



# VisionArts

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## Eyecare Center

Eye Health Wellness Rejuvenation

**“Healthy Eyes START with a Healthy YOU!”**

**Dr. J. W. Vann, Optometrist**

**Fall 2013**

## Protective eyewear for football and soccer? *There’s no need, right?*

### Wrong!

Although football players wear helmets, that doesn’t mean stray fingers can’t come through or under facemasks. Players driven into the turf may occasionally come up with a faceful of dirt. The newer artificial surfaces also have those rubber pellet things that go flying. Eye irritation, scratched corneas, and bruising are definite possibilities.

In soccer, the old way of thinking was that since the ball is 8.6 inches in diameter, the risk of eye injury was very minimal. Well, the risk may be less, but 2 percent of soccer players who play eight years or more will sustain an eye injury. Doesn’t sound like a lot, but it’s significant if your budding superstar is



one of the 2 percent. Over 80 percent of soccer eye injuries are caused by the ball. Because the ball is relatively soft, on impact it remains in contact with the eye orbit longer. Injuries can range from major (retinal detachment, vitreous hemorrhage) to minor (contusions, corneal abrasions). Errant finger pokes, elbows, and head-to-head collisions are tough on eyes, too. Heading the ball should be discouraged for elementary-age children.

Unfortunately, according to The Coalition to Prevent Sports Eye Injuries, over 80 percent of kids aren’t wearing protective eyewear when playing sports that have a significant risk of eye injury.

Sports are fun and teach valuable lessons. Kids will enjoy them even more if their eyes are properly protected. We can guide you in the process of selecting protective eyewear. Give our office a call at **573-642-6800** today.



## 8TH ANNUAL Second Sight Friends BBQ, Bake Sale & Silent Auction!

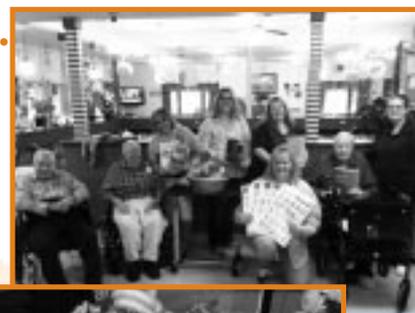
**Friday, October 11, 10 a.m.–4 p.m.**

*VisionArts parking lot, rain or shine!*

Join Second Sight Friends as we raise funds for low-vision equipment and other items to brighten the lives of local-area nursing home residents and to support other senior charities.

Keep an eye on our website or *LIKE* our Facebook page to get updates on the fundraiser and silent auction!

*Call our office to pre-order multiple meals.*



**Thank you for all your referrals. We appreciate them!**

## An eye or a limb?

**Bausch & Lomb recently released the results of a global survey of 11,000 consumers in 11 of the world's most developed nations.** The survey included questions on awareness, behaviors, and attitudes related to eye health. Some points of interest:

- If forced to choose between vision and hearing, 78 percent would give up hearing; 68 percent would sacrifice one of their limbs; and 67 percent would take 10 years off their life rather than give up vision.
- 65 percent did not have regular eye exams, since their vision was clear and they didn't have any symptoms of anything. *(Regular eye exams can catch disease or abnormalities **before** vision becomes impaired or any symptoms surface.)*
- 68 percent claimed to be knowledgeable about eye health, but only 21 percent of them had regular eye exams over the prior five years. *(Intelligence and wisdom are two separate issues.)*

People seemingly value vision, but often don't show it with their actions. Let us help you maintain quality vision and eye health. Call our office to schedule your comprehensive eye exam today.

## Preventing or delaying cataracts

**For the risk factors of age, race, family history of cataracts, severe nearsightedness, and the size of the crystalline lens in the eye,** there is nothing that can be done to delay or prevent cataracts. That's the bad news.

But here's the good news. We *do* have control over other factors that contribute to cataract development, including trauma to the eye, diabetes, smoking, nutrition, and cumulative exposure to sunlight.

If you are about to engage in activity that includes the risk of eye trauma, wear polycarbonate protective eyewear. Sports and home-improvement projects are two such examples. Trauma to the eye can sometimes cause immediate cataract development.

Diabetics must be vigilant in keeping their diabetes under control. Proper diet and exercise, and taking medications as prescribed, are vital. Make sure you schedule an annual eye exam (or more if recommended) with our office. Diabetics are at higher risk for faster-growing cataracts at earlier ages.

If you're a smoker, every puff increases your odds of a cataract. Heavy alcohol consumption greatly elevates the risk as well. Drink in moderation, if at all.

Prolonged use of certain medications can hasten cataract development. Your prescribing doctor should be on top of this.

Diets rich in antioxidant nutrients found in fruits, vegetables, and some supplements have been found to reduce the risk of cataract development.

Protect your eyes from ultraviolet (UV) rays, which can accelerate the development of cataracts. Sunglasses with 99–100 percent UV protection are the weapon of choice in this battle. We would be happy to help you explore your options.

*We **do** have control over some factors that contribute to cataract development.*

## Obstacles to eyedrop application

**Eyedrops are effective in managing eye conditions,** facilitating healing, reducing the risk of infection, and moistening eyes, among other benefits. There are a few roadblocks, however, to proper eyedrop usage:

**Inability to self-administer.** Some patients lack the dexterity to properly apply their own eyedrops. Others blink too much and miss the mark. Taking too small of an eyedrop dosage renders it ineffective; taking too much is at best wasteful, and at worst increases the risk of harmful side effects. If you have trouble administering eyedrops, talk to us. We can demonstrate the proper technique (and alternative methods) and provide the necessary application aids for those with physical limitations.

**"But I feel great."** For some people, the importance of using eyedrops correctly doesn't sink in. For example, many surgeries today allow the patient to return home almost immediately, with a short recovery time. Because the patient feels so well so soon, they lose sight of the importance of following through with eyedrops, despite their doctor's warnings.

**Forgetfulness.** Some patients simply forget. Using eyedrops isn't part of their normal daily routine, and the rest of their "busyness" crowds out eyedrop duty.

**Inconvenience and disdain.** A certain number of patients absolutely despise administering eyedrops, so they simply avoid it.

**The proper use of eyedrops may mean the difference between a good outcome and a poor one.**

The chance of visual complications rises dramatically if eyedrops are misapplied, ignored, or taken only sporadically. It's never wise to take risks with your eyes.

## Reading glasses...prescription versus over-the-counter

For some people, when focusing on near objects becomes a blur (e.g., reading), visions of over-the-counter (OTC) reading glasses dance in their heads, especially if they've never worn corrective eyewear before. They're inexpensive, feature attractive and convenient styles, have many power/strength choices, and can be in your possession quickly. But please consider the following:

- The magnification power of OTC readers is the same for each eye, but most people do not have the same prescription in each eye. One eye may be forced to work harder than the other, causing eyestrain. Prescription reading glasses would take care of that.
- OTC readers are "one size fits all." Prescription readers are customized to fit your individual needs, including properly lining up the optical center of the lens with the center of the pupil.
- OTC readers do not correct for astigmatism; prescription ones do. Many people have a small amount of astigmatism. Not accounting for this can result in headaches, tired eyes, and vision that's "off."
- Many OTC readers have distortions, waves, or bubbles in the lenses, which can interfere with clear vision. Prescription readers are free of these deficiencies.

In most cases, prescription reading glasses surpass OTC reading glasses in quality and effectiveness. If we feel OTC glasses are sufficient for your needs, we'll tell you so.

We want to stress that any time you have a change in vision, it's important to schedule a comprehensive eye health and vision exam. Some vision changes are due to serious conditions. It's always better to be safe than sorry.



## Bad decade for diabetic retinopathy numbers

According to a report released by Prevent Blindness and the National Eye Institute, the number of people age 40 and over with diabetic retinopathy in the United States rose from just over 4 million in 2000 to over 7.5 million in 2010—a spike of 89 percent, easily outdistancing the general-population increase in the 40+ age bracket (19.5 percent).

Uncontrolled diabetes causes damage to the blood vessels of the body, including those in the eyes. In turn, these vessels may eventually leak blood and other fluids into the retina, causing swelling that leads to blurred vision. In advanced stages, the retina is deprived of oxygen, so the body tries to compensate by creating new blood vessels, which are fragile and leak blood into the clear fluid in front of the retina (vitreous), causing major vision impairment and blindness.

There are important things you can do to avoid this scenario:

- Keep your diabetes under control.
- Maintain a healthy diet.
- Exercise regularly.
- Monitor your blood pressure and keep it under control.
- Quit smoking.
- **Schedule a dilated or Optomap eye exam each year at our office.**

Diabetic retinopathy often displays no obvious symptoms in its early stages, but there is evidence of the disease that we can see with a comprehensive eye exam. In fact, some people are unaware they have diabetes; an eye exam can often alert them to this important fact.

*Don't unnecessarily put your vision and eye health at risk. Schedule a comprehensive eye exam with us today.*





## IMPORTANT DATES

**October 11:** Closed for Second Sight Friends Fundraiser

**October 30:** Open 10 a.m.-7 p.m.

**October 31:** Open 8 a.m.-5:30 p.m.

**November 11:** Closed for staff training

**November 28-29:** Closed for Thanksgiving

**December 24-25:** Closed for Christmas

**December 31:** Open 8 a.m.-5 p.m.

**January 1:** Closed for New Year's Day



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**J. W. Vann, O.D.**  
614 Market Street  
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### Office Hours

Monday 8:00 a.m.-5:30 p.m.  
Tuesday 8:00 a.m.-5:30 p.m.  
Wednesday 8:00 a.m.-5:30 p.m.  
Thursday 10:00 a.m.-7:00 p.m.  
Friday Noon-5:00 p.m.

**Call us: (573) 642-6800**

**Visit our website:**  
[www.visionartseyecare.com](http://www.visionartseyecare.com)

## DID YOU KNOW?

- **VisionArts provides safety eyewear for many local companies.** Call to see if we are a provider for your employer!
- **We support the Callaway Buddy Pack Program!** You can donate to this much-needed program in our office, too!
- **We want to contact you in whatever method is most convenient for you.** Let us know if you prefer to be reached by e-mail, text, or phone. We can be reached at **573-642-6800** or **appointments@visionartseyecare.com**.
- **Dr. Vann has a blog!** You can Like our Facebook page or follow us on Twitter to read his blog and get updates on specials and promotions at VisionArts.
- **VisionArts** believes that *Healthy Eyes START with a Healthy YOU!* Your family can receive a free **Eyefoods for Kids** book with your child's eye exam (a \$15 value). Call to make an appointment today!

