

ROBERT E. COOPER, OPTOMETRIST, INC.

FELLOW OF AMERICAN ACADEMY OF OPTOMETRY

## WELCOME TO THE SPRING 2017 NEWSLETTER

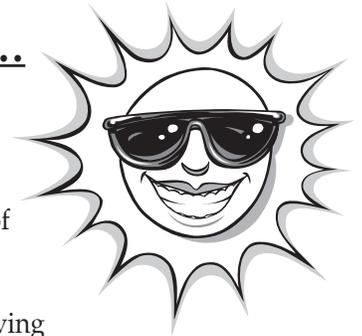
As this introduction is being written, it is raining with ice on the trees all over central Oklahoma. We really need the moisture so the inconvenience of the ice is offset by the reminder we will have fewer fires and more flowers coming later in the Springtime. It's also harder for us to stay on our diet and fitness schedule when it is hard to get out and move around, but we will try to offset this with soups made with fewer calories and more hydrating fluids. And before we know it, it will be time to fertilize and water the flowers....and the grass will be green again. So...onto the news!



## WHAT YOU'RE NOT THINKING ABOUT... BUT SHOULD BE!

Spring and summer will be here in a heart beat, so start thinking about sunglasses! Yes! This is important because....

- Sunglasses provide eye protection from high energy short wavelengths of light that promote aging inside your eyes and more wrinkles in the skin around your eyes.
- Sunglasses provide you with more comfortable vision and less stress driving home at the end of a long day's work.
- Sunglasses are a fashion forward accessory, allowing you to express the joy of looking your best. The Opticians have styles from conservative to eccentric, so you can fit your personal style. So put a new pair of sunglasses on your schedule somewhere....and treat yourself right. Thanks!



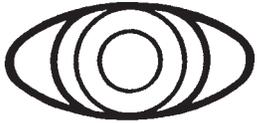
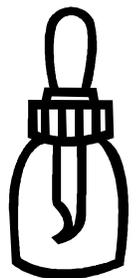
## CAN YOU TAKE SOMETHING FOR CATARACTS?

As it turns out....you can. In a recent issue of Ophthalmology (121:525,2014) male physicians who took Centrum silver every day for 11 years had a 9% reduced chance for developing cataracts. If you have a family history of macular degeneration, you might want to make that vitamin and an eye vitamin, although the newer Centrum Silver has some lutein in it also. This does not suggest that mega-doses are better in any way. Our patients know that we don't approve of mega-dosing. Thanks!



## SOME NEW EYEDROPS FOR DRY EYES AND TRAVEL!

We have carried OASIS TEARS lubricant eye drops for years. These aren't available in retail stores which is not so convenient but still, you should drop by and give them a new try. This is a glycerin with sodium hyaluronate drop that is very comfortable and seems to last longer, for better vision. This is very important if you are flying, driving long distances, or traveling north in the winter seasons. All these activities dry out your eyes and make for bloodshot eyes, and less accurate vision (very important for our outdoor hunters). When you are in the office think about purchasing a trial bottle to see how much it can make you more comfortable. Thanks!



## WHAT FOODS ARE GOOD FOR YOUR EYES?

You will probably see articles about this subject from time to time and the most important issue to remember is keeping your body healthy will keep your eyes healthy. If you are concerned about macular degeneration you may want to increase your intake of orange peppers, fish, and unfortunately, spinach (or collared greens). If you enjoy these foods all the better but if you don't and you still want to enrich your eye health, then you may want to try adding an eye vitamins with lutein and zeaxanthin (two special carotenoids). It may even help your night driving so see what you think!



## HAVE YOU HEARD ABOUT "COMPUTER VISION SYNDROME?"

Everybody is doing computer work these days. Heck, your phone is a little computer! The problem is our eyes are basically the same Cave people's eyes. And we know that Cave people's eyes were designed to see the lion coming over the hill, so they could pick up a spear or run away. So we have eyestrain from looking at near all day long. So what are you gonna do? Firstly, adjust your work place so your wrist aren't bent downwards, and your back posture is good. Then lower your CRT so you are looking down (this way your eyelids are closer together and not as much is exposed to dry out, as you blink less while doing computer work). Make sure your glasses are positioned properly so the letters are clear (make them bigger by increasing the font or bringing the CRT closer). And many of our patients measure the distance to their CRT and visit us to make a custom pair of computer glasses.



If you spend all day at a computer, your productivity is proportional to your comfort. Make your glasses and computer work for you, not the other way around. See us if we can help you! Many thanks.



## IS THERE A WAY TO CONTROL MY NEARSIGHTEDNESS?

We will all be hearing about nearsightedness control over the next few decades simply because our kids all have their heads buried in phones and lap tops. Frankly, near work is a risk factor for nearsightedness in kids. The most recent experimentations are suggesting that inside the growing eye, in the periphery, farsighted focus causes the eye to grow longer. It sounds strange, counter-intuitive, that peripheral farsightedness will cause nearsightedness. Please remember when the human eye reads and does near work, this near focus makes the eyeball artificially farsighted. So lots of reading and near work make your risk for nearsightedness greater. That's also why the time kids spend outdoors playing makes them less likely to become nearsighted. Do we have any techniques to slow down nearsightedness if the kids get it? It just happens that the gas permeable lenses that flatten the cornea and reduce the nearsightedness also have peripheral curves that reduce the peripheral farsightedness associated with near work. Our office has not been a fan of wearing these lenses at night but these contacts can be worn during the daytime to correct your vision and help limit future increases in nearsightedness. If your kids are starting out nearsighted early in life and they would like to try contacts, you can offer them this opportunity to limit their future prescription. Just contact us.



## IF YOU LIKE SHERBET...

There is a cousin of yogurt that is refreshingly tart... it's KEFIR. It's low calorie and contains protein. So you don't have to do ice cream everyday. This is especially refreshing in the summer. And remember, a half cup serving is about the size of a tennis ball.... and not a softball. It's flavor and taste enjoyment we're after, not the belly fat. Thanks!

## WE ARE ON FACEBOOK NOW!

Yes, we are on FaceBook. We are learning how things work and want to have a monthly paragraph to communicate timely short subjects we want our patients to hear about. And we will probably make some mistakes participating in this form of public media. We would like all our patients to be our friends but we will probably miss some of you. If we miss you somehow, please do try again and you can contact us about "friending" you, so you can get all the news!



## WHEN NASAL SYMPTOMS AFFECT YOUR EYES.....

We have reported in the past that an antihistamine eyedrop is now available in over-the-counter form, this is Zaditor. It is a very good first try to take the edge off itchy eyes, and has a good safety profile. Some pharmacies have a generic of this too, so do ask. However, many times the itchy eyes are a spillover from nasal allergy symptoms, so it is better to take care of your nasal symptoms (when you have them) first before adding an eyedrop. But what to use? We do recommend that you avoid over-the-counter decongestants (nasal or eyedrops, although in short doses they can work) as these have some distressing side effects (rebound congestion for nasal sprays and dry eyes and rebound redness for eyedrops). Better choices for nasal allergies include the new over-the-counter mild steroid nasal sprays. Two examples are Rhinocort and Flonase and you may want to try one of these first before taking any oral medications (so you can avoid the systemic side effects of antihistamines or steroids).

In general, the least medicine that does the job the better, but it has to do the job. Remember, cool compresses are always helpful for allergy eyes, and clean furnace filters, too.



## WE HAVE SOME GOOD NEWS AND SOME BAD NEWS

We are sorry to report that Kimberly has moved to Ponca City. We will miss her. We are very excited to announce that Connie has joined our office. She is ABO certified and has decades of experience. We think you will really enjoy her care and attention. When you get a chance, come by and see us, and get your glasses adjusted. Thanks.



## A GENTLE REMINDER ABOUT LENS CLEANING CLOTHS

It's a great technology to have micro-fiber cleaning cloths for your eyeglasses. But you have to remember a few tricks. Firstly, if your lenses are really dusty or dirty, you have to rinse them off in the sink before you think about rubbing the lenses. Rinse them off, and before you wipe with any cloth or tissue, spray on some lens cleaner (or mild dishwashing soap) and gently rub with your finger. Then rinse again. To dry completely, you can use a tissue. If you are out and about and get a smudge on your lenses you can use the microfiber cloth, but gently. And the second secret is....wash this cloth every few uses. Yes, these cloths can pick up dust and micro particles and when you have enough, you can scratch the lenses. Throw them in the wash (NO FABRIC SOFTENER), and clean them up. If you do these things, you should have minimal scratches over the one to three years you keep your glasses. Thanks!



## A REMINDER TO HAVE YOUR VITAMIN D CHECKED

From a clinical trial reported in Osteoporosis International, where they followed 160 post-menopausal women ages 50 to 65, with low vitamin D levels, who took 1000 mg/day of vitamin D3. After nine months of taking this vitamin, those who did had greater increase in leg muscle strength compared to those who had low vitamin D levels and who did not take the vitamin. This is important because strength is an important part of balance. So... if you are older you have to have your vitamin D checked and if it's low, starting taking a supplement. Thanks!



# BEHAVIOR THERAPY FOR ADHD CHILDREN UNDER THE AGE OF SIX

"The 2011 guidelines of the American Academy of Pediatrics recommend that doctors prescribe behavior therapy administered by parents or teachers as the first choice ADHD treatment for children under 6 before prescribing ADHD drugs." This is stated in "Worst Pills, Best Pills News" newsletter, October 2016. A simplified description of this behavior therapy...

- 1) Strengthening the relationship with the child through positive communication that involves active listening and description of emotions.
- 2) Reinforcing good behavior through praise and positive attention.
- 3) Creating a structure of consistent discipline for the child, including giving effective instructions, withholding attention for unwanted behavior, and effectively using timeout.

We read this and decided that these guidelines would be good for all children, so we are passing this information along. Thanks.



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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