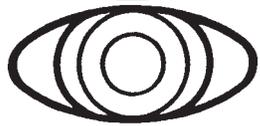


**ROBERT E. COOPER, OPTOMETRIST, INC.**

FELLOW OF AMERICAN ACADEMY OF OPTOMETRY

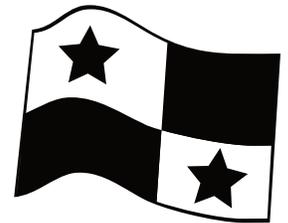


## **WELCOME TO THE SPRING 2014 NEWSLETTER**

Okay, those of you who have been reading our newsletters over the last 5 years or so know that we are going to make some lament about the cold weather followed by some pleasant homage to Spring and lawnmowers.... and this is no different. After all, everything that is old will be new again as the adventure we call life continues. This letter should arrive around the time winter ends, so we should be looking forwards toward flowers, sunny mornings, and being outside more. These cycles are what makes Oklahoma such a pleasant and interesting place to live, so get out the mower... and don't forget to change the oil in it this year!



## **DR. COOPER WENT TO SEE PATIENTS IN PANAMA**



This last October Dr. Cooper went to Divala, Panama to see patients for the Lion Clubs, their Lions-In-Sight program. The location was in the western portion of Panama in the low hills near Boquete (for those who know Panama). We had six Doctors and several students, and together we saw over two thousand five hundred patients over four examination days. This was during the rainy season so it rained almost every day. Needless to say, the countryside is a very green and growing place. We also went to see the Panama Canal and it is an amazing feat of engineering. Panama City is very cosmopolitan. Panama is a very beautiful country and worth visiting for the beaches, green jungles, wonderful seafood, and Dr. Cooper really enjoyed the sweet, sweet bananas.



## **THANK YOU FOR YOUR REFERRALS!**

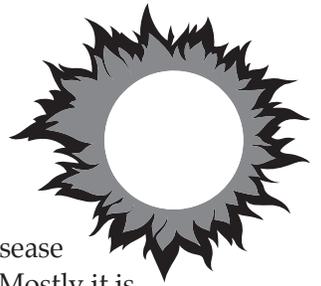
Our office doesn't do any particular advertising. Of course, we do community service articles to get the word out about eye care and general health but people find out about our office mostly by the good words our patients offer to friends and acquaintances. If you have mentioned us to those looking for a good eye Doctor, let us say thank you. If patients mention that they were referred to our office by you, we will try to send you a Thank You card that is worth \$10 off you next examination charge. We have actually had patients that had an examination at no charge because they had referred so many patients to our office. It's great to say Thank You to the people that appreciate our hard work. Thank You!



## **IF YOU ARE IN A WHEELCHAIR, PLEASE LET US KNOW**

If you would be so kind, please let us know if you are in a wheel chair or on a walker. We can schedule just a little more time for you, so we won't feel so rushed. We have some very busy days and don't want to limit any procedures you may need. Do try to be rested and ready for the testing when you come so you will be able to participate completely and accurately in the tests. Thanks!

## IS NORMAL EVERYDAY SUNLIGHT EXPOSURE A RISK FOR MACULAR DEGENERATION?



Since everybody is living longer today (not as long as they would like) and the subject of Eye Macular Degeneration is starting to take hold for so many more people than before. It's very likely that, whether you know it or not, everybody has a friend or family member with this disease process, and it is not curable. But it is treatable. And maybe it can be delayed.... or prevented. Mostly it is associated with age, you get this when you get older, and genetics, your family has a tendency to have this more than average. A recent article (BR J Ophthalmol. 2013;97 (4):380-394) stated that there are increased risks for macular degeneration with increasing sunlight exposure. Please note, this is about increased sunlight exposure, and the most destructive wavelengths are the shorter (blue) wavelengths. Now, don't be foolish about this. It does you no good to stay at home, inside, at the computer or watching television in the hopes of preventing macular degeneration. Likely, you will die of heart attack or complications of bone fractures before you get macular degeneration. You have to get up and go outside and get some exercise to keep healthy hearts and hips. Since you are going to live to a "ripe old age," what can you do to protect your eyes from destructive light levels? Well, get a UV filter on your glasses! There are some new specialty filter coatings that can hardly be seen on the lenses and when you use them on your sunglasses, it's an invisible protection. Essilor has a new coating called Provencia (available in Europe now, soon in the US) for this protection. As a bonus, short wavelength scatters more than long wavelengths so this should help with glare issues. But wait! There's more! The filtering will help reduce the short wavelength light that wrinkles the skin around your eyes, and causes skin cancers. So be a Hollywood Star! Put on your glasses before you go outside to protect them from the visible light radiation and enjoy your vision 'til the end of your days...so many years away!



## I DON'T SEE SO WELL AT NIGHT... SHOULD I TAKE EYE VITAMINS?

Okay, there currently is no data that confirms vitamins or internal eye (macular) pigment supplements (that is lutein, zeaxanthin, and others) can be taken to improve night vision. It is however, possible. In the past, increased dosages of vitamin A have been tried but with poor results, so don't go out and start dosing yourself with high doses of vitamin A. Since it is possible that macular pigments and anti-oxidants can improve vision for people with macular degeneration, it is also possible for these vitamin ingredients to help night vision. The studies are expensive and just haven't been done as of yet. If you want to take an eye vitamin to see if this will improve your night vision, it's okay. It's not okay to concoct some sort of mega-dosing schedule in an attempt to create "X-ray" vision for yourself. That can be toxic. If you want to try the eye vitamins, please try some of the more common brands (ask your pharmacist) and plan on taking them for at least two months. If you don't notice any effect within six months, it may be wise to discontinue the medicine and put the extra money into more fun things like dark chocolate bars or going to the movies. Thanks!



## THANK YOU FOR TOLERATING OUR CONSTRUCTION

All this last Fall, new Doctors were building new offices and our office expanded another exam room and our pre-test area, and it made a lot of noise and dust. We want to say Thank You for your patience and tolerance. We sincerely hope you enjoy using the new exam room and the extra space in the pre-testing area. It should make your visit to our office more fun and pleasing!



## WILL THE INCIDENCE OF DEMENTIA EVER COME DOWN?

A recent study reported in Lancet, a British medical magazine, suggested that, for people 65 and older in England and Wales, the answer is yes. In these countries, dementia has dropped by 20% over the last two decades. This reduction is attributed to better control of blood pressure and cholesterol levels. So watching your diet does matter and it's likely you will remain thoughtful enough to notice. Unfortunately, this does not mean Alzheimer's is reduced. It's a different disease after all. What this does mean is, if you can watch your diet and blood pressure, you may be able to live long enough to enjoy the cure for Alzheimer's disease. Something to think about!



## DO YOU WANT TO TRY BIFOCAL OR ORTHO-K LENSES FOR MYOPIA PREVENTION?

Our office will be starting to do children's bifocal soft contact lenses and daytime ortho-k lenses for those who want to try them for myopia prevention. These lenses have had mild success in some studies, so we want to make them available to our patients to try. We are not enthusiastic about the sleeping in Ortho-K lenses to prevent myopia because the risk of infection is high and the variability of the myopia reduction is high, but these lenses can be worn as a daily wear contact and help reduce the myopic progression. We will be happy to work with you if you are interested in attempting these therapeutic modalities. Tell you friends and family!



## GOOD NEWS FOR OUR FUCH'S AND KERATOCONIC PATIENTS

If you are a patient with Fuch's Endothelial Dystrophy or Keratoconus that is advanced there are new surgical techniques for your transplant. The new femtosecond laser can cut significantly accurate button and hole fit for your transplant and this means you will have faster healing, often with fewer sutures, and less astigmatism afterwards. We have surgeons in Oklahoma City that can do this for you so you don't have to travel to have this done. Additionally, if you are a beginning keratoconic patient we would like you to contact us. We have the corneal cross linking therapy available in Oklahoma City to stabilize your corneal thinning and hopefully allow you to wear comfortable contacts or glasses once again. We will be able to do your work up and make an expedited referral for a consultation and therapy. So let us know!



## HOW CAN YOU IMPROVE YOUR MEMORY?

One of the most irritating things that can happen as you get older is the loss of memories, more commonly short term memories. There are things you can do. A study in "Proceedings of the National Academy of Sciences" reported that after a year of walking three times each week a group of people had an increase in the size of the brain's hippocampus (a part of the brain involved in memory formation). The walker's also showed an increase in spatial memory. So, if you want to remember the beauty of each day, walk and enjoy!



## WANNA KNOW WHAT'S NEW IN CONTACT LENSES?

Okay, we talk a lot about contacts because they are fun and provide us with normal vision, but they are a little more work and sometime can be dry. How can we avoid this? Alcon has brought out a new lens (called Dailies Total 1) that is very, very oxygen permeable, with a surface that is over 80% water. So it settles right into your tear film. You don't need solutions, or a case, or cleaning, or rewetting drops, because you throw it away each day. Recent, studies have found it to be more comfortable than any contact currently available. If you have a busy hectic life, prefer a more natural feeling with your lenses, and enjoy the vision a soft contact can give, please call us for a trial set. Sorry, these are only available in nearsighted, spherical prescriptions, but keep in touch as we will have these corrections available in the next few years. Thanks!



## IF YOU TAKE METFORMIN YOU NEED TO WATCH YOUR B12 LEVELS

From MedPage Today (9/10 Fiore), research published online in Diabetes Care suggests that "the widely acclaimed diabetes drug metformin was linked with impaired brain function in patients who took the drug, although supplementation with vitamin B12 may alleviate metformin induced deficiencies." Those who took metformin and had lower B12 levels, have tested lower in some cognitive skills, so taking a B vitamin most likely will help.



This newsletter is published approximately twice each year. It is for educational and entertainment purposes only. 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!

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