markers for future health complications. So we are going to list the markers because they should remind us to correct our diets and blood chemistry.

- 1) A waist circumference should be less than 40 for men, and 35 for women.
- 2) Low density lipids should be below 40 for men and below 45 for women.
- 3) Triglycerides should be below 150 fasting.
- 4) Blood pressure should be below 130 top number and below 85 bottom number.
- 5) Blood sugar should be below 100 fasting (above 126 is considered proof of diabetes).

So, there you go. Beyond these suggested levels, you are at risk for heart attack, stroke, or diabetes (type 2). Okay, eat low glycemic index food and walk around the block every night. It's a start and you will have more fun on your vacation if you are at least, just a little fit.



CAN YOU SEE AS WELL AT HOME AS YOU CAN AT THE EYE DOCTOR'S?

A recent study compared older patients visual functioning in the Eye Doctor's Office to their functioning in the home. Guess what! Patients didn't see as well at home as they did in the Doctor's Office. How come? Just think about it. We are comparing an almost perfect lighting and contrast environment in the Doctor's exam room, with home lighting, windows, and the television in the patient's home. It just can't compare well. Additionally, as the costs of electricity and home utilities increases over the years, we are all tempted to dim the lights and turn down the thermostat. You just can't see as well if the lighting is bad and oblique, while you are sitting in a cold room with a jacket on. Please set aside brighter bulbs and limit side lights that add glare. You might even set aside a certain desk or chair for the purpose of reading. This way you can have a special halogen bright light installed, then block out any source of side glare. This will also help if you need to use a magnifying glass for the really small print. This way, there will be at least one place in your home that you can see your very best. Thanks!



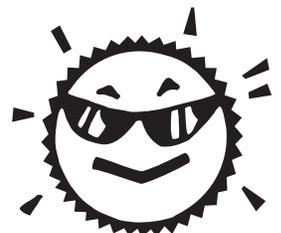
IF YOU HAVE GLAUCOMA.... WHAT CAN YOU DO TO LOWER EYE PRESSURE?

If you have glaucoma, you know you have to take drops or have surgery to keep your eye pressures lower. In the July 2010 issue of the Journal of Ophthalmology, an article suggested that most patients who sleep with their heads elevated have lower eye pressures than those who sleep flat. And a third of the patients had 20% lower pressures with their heads elevated, (this is as much as taking some glaucoma eye drops). So what's important about this? If you have glaucoma or high eye pressures, you should be sleeping with your head on a pillow. And keep your regular appointments with your eye Doctor (and follow your medicine instructions). Thanks.



MACULAR DEGENERATION AND SUNGLASSES

Repeatedly we are hearing reports that short wavelength light is important in macular degeneration and cataracts. And this applies to sunlight. Since we are going to routinely be living to 100 soon it's time to start wearing sunglasses with ultraviolet filters. A good pair of sunglasses will last 2-4 years. It will help with cataracts and macular degeneration. After all, you want to enjoy going to the movies in your 90's as well as now!



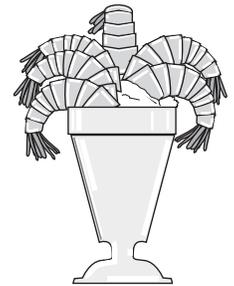
WHY YOU SHOULD CONSIDER DAILY DISPOSABLES!

Our office does a lot of contact lenses and we really enjoy fitting them. It's fun for the patients and fun for the Doctor and staff. But it is more work and responsibility. We want you to enjoy your contacts and limit the effort they involve. That's why we want you to think about Daily Disposables. Currently, our preferred brand is Alcon's "Dailies AquaComfort Plus" lenses. Here's why it's fun to try these lenses. They have three (Yes that's right!), three lubricants infused into the lens body to promote comfort. It's very comfortable. You put a new lens onto your eye everyday and a clean lens is more comfortable. You don't have to worry about solutions and their expense. You just remove and dispose of the lens. Once you purchase your lens supply, you are done for the whole year. No more going to store for solutions. No more reordering and waiting for lenses. No more cleaning or replacing your case. Easy to take when you travel. The lenses cost about \$380 (with discount coupon) for one year. These are comfortable, convenient, and help streamline your busy schedule. Time and comfort really matter. So take some time to think about this newer lens type. You can get some trials at no charge. Ask the techs and they will be happy to help you. Thanks!



HOW ABOUT A TRUE/FALSE QUIZ!

- 1) Blood glucose lowering medications help fight cancer?
- 2) Shrimp is the most contaminated seafood sold in the United States?
- 3) What's good for your skin can be good for your eyes?
- 4) Heart disease and prostate cancer are related?



In a recent Duke University study those with a healthier heart were less likely to have prostate cancer. This is a correlative study, so no cause and effect is proven but it's a reminder that staying as healthy as you can is important. Dr. Cooper often reminds patients that what's good for your heart is most often beneficial for your eyes. And as for your skin, water is good for your skin (it reduces the wrinkles that dehydration promotes) and water helps keep your tear film health the best it can be. Shrimp is the most contaminated seafood (drug residues including antibiotics, microbes, and heavy metals) in the United States. As much as 85% of our seafood is imported and some is from aqua culture industries that are not as regulated. The FDA can't check it all, but don't stop eating shrimp, just don't go on a shrimp dominated diet. Lastly, new evidence suggests that diabetics taking oral blood glucose lowering agents have reduced rates of cancers, but we don't know why. Maybe it's because the cancers grow faster in high glucose environments but this is another correlative study without cause and effect proof. So they are all true. The point to this quiz reminds us that staying healthy and moderation in all things will go a long way to keep us active and smiling into our 10th decade.



MICROBES LIVING IN THE HUMAN BODY

The Associated Press in a 6/14/2012 article reported that the human body is "thought to be home to about 10 bacterial cells for every human cell, but they're so small that together microbes make up about one...to three percent of someone's body mass.....That means a 200-pound person could harbor as much as six pounds of bacteria." Ouch... what a creepy thought. If this is true, almost all of us are walking around with a pound or two of microbial bugs living in or on us. Somehow it makes issues of personal hygiene all that more important doesn't it!

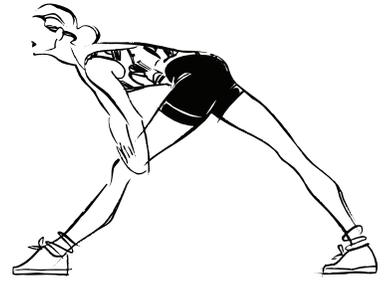


IF YOU HAVE MIGRAINES, YOU MIGHT TRY BUTTERBUR EXTRACT?

The American Academy of Neurology and the American Headache Society have stated the herb butterbur is demonstrated effective in reducing the frequency and severity of migraine. There is a product named Petadolex which is a purified butterbur extract that you can try. This is important if your migraines are interfering with your lifestyle.

JUST A LITTLE EXERCISE DOESN'T MATTER... SO WHY BOTHER?

Okay, we've all read about exercise programs that give you rock hard abs in three weeks and make you feel the best you've felt in your life, but who're they kidding. You don't see older people and fat people on the video and there's a good reason for that. Firstly, most of the programs are geared towards natural athletes who aren't fat and enjoy moving around for an hour or more, but most of us have hectic schedules and aren't evil, crazed masochistic people. The opposite extreme argument suggests... if you can't be a hard body... don't bother with the exercise, it's just a uncomfortable nuisance. Firstly, forget those hard bodies on the videos. They will eventually blow out a knee, have to work too much overtime, or rediscover chocolate donuts and become just like the rest of us in a decade or so. What do you do now? Even if you can only get a little light aerobic exercise it's good for you. Just like a little meditation helps your mind, a little exercise helps your body learn to breathe and burn fat. You can try parking your car farther out in the parking lot and hopefully, lose a couple of pounds over the course of a year. You didn't gain weight and slow down over the course of a week's time, it was 2-5 pounds a year for a decade or two. So start with small amounts of light exercise and a little less food, then stay with it. Make yourself a gift every three to six months if you stay on the program. The goal is to have fun into your seventies, and with modern medicine and your discipline, it will happen.



This newsletter is published approximately twice each year. It is for educational and entertainment purposes. We hope it will help you stay healthy and keep proper eye health close to your heart. If you do not wish to receive it or if you are receiving more than one copy at your home or office, please call us at (405) 946-4398 and we will remove your mailing codes. Thanks!

ROBERT E. COOPER, OPTOMETRIST, INC.
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Permit #1078
Oklahoma City, OK 731



NORTHWEST MEDICAL CENTER
3330 N.W. 56TH STREET, SUITE 103
OKLAHOMA CITY, OKLAHOMA 73112
(405) 946-4398



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