

ROBERT E. COOPER, OPTOMETRIST, INC.

FELLOW OF AMERICAN ACADEMY OF OPTOMETRY

WELCOME TO THE FALL 2018 NEWSLETTER

Okay, so we've had one of the best, greenest summer's in a long time. We are sorry to hear about the fires in California but delighted not to have relatives calling us to find out if we've been blown up by some errant tornado. And we know that Fall is the best season of the year. And you know we're going to say something about putting up the lawn mower (don't forget to empty out the gas or at least put some stabilizer in the tank). Now onto the news.....



DOES EXERCISE LIMIT MACULAR DEGENERATION?



Dr. Maxwell, an ocular retinal specialist here in Oklahoma City, included an article in his recent newsletter about exercise and macular degeneration. It seems that Dr. McGuinness from the University of Melbourne, Australia, reviewed 620 articles about macular degeneration to find 9 that evaluated exercise and macular degeneration. The simplified results suggest a 41% reduction in the "odds ratio" for late macular degeneration in patients who led active lifestyles (that means as little as 3 hours per week of physical exercise, but does not include riding a chair around behind a desk). So, if you

want to see your great grand-kids without scaring them with your infirmities, find some exercise that you can do every week and stick to it! Thanks!



WHEN YOU THINK ABOUT STENT SURGERY, THINK ABOUT GLAUCOMA, TOO!

For our patients who have glaucoma or a strong family history of glaucoma there are some new stents that are designed to be inserted into your eye to lower your pressures and reduce your need for eyedrops. This is really important as they are very easy to include in your surgery for cataracts. So, if you have higher pressures and a family history of glaucoma (or you already are being treated for glaucoma), think about having a stent put in at the time of your cataract surgery.



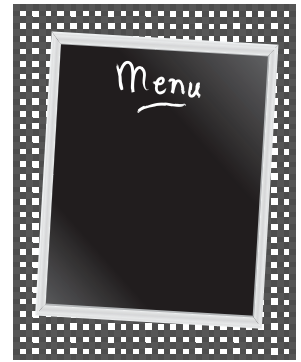
TEA IS SURPRISINGLY GOOD FOR YOU

In case you didn't already know, tea contains fluoride to help prevent tooth decay, and polyphenols which are antioxidants that help protect against cancer. And several studies have refuted the notion that tea might weaken your bone structure. If you like tea, drink it!



A TIP FOR READING MENUS

It's great to treat yourself to a night out in a great restaurant, however, if your job or circumstance requires you to eat out a lot, keeping your weight under control can be a problem. There are some words in the menu that will alert you to higher calories and we are going to list some here. Look out for, creamed, crispy, breaded, a la king, croquettes, carbonara, parmigiana, fritters, fritto, Alfredo, au gratin, au beurre, batter-dipped, bearnaise, bechamel, and hollandaise. Now if you are on vacation or this is a family celebration it is appropriate to disregard this advice but, if it's another Tuesday and you are between meetings, think twice before inhaling a bucket of calories that will put you to sleep for the rest of the afternoon. Thanks.



IF YOU ARE USING THOSE "GET THE RED OUT DROPS!"

Well, you know who you are. It's very important to remember that most of these drops, when used often enough, will leave your eyes red all the time. If you use it once in awhile it's okay, but remember, your eyes will be drier after it wears off. So drink fluids, especially if your eyes are red due to dryness. Oh and there's some important news to announce. There is a new over-the-counter "Get the Red Out" drop. It's called "Lumify." Surprisingly, it is a dilute form of a glaucoma medicine and it works just a little bit less harshly on the blood vessels and dryness. If you have a little bit of morning redness, you can try this new medicine. Just don't use it every day and of course, drink lots of fluids! Thanks!



WHAT'S THE NATIONAL HEARING TEST?

One of the often neglected aspects of modern life is the noise level. We are living longer in a noisy environment and this makes hearing loss later in life a fact of modern life. There is a testing service based on a Dutch test and developed by people at the Indiana based Communication Disorders Technology, it is termed the "National Hearing Test." The testing is done over the phone (this means a good quality phone with a strong connection) and consists of numbers spoken over noisy static. This test can help detect the most common forms of hearing loss. If you are interested go to "NationalHearingTest.org" or call 844-459-0569. If you determine that you're not hearing as well as you should, you can next visit a qualified Audiologist for more proper and complete evaluation and review of your options. Thanks!



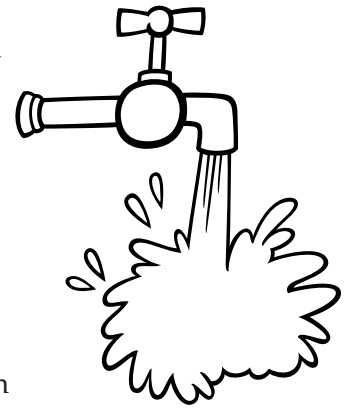
ADVANCED HEALTH CARE DIRECTIVE?

A recent article in the University of California, Berkeley, Wellness Letter, suggested that 2/3rds of all people don't have an "ADVANCE HEALTH CARE DIRECTIVE." What's this you ask? These are legal documents – living wills and health care powers of attorney - that allow people to communicate their end-of-life health care desires. We all need one or someone you don't like may end up making health care decisions for us. It would be a tragedy to have the small amount of worldly goods that we have end up being spent on health care costs to keep our bodies alive long after we have departed. So think about this. You can have one made up on the cheap and, of course, make sure your loved ones know where it is located. Thanks.



HOW TO CLEAN YOUR GLASSES...

We've come a long way from the time that people would clean their glasses like they clean their camp fire grill but it seems some still are a little brutal with these sophisticated optical devices. The first thing to remember is (unless you work in a dirty environment), you shouldn't be cleaning more than about once each day. This alone will help reduce scratches. Now for the "How To." Firstly, rinse them off with tap water. This will knock off the dust and grit that can cling to the surface. Secondly, spritz on your lens cleaner (and anti-fog ingredients if needed). Then rub lightly on the surface with a finger (not between fingers). Fourthly, rinse off completely with tap water. Lastly, dry off with a new tissue (not a paper towel). Well done. Now what to do if you have to clean and you only have your lens cleaner cloth (we give these with every new pair of glasses). Firstly, blow off front and back surface with your human breath. Secondly, wipe one side at a time with the lens cleaner cloth. Please remember that you have to dump the lens cleaner cloth in with the laundry every couple of times that you use it as it works by trapping oil and particles in the fabric and this will build up over time (don't forget to NOT use fabric softener in this laundry load as the cleaner cloth will pick up some residue and put this on your glasses). It should be quick for you to do this...so there you go!



A TIME TO LIMIT YOUR TIME IN PUBLIC PLACES?

We have just had one of our worst flu seasons, and we need to remind ourselves about a special flu effect on life in our country. Number One: Our elderly are the most susceptible to the dangers of influenza. Number Two: Our Medicare reimbursement is set up on a calendar year and most people delay treatments until their deductible is reached, usually in the late Fall (it's always more difficult to get surgery times later in the year). So most of our elderly, they are waiting until the windier weather turns cold to see their Doctor or Surgeon, right during the flu season. Please think about this. It's hard enough for our older population to get around when the weather is dicey and more risky with the influenza season, but that's what we are doing. We need to change the best times for our older patients to visit, to be in the Spring and early Fall and less during the Winter flu season. Thanks!



HOW LONG ARE YOU CONTAGIOUS WHEN YOU HAVE A COLD?

The general rules are: one day before your cold symptoms appear and up to five days after you start to have symptoms. This is tough isn't it. It means that there are many healthy appearing people who are spraying the virus where ever they go. It also means that after the first week or so, you're still blowing your nose and wheezing (yes, people will avoid you) and you're not contagious. Simply put, when you start a fever and until your head is clear/without fever, you should limit contact with the human species (and definitely don't be serving food to the public). Thanks.



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WHAT'S THE DEAL WITH "PINE MOUTH?"

What? No. It's a real deal. For some people, eating pine nuts causes a metallic taste in their mouth that occurs often hours to days after eating the nuts and this effect can increase when eating foods for maybe a week or more. We really don't know what is causing this disgeusia (a fancy name for "bad taste in your mouth."

Note you can get a bad taste in your mouth from eye drops too). There is a support group on Facebook for people who experience "pine mouth." Since pine nuts are put on all sorts of foods recently, it has become a bigger problem. If you have this, we would encourage you to contact the FDA (for state FDA offices you can try ["tinyurl.com/FDAPine"](http://tinyurl.com/FDAPine)) to see if there is any new information on this unusual and not widely known food complication. Thanks.



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