



Vision Arts

Eyecare Center

Eye Health Wellness Rejuvenation

“Healthy Eyes START with a Healthy YOU!”

Dr. J. W. Vann, Optometrist

Spring 2016

Not everyone looks forward to *Spring!*

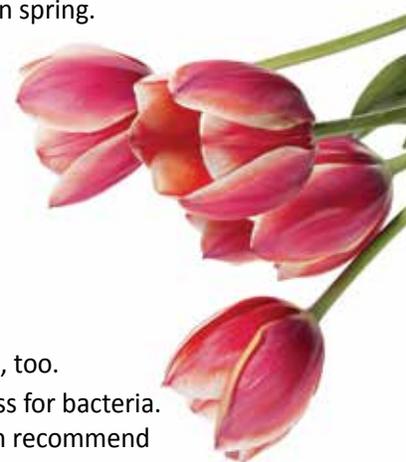
When winter recedes and spring takes center stage, not everyone is rejoicing. As many as 60 million Americans experience the misery of seasonal allergic conjunctivitis (SAC) and its trademark sneezing, coughing, sniffing, and itchy, watery, red, swollen eyes.

With SAC the body overreacts to pollens in the air, the prime sources being grass, flowers, and trees. It responds by releasing chemicals called histamines, which trigger the all-too-familiar sinus and eye issues that put a damper on spring.

Consider the following tips:

- ⊗ Keep the windows closed on high-pollen days.
- ⊗ Use HEPA (high-efficiency particulate air) filters in vacuums, air purifiers, and air conditioning systems to keep irritants at bay. Have your air ducts cleaned as well.
- ⊗ Vacuum the carpeting and launder pillowcases, sheets, and wash cloths more frequently.
- ⊗ Wash your hair at night so that allergens are cleared out before you sleep.
- ⊗ Wraparound sunglasses can help fend off outdoor allergens.
- ⊗ Ask about daily disposable contact lenses during allergy season, which minimize allergen buildup.
- ⊗ Pets should see more bath time if they romp outdoors; deny them access to your sleeping quarters, too.
- ⊗ Avoid rubbing itchy eyes. Too much rubbing can cause corneal damage and provide increased access for bacteria.

Severe cases of SAC warrant a call to our office. We will examine your eyes to cover all bases and can recommend over-the-counter remedies or prescribe medication to ease your suffering.



A glaring effect on vision

Glare from light reflected off water, snow, asphalt, glass, and other nonmetallic materials/surfaces can create viewing discomfort that ranges from mild to blinding. Polarized sunglasses, however, are an excellent antidote.

Light waves in their natural state are random in their orientation, vibrating in all directions. This is unpolarized light. When light reflects off flat or smooth surfaces such as those listed above, it frequently becomes horizontally polarized. This means the light waves become more horizontally oriented, and increasingly organized and concentrated. This effect produces brighter light and glare.

Polarized lenses filter out the more focused, horizontally oriented light waves that create glare, while permitting the far less irritating vertically oriented waves to pass through.

Polarized lenses reduce eyestrain and fatigue, diminish haze when viewing distant objects, enhance one's ability to distinguish colors and track objects, and improve safety. Outdoorsmen, waterside vacationers, outdoor athletes, and drivers can all reap the rewards...but make sure lenses offer 100 percent ultraviolet-ray protection.

Polarized sunglasses tend to be more expensive than “regular” sunglasses, LED and LCD displays are more difficult to read, and ice patches on ski slopes may go undetected. For many, however, the benefits far outweigh the drawbacks.

Ready to show glare the door? Visit our office to check out our wide selection of sunglasses.



Thank you for all your referrals. We appreciate them!

Are contacts a good idea for children?

It's not so much a matter of age, but a matter of maturity. Physically, a child's eyes can tolerate contacts at a very young age. And in a recent study, 90 percent of 8–11-year-olds had no trouble applying or removing one-day disposable contacts unassisted.

One measure in determining whether a child is ready for wearing and properly caring for contact lenses is the responsibility they show in other tasks. Do they follow through on homework and other projects and chores? If they handle such duties without constant reminders, they'll probably do well with contacts. There are 11-year-olds who can be trusted with contacts; there are 16-year-olds who can't. Readiness varies from case to case.

There's no doubt contacts offer benefits to kids. Wearing contacts to play sports eliminates the fogging up of lenses of sports eyeglasses, or the vision distortion that rain causes on eyeglass lenses. Contacts offer stability to vision while running; glasses tend to bounce up and down. (Glasses can break, too.) Many kids don't like the way they look in glasses; contacts can improve self-esteem.

Another positive is that a child doesn't have to worry about accidentally sitting on or bending their contacts, or a baby brother yanking them off their face. Last but not least, a decision for contacts for your child needn't be a permanent one. If it doesn't work out, you can always switch back to glasses.

Is your child ready to try contact lenses?

Get them started over the summer
and be ready for back to school, PLUS

SAVE 25% on a year's supply!

Offer Valid June 1-August 31, 2016. Some restrictions may apply.

Donate a new backpack to the
Buddy Pack Program with your
contact lens purchase and

RECEIVE 50% OFF
non-prescription sunglasses!



The importance of regular eye exams

How important are regular, comprehensive eye exams? Let us count the ways....

Regular, comprehensive eye exams are crucial in discovering eye diseases whose first symptom is permanent vision loss. Glaucoma is notorious as the "silent thief of sight." Diabetic retinopathy is seriously sight-threatening, too. The risk of macular degeneration rises as we age. The earlier it can be treated, the better. Cataracts need to be monitored as well.

An eye exam can also reveal health issues occurring elsewhere in the body. Diabetes, stroke, inflammatory arthritis, high blood pressure, elevated cholesterol levels, some cancers, circulatory issues, and multiple sclerosis are a few of the conditions that an eye exam may be the first to reveal.

Visual acuity (sharpness of vision) may change slightly without your knowledge, which can lead to headaches and general fatigue. It's vital that your prescription be updated as needed for optimum vision and comfort. We can also give you the lowdown on frame and lens materials, lens coatings, and your options in contact lenses.

Developmental problems in children that go undetected may contribute to learning/reading difficulties, and even behavioral issues. Amblyopia ("lazy eye") and strabismus ("wandering eye") can eventually lead to permanent vision loss if not treated early.

We believe sight is a precious commodity. Scheduling regular eye exams reflects that you feel the same way. If you're overdue, give us a call today.





Glaucoma may start in the brain

Recent research conducted at the Vanderbilt Eye Institute has revealed some intriguing information on glaucoma. Long thought to be a disease of the eye in which sensitivity to ocular pressure results in damage to the retina and optic nerve—damage that does not regenerate—researchers have uncovered evidence that leads them to believe that glaucoma may originate in the brain instead.

Evidence from the research indicates that the connection between the optic nerve and the midbrain is interrupted by neuronal degeneration that begins in the brain, then works back toward the eye. The involvement of eye structures occurs in the latter stages of the disease.

Glaucoma susceptibility increases with age. Traditional glaucoma treatments focus on lowering ocular pressure within the eye, but with the results of the Vanderbilt Eye Institute study, additional plans of attack will now be explored that focus on neuronal activity in the middle of the brain. Work to develop medications to restore or at least improve the connection between the optic nerve and midbrain has begun. It's even possible that MRIs may become useful as an early diagnostic tool.

Although the news on the glaucoma front is exciting, the disease is still a menace. Do your part by scheduling regular, comprehensive eye exams. If you're overdue, give our office a call today.

Diabetics and contacts—proceed with caution

Diabetes has become an epidemic in this country, and eye health is in its crosshairs. Diabetes renders a person more susceptible to sight-threatening diabetic retinopathy. Dry eyes occur more frequently and severely. In addition, diabetes weakens the surface of the cornea, making it more vulnerable to corneal abrasions. Diabetes also slows the healing process, opening the door to infection and ulcers.

Despite these downsides, many diabetics are still able to wear contact lenses—with the proper precautions. First off, make sure your eye doctor knows you have diabetes. It may determine what type of contacts would be best, which cleaning solutions to use, and the ideal frequency of comprehensive eye exams.

As long as a diabetic patient's A1C level is not too high—A1C measures one's amount of sugar in the blood—wearing contacts is usually OK, although extended-wear and rigid lenses are generally off the table. Daily disposable contacts present the lowest risk of complications. They involve less handling, and there's no chance for chemical buildup and minimal risk of bacterial buildup to jeopardize eyes.

As for all contact wearers, it is critical to comply with replacement schedules, practice proper hygiene and lens care, and remove contacts before going to sleep.

Don't let diabetes get the best of your eyes... or overall health. Make us a part of your diabetic healthcare team.

“GO PLAY OUTSIDE!”

Scientists believe a lack of natural outdoor light exposure may be to blame for the dramatic spike in myopia (nearsightedness) cases—40 percent of Americans are myopic, compared to 25 percent in the 1970s.

Those with myopia have a slightly elongated eyeball. Distant images focus in front of the retina instead of directly on it, blurring distance vision. Eye shape is influenced by growth occurring from infancy through adolescence based on genetic instructions. But external cues play an important role, too.

Researchers believe natural light stimulates the release of dopamine in the retina, putting the brakes on excessive eye growth that can lead to myopia. Indoor light does not do this nearly as well. Outdoors, there is a much broader field of view and clearer peripheral vision than indoors, which relaxes the eyes and prevents excessive eyeball growth. Humans also utilize ultraviolet rays from sunlight to produce vitamin D, which is important for good eye health.

Reading, computer and mobile-device use, and video gaming have a minimal effect on spurring myopia—but they mostly take place *indoors*. Data suggest that children predisposed to myopia are three times less likely to need corrective eyewear if they spend 14 hours a week outdoors, on average.

Regular eye exams are also key to getting a handle on myopia. Give our office a call...then tell your kids to go outside!



Corneal reshaping therapy (CRT)

If you're thinking about laser vision correction, consider this: You can now have a surgical-free procedure called corneal reshaping therapy, or CRT. CRT involves wearing a special contact lens each night to reshape your cornea. Like laser vision correction, corneal reshaping can provide 20/20 vision and allows you to enjoy your day without the hassles of daytime contacts or glasses—and without undergoing a permanent surgical procedure. CRT is a safe method of reshaping your cornea overnight using specially designed contact lenses. FDA-approved for all ages, CRT is GREAT for kids with active lifestyles and slows the progression of nearsightedness—even in those with astigmatism.



CRT is ideal for:

- Kids and teens with active lifestyles who may be concerned about their myopia, or who want freedom from the hassle or discomfort of daytime contacts. There is no age restriction for CRT.
- Parents concerned about their child losing or breaking their contacts or glasses while at school or play. Parents appreciate being able to supervise their child's wearing schedule each evening, which ensures they wake up to great vision every day.
- Adults suffering from dry or uncomfortable soft contact lenses or those who dropped out of lens wear altogether. Corneal reshaping with Paragon

CRT® is safe and effective.

Interested in learning if CRT is right for you or your child? Call our office today to schedule a free screening!



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 May 30, Memorial Day
Closed July 4, Independence Day

© Copyright 2016. Newsletters Ink. Corp. Printed in the U.S.A. www.NewslettersInk.com
The information included in this newsletter is not intended as a substitute for personal, professional advice. For your specific situation, please consult our office.

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

PRESORTED
FIRST CLASS
U.S. POSTAGE PAID
LANCASTER, PA
PERMIT NO. 23

Back to School Savings!

Kids' Lens Package ONLY \$295

Impact Resistant Single Vision Crizal Prevencia No-Glare, with Transitions Signature VII and a 2 Year Warranty

Plus receive \$129 frame credit when you donate a backpack to the Buddy Pack Program

June 1 - August 31, 2016



Kids can enjoy summer fun at VisionArts during our Kids' Exam Days!
June 22, July 20, August 3, and August 10, 2016.

SCHEDULE YOUR APPOINTMENT EARLY TO AVOID THE BACK-TO-SCHOOL RUSH!