



Vision Arts

Eyecare Center

Eye Health Wellness Rejuvenation

“Healthy Eyes START with a Healthy YOU!”

Dr. J. W. Vann, Optometrist

Fall 2016

Flexible Spending Accounts—***“Use it or lose it!”***

Flexible Spending Accounts (FSA) enable employees to deduct pretax dollars from their paychecks and deposit them into an account that can be used to pay healthcare-related expenses throughout the year that aren't covered by insurance. Dependent care is also included. FSA contributions can potentially save a person up to 30 percent of their hard-earned money, since contributions aren't taxed. If your employer offers an FSA, it makes good financial sense to utilize it.

There is a ceiling on yearly contributions to an FSA—the amount was \$2,550 in 2016. An FSA requires some planning, as money left over at the end of the calendar year cannot be rolled over to the next. It's "use it or lose it." Leftover money transfers to a company fund to be used at the company's discretion. Under no circumstances can money be returned to the employee. Some companies may offer a grace period to spend

unused funds, but they're under no obligation to do so.

With regard to vision needs, FSAs can be used to cover expenses such as copayments and deductibles, comprehensive eye exams, prescription eyeglasses and sunglasses, contact lenses, and LASIK surgery, among other options.

Don't put off addressing your family's eye-health needs. Get them taken care of before December 31 rolls around. We stand ready to help.



Digital technology and kids' eyes

Kids today utilize digital devices from an early age. Smartphones, iPads, computers, video games, and 3D viewing—at home, in the classroom, and while on the go—are the norm. These devices can be amazing tools/entertainment, but parents should be aware of a few things.

High-energy visible (HEV) light is dispersed by digital devices (as well as the sun, televisions, and fluorescent and LED lighting), which can cause temporary digital eyestrain. Overexposure may raise the risk of developing age-related macular degeneration later in life.

Logging too much computer time may result in computer vision syndrome, with its annoying eyestrain, headaches, dry eyes, neck pain, and blurred vision. Tailoring work spaces at home to accommodate kids and urging them to practice the



20/20/20 rule—viewing something at least 20 feet away for 20 seconds every 20 minutes—are beneficial.

As for 3D technology, the American Optometric Association states unequivocally that watching 3D images does *not* harm children's eyesight. Kids who don't experience the full 3D effect or who suffer with eyestrain, headaches, nausea, or dizziness while viewing 3D movies or images likely have a treatable, underlying vision disorder.

Moderation in digital-device viewing is a good start to combating its short-term and possible long-term effects. **HEV-filtering lenses/coatings and computer glasses are available to help, too.** Your best move is to schedule annual comprehensive eye exams for your child.

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Thank you for all your referrals. We appreciate them!

Buying glasses online: *Is it a good idea?*

If you wear glasses, you may have wondered what online eyeglass retailers are all about. It's easy to get drawn in by their low costs and the convenience of shopping in your pajamas, but I have to warn you, there are risks involved in purchasing eyeglasses online.

First we must remember this very important detail: Eyeglasses are not a fashion accessory; they are an investment in your health. In order to ensure that they function properly, they must be custom fitted to meet your prescription needs. This is not to say they can't also be fashionable and fun to wear. I want you to love wearing your glasses, but ultimately that is not their purpose. Their purpose is to help you see. Dr. Vann puts it best when he says, "The numbers on the page are only half of your prescription." The rest is fulfilled by an optician as he or she completely customizes the lenses to meet your visual needs and then provides the precise and detailed measurements required to ensure optimum vision. As you can imagine, buying a custom-made item such as this without professional assistance can present a myriad of problems.

Improper fit of the frame. Choosing a frame is a big decision. The style, the color, the size—a frame can help you tell the world who you are. Even more important than that, the way a frame fits you can affect how well you see. Opticians are trained to know what type of frame is required for your prescription. They know how to identify the optical center of a lens, the potential thickness of your lenses in that particular frame, whether a multifocal or computer lens will be practical in a certain lens size, and so much more. Comfort of the frame should be of concern as well. While you may know that you need a 17-millimeter bridge and 140-millimeter temples, you must consider that, like clothes and shoes, every frame will fit you differently. The only way to know for certain that a frame will work for you is to try it on, and the only way to acquire the precise measurements needed for your lenses is for a trained professional to take them while you are wearing the frame. Online retailers will tell you that you only need your pupil distances (PDs), which can be true, if you are purchasing very basic single-vision lenses in a low prescription. They will even provide you instructions on how to take the measurements yourself, or they will encourage you to have your eye doctor provide them. If you choose this route, be aware that this is not part of your routine eye exam, so you should be prepared to pay for this service. Practices charge as much as \$50 to provide the required measurements, and you will often be told that they cannot be taken with any sort of accuracy unless you are wearing the frame on your face.

Incorrect prescription and safety of materials. At VisionArts we have a system in place to ensure that your glasses arrive accurately made in the proper materials and with the proper prescription. There are a number of checks and balances glasses orders go through within our

office before they reach the lab. Once the order is fulfilled, our lab puts the lenses through several quality checks before returning them to us. Upon arrival at our office, we once again verify the prescription in the lenses before dispensing them to you. Rarely do incorrectly made glasses make it into the hands of our patients. By contrast, a recent study by the American Optometric Association revealed that 29 percent of glasses ordered online had at least one lens that failed to meet the required prescription, and that 19 percent of adults' lenses and 25 percent of children's lenses did not meet safety standards. Another recent consumer report stated that of 36 pairs of glasses studied, only 10 pairs met industry standards for prescription accuracy and safety.

Inferior quality and authenticity of products. We prescribe very specific products in our office, and there are specific reasons behind these choices. Most online retailers do not have access to the same products that we as private practitioners can provide. They will tell you their products are the same, but just as with any other product, quality and performance vary widely from brand to brand. When our doctor prescribes a particular lens for you, it is because that lens will provide you with the best visual solution and maximum protection for the health of your eyes. If you purchase inferior products, your glasses won't perform as we promised you they would in our office.

Lack of follow-up care. Our eyewear is backed by a 90-day adaptation period, during which time we can change anything we need to in order to ensure that you are completely satisfied with your purchase. Beyond that, both the frame and lenses will have a 1–2-year warranty available that protects against normal wear and tear, scratches, and other defects. Should these problems arise, our opticians take care of remakes and repairs for you. It goes without saying that we can only guarantee and stand behind products that we have provided for you. As sad as it makes us when we hear that your glasses aren't working properly, if they weren't purchased from our practice, there is very little we can do to help you. With online glasses, you must deal with the hassles of warranty issues on your own. Even if you are one of the lucky ones who managed to receive a properly made pair of glasses from an online retailer, you may need them adjusted or repaired from time to time. Our practice and most others will charge you for these services on glasses not purchased from us.

I do understand the lure of saving money, but as you can see, there are significant risks involved in making such an important purchase online. Ultimately, if you decide to try buying glasses from an online retailer, just keep this final thought in mind: You wouldn't expect much from a vehicle with a \$900 price tag attached. Likewise, you shouldn't expect much from a pair of glasses with a \$39 price tag attached.

Night vision troubles

Some people experience an unpleasant shift in their vision when driving at night or otherwise trying to maneuver in dim light. Glare, halos, light sensitivity, and overall poor vision abound.

Pupils shrink as we get older and don't dilate as much in dim light, meaning less light enters the eye. Sometimes the pupil in one eye reacts differently to the same light as the pupil in the other eye. This inequity produces blurred vision.

An aging lens and cornea also become less clear, causing light to scatter inside the eye. The end result is increased glare and reduced contrast sensitivity. A cataract is a clouding of the crystalline lens, limiting the amount of light entering the eye and also spurring a dramatic rise in glare.



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The retina contains light receptors called rods and cones. Rods are responsible for our vision in dim light. As we age, we can lose up to one-third of our rods—bad news for night vision.

Other factors involved in poor night vision include diseases such as glaucoma, age-related macular degeneration, and diabetic retinopathy; occasional side effects from medications and laser surgery; and higher-order aberrations. A simple refractive error, scratched or pitted eyeglass lenses, or a diet deficient in vitamin A or zinc may be the culprit, too.

Many eye conditions that produce substandard night vision are treatable, correctable, manageable, or preventable. Partner with our office to achieve or maintain optimum eye health.

Vitamin D is essential to **GOOD EYE HEALTH**

Vitamin D is the only vitamin formed with the help of direct sunlight. When ultraviolet-B rays are absorbed by the skin, they synthesize with a biochemical in the skin to form vitamin D.

Vitamin D strengthens teeth and bones; helps regulate cells, systems, and organs throughout the body; and plays a role in fending off various diseases, including age-related macular degeneration (ARMD). ARMD causes impaired central vision and is the leading cause of vision loss in older Americans.

Work and lifestyle changes over the last century, more recent skin-cancer awareness, and sunscreen usage have kept people out of or shielded them from the sun, which has contributed to vitamin D deficiency.

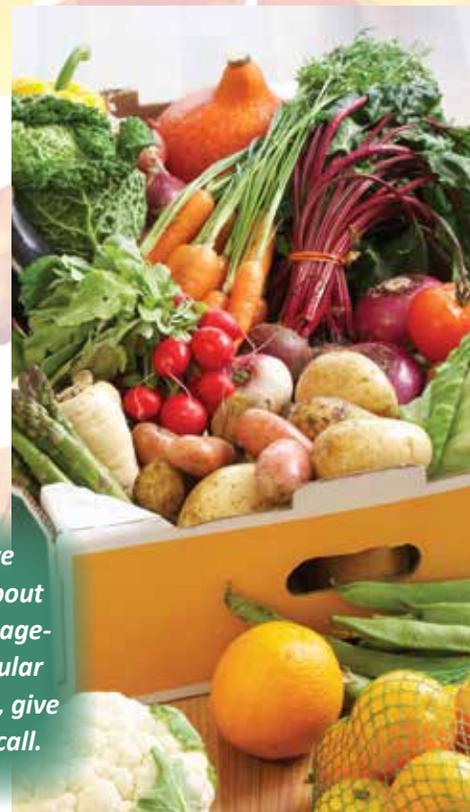
The amount of direct-sunlight exposure required for sufficient vitamin D production varies from person to person, with factors such as UV

levels, skin type, and amount of skin exposed playing a role. Short, incidental jaunts in the sun (e.g., a walk to the nearby post office) a few times a day are the best way to rev up vitamin D production without risking damage to your skin.

Direct sunlight is clearly the best source of vitamin D, but the following foods can chip in:

- dark-green, leafy vegetables
- salmon, trout, tuna, scallops, halibut
- beef liver
- portobello mushrooms
- fortified milk
- fortified orange juice
- fortified cereal
- egg yolks
- walnuts and Brazil nuts
- nutritional supplements

If you have questions about vitamin D or age-related macular degeneration, give our office a call.



Ocular migraines... harmless but troubling

Ocular (or ophthalmic) migraines are painless, harmless, temporary visual disturbances that can affect one or both eyes. Although they lack the intense pain, nausea, and lightheadedness of classic migraine headaches—and generally don't require treatment—they can still be frightening.

Ocular migraines sometimes accompany classic migraines but oftentimes spring up apart from the classic variety. Symptoms include a small, enlarging blind spot (scotoma) in your central vision. Within the blind spot there may be bright, flickering lights (scintillations) or a shimmering zigzag line, and/or wavy lines surrounding the blind spot. Ocular migraines generally last 20–30 minutes.

There is an air of mystery to ocular migraines (and classic migraines). The processes that trigger them are poorly understood. Symptoms do not originate in the eye itself, but rather in the visual cortex of the brain. Migraines may be spurred on by the body's neurological response to triggers such as flashing lights, hormonal changes, chemicals in certain foods, and various odors, among others. Changes in blood flow to the visual cortex of the brain may precipitate ocular migraines as well.

If beset by an ocular migraine, stop your current activity, relax, and wait till it passes before resuming. Any vision disturbance warrants a call to our office. In some instances, another condition could be masquerading as an ocular migraine, such as a detached retina—a serious matter. Better to be safe than sorry.

Contact lens wearers receive failing grade

According to the Centers for Disease Control and Prevention, an unsettling 99 percent of contact lens wearers have engaged in at least one risk behavior that can set them down a path to eye inflammation or infection—and possible blindness.

Proper wear and care of your contacts is imperative to maintain good eye health.

Over 40 million Americans wear contact lenses on a regular basis. Nearly one-third have had to visit their eye doctor at some point due to eye redness or pain caused by their contacts.

Some of the faux pas committed by wearers include sleeping with contacts on overnight (when not designed for that); simply adding more disinfecting solution to their case instead of completely emptying it and cleaning it first; continuing to wear contacts even when discomfort and/or redness surfaces; wearing contacts past the recommended date; not replacing their lens case every three months or sooner; rinsing with or storing their lenses in tap water (or other unapproved solution); and showering or swimming while wearing contacts. Microorganisms in water can attach to a contact, gain access to the eye, and stir up trouble.

Isolated mistakes or oversights might not necessarily lead to inflammation or infection, but they don't help, either. Consistent errors open the door to possible permanent vision impairment.

Proper wear and care of your contacts is imperative to maintain good eye health. Call us immediately if you are experiencing any problems.



How can we best reach you?

We constantly look for ways to make your visits to our office easier and more enjoyable. That's why we have a new system that allows you to choose how you would like for us to contact you regarding appointments, events and promotions, and our newsletter. We can now text message, email, and/or phone you. It's all up to you how you'd like to hear from us. This feature is fully customizable, so if your preference is to receive appointment reminders via text message, but the newsletter via email, that's no problem. If you'd like phone calls for your appointments and nothing else, you've got it.

There's only one catch: We can't update your preferences if we don't know what they are. So if you haven't done so recently, please email events@visionartseyecare.com or call the office at (573) 642-6800, and let us know your preferences.

We have a new system that allows you to choose how you would like for us to contact you regarding appointments, events and promotions, and our newsletter.



VisionArts Eyecare Center
J. W. Vann, O.D.
614 Market Street
Fulton, MO 65251

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

Closed October 14, Annual BBQ fundraiser
Closed November 24 & 25, Thanksgiving

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PRESORTED
FIRST CLASS
U.S. POSTAGE PAID
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BBQ

BAKE SALE AND RAFFLE

October 14

11AM-3PM | VisionArts'
Parking Lot

Proceeds benefit the Buddy
Pack Program & the Callaway
County Humane Society



Deer Widows' Night Out

A ladies' night out with complimentary wine
tasting, hors d'oeuvres, and chair massages.
Also, enjoy a fashion show and browse eyeglass
frames with representatives from Tura,
ClearVision Optical, and McGee Group.

When:
November 15
6pm-8pm

Where:
The Art House
531 Court St.
Fulton

Space is limited!
RSVP by
Nov. 1, 2016
to (573) 642-6800