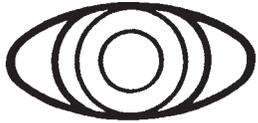


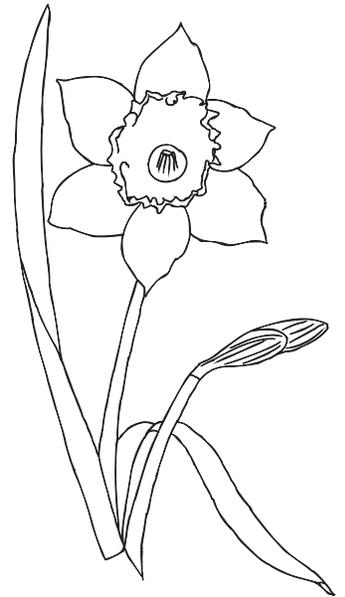
ROBERT E. COOPER, OPTOMETRIST, INC.

FELLOW OF AMERICAN ACADEMY OF OPTOMETRY



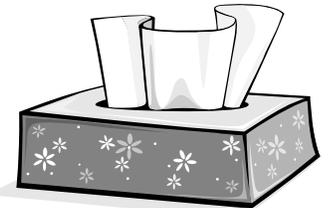
WELCOME TO THE SPRING 2013 NEWSLETTER

Okay, so it's been cold again this winter. We did get a light dusting of snow for the holidays. And we're hoping we can skip through the ice storm time of the year and segue into the April showers bring May flowers time of the year. We are reminding everyone to water early so the plants can survive the heat of August, but more importantly, if we water early it's more likely we will have good rains this year. More rains are good for our farmers and our lawns. Oh yes, the spring cleaning and lawnmowers are yearning for our time and attention. Onto the news!



MORE NEWS ABOUT CONTACT LENS CASE HYGIENE...

Recent studies compared the bacterial/fungal/amoebal contamination of contact cases. One of the testing parameters measured the contamination of cases and lenses poorly cared for with those of more conscientious care (i.e. hands washed and cases emptied and dried daily). One of the sobering numbers to come out of studies was that poor care allowed contamination of more than 90% of cases, and, of course, more conscientious care allowed less contamination but still over 50%. So the bugs are out there, everywhere. Our job is to minimize their amounts. One good tip suggested that patients wipe out the case with a fresh tissue everyday after emptying the multi-purpose saline from the case. This is an important tip to use when you are traveling and it's so much more difficult to maintain hygiene. And lastly, be careful about overwearing your contacts as this compounds the potential for infections. With the new contacts so much easier to wear and so much more accurate for perfect vision, let's enjoy the technology to it's fullest.



THE DOCTOR WENT BACK TO TETZUITLAN, MEXICO

For his annual trip for the Lions In Sight program, Dr. Cooper went with a team of three other Doctors to the town of Tetzuitlan, Mexico. The Doctors came from North Carolina, California, and of course, Oklahoma, to see about 700 patients over two days. It was a great experience providing spectacles for the kind and interesting people of central Mexico (some of whom speak only ancient native languages). Thanks for your patience while the Doctor was out. The experience is a reminder of how big our world is... and that there are gracious and cordial people wherever you might visit!



THANKS FOR YOUR INPUT ON OUR UNCOMFORTABLE CHAIR

We always ask in our yearly Quality Assurance Survey if there are any comments concerned with office improvements, and guess what? Someone was kind enough to remind us that the chair we have patients sit in while we dilate their eyes, was not very comfortable. What were we thinking? Of course an inexpensive auditorium chair is not comfortable to sit in for the 20-30 minutes it requires for your pupils to expand and be ready for photos and ophthalmoscopy. So we have a new chair in the dilating room that has a high back and a comfy bottom. Thank you for the insightful suggestion.



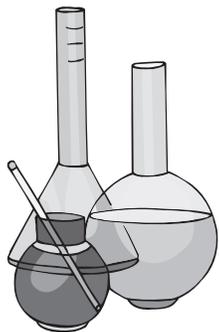
WHAT ABOUT DENTAL AMALGAMS?

A recent study, the "New England Children's Amalgam Trial" measured neuropsychological and renal functioning in 534 children who were randomly assigned to receive either amalgam or composite resin restorations. They found no detrimental effects from the dental amalgams (the worry is with low grade mercury poisoning from the fillings). That was the major question that prompted the study. The researchers also tested the psychosocial progress of these kids. The composite resins are very complicated chemical compounds and possible side effects are not really yet known, but most importantly, the amalgam groups didn't show any untoward effects. So you can still have amalgam fillings without apprehension. And more importantly still, keep your kids teeth healthy so they won't have to have any more fillings than is absolutely necessary.



WHAT DO ALL THOSE LAB RESULTS MEAN?

There are books and books and books devoted to lab results and what they mean or might mean, or don't mean. And it is sometimes confusing even for those whose specialty is lab testing. So when you receive lab results back from your Doctor how can you expect to really understand what it means? Firstly, the lab should provide normal ranges with the results. Secondly, your Doctor and the staff can be helpful. You can also go to "LabTestsOnline-M.org" for some insight also. This web site was designed with the patient in mind and can help give you some perspective on what your lab results may mean. We want you to be an informed patient.



LENS CLEANER TECHNOLOGY!

We have the new GEL LENS CLEANER in one ounce bottles. The cleaner is like runny gelatin so less is lost if you use it in windy conditions or are just sloppy with application. So a little will go longer. We also have the big eight ounce bottles of the regular alcohol cleaner so you have a bottle in the kitchen or bathroom ready for your daily cleaning, and you won't have to get a new bottle every month. These cleaners are great for anti-reflection coatings and we are reminded that clean lenses make for better vision. And surprisingly less dry eye symptoms. So clean your lenses properly and often for greater comfort!



CAN COFFEE PROLONG YOUR LIFE?

There used to be studies that suggested coffee drinkers were not as healthy as others, but the problem with the studies was they didn't separate out other factors, such as cigarette smoking and high fat diets. Recently reviewed studies suggest that really, coffee may provide protective chemicals and it was only the cigarettes and fats from unhealthy diets that hastened the demise of previous coffee drinkers. Hard to know what it is in coffee that is protective since coffee is a complicated organic melange, but, if you like coffee, go ahead and drink up. Just one caution though. It will do you no good to load your cup of joe up with hundreds of calories of sugar and milk fat, and then pretend you are doing something healthy. Yay, Coffee!



WHAT IS "TAI CHI" AND WHY IS IT IMPORTANT



"Tai Chi" is an ancient Chinese exercise program that teaches movement and control. It is not very physically demanding compared to some other exercise programs and that is good because we want our patients to think about exercise they can do for the rest of their lives. What's also important is that people who participate in Tai Chi exercises have been discovered to have better mental facility and less late-life depression. We know that exercise helps us on so many levels but thinking clearly without depression is so important as we get older, we are passing along this tip about Tai Chi. We are encouraging everyone to move around and smile and if you haven't thought about Tai Chi, well ask around. Many thanks!



GUESS WHAT IS NEW ABOUT DIABETES?

Longer lives that's what! "Death rates among people with diabetes have declined substantially in recent years, according to a survey conducted by researchers at the Centers for Disease Control and Prevention and the National Institutes of Health" and published in the June issue of Diabetes Care. What does this mean? It means that a) our diabetic patients are taking better care of their blood glucose levels and b) people are living longer with diabetes. Diabetes isn't an "end of life disease" and in fact, is becoming more like osteoarthritis in that it happens when you are older and you to learn to live with it. This is good news!

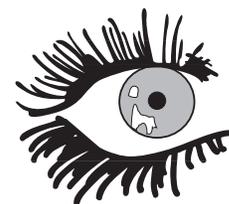


WEB SITES ABOUT YOUR EYES

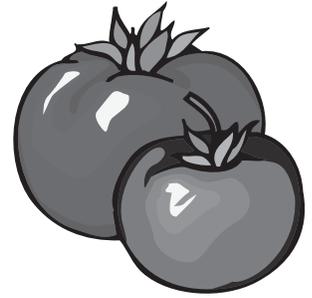
Here's information about web sites that have good information about your eyes.

- 1) "Allaboutvision.com" has a nice easy to read format.
- 2) "AOA.org" has an patient centered section that covers many subjects.
- 3) "Contactlenses.org" has a lot of information on rigid contacts.

These are excellent unbiased sites for eye information and a good place to start when you have questions about eye- related issues. Thanks!



TOMATOES, TOMATOES.... HEALTHY FROM MY HEAD... TO MY TOES!



I'm going to refer to a study by the good people in the University of Eastern Finland but before you skip this as an egghead article for egghead people, please remember, this article is about tomatoes. Yes tomatoes! And why, you ask? Tomatoes contain lycopene. Lycopene is a fat soluble chemical that is a carotenoid, and antioxidant. So it helps fight free-radicals that can injure cells and cellular DNA. And it HELPS REDUCE THE RISK OF STROKE. That's what the kind professors in Finland discovered in a study noted in the Tufts Health & Nutrition Letter. More importantly, when heated the lycopene is easier to absorb so please take those big, juicy, sweet tomatoes that you are growing in your garden and make tomato sauce, add them to soups, and eat them right out of the garden. They are good for you and lots better for you than potato chips and doughnuts. And as a reward for reading this article all the way through we are going to remind you that lycopenes are also found in watermelon, grapefruit, and guava. Thanks!



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.
FELLOW OF AMERICAN ACADEMY OF OPTOMETRY

Presorted Standard
U.S. Postage
PAID
Permit #1078
Oklahoma City, OK 73112



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



PRINTED ON RECYCLED PAPER