

**Optometric Center for
Family Vision Care & Vision Therapy**
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OFFICE HOURS

Monday, Wednesday, Friday: 9:00—5:00
Tuesday: 9:00—7:00
Thursday: 2:00—7:00
Saturday: 8:00—1:00

*We close daily between 1:00—2:00 for lunch

Please share this with your Family & Friends

Vision Therapy Success Corner

A Father and His Daughter's Story:

"Eva had disengaged at school and refused to participate in class activities that involved reading as a group. She had difficulties paying attention in class and was easily distracted when doing school work. Fortunately, Eva was referred to your office and we found out she had a vision problem.



Eva says, 'Now that I finished Vision Therapy it's easier for me to read longer words in smaller fonts and keep my place on the page in books. I now can read together with my friends.' Eva joins her friends reading Warrior books at a lunchtime book club. Recently she performed a lead role in a class theater project, having the confidence to read on stage, in front of an audience (this would not have been possible without vision therapy!).

In addition, many experts have told me over the last 40 years that I would not be able to use my right eye and that I never would have stereo vision due to amblyopia (a lazy eye). But, after my daughter was referred to Dr. Carole Hong for vision therapy, I got interested in the literature supporting this field. An interview on NPR with Dr. Susan Barry, author of *Fixing My Gaze*, encouraged me to read her book and learn how vision therapy was able to help an adult obtain stereo vision and see in three dimensions. I was interested in giving vision therapy a try myself, especially after observing Eva's progress.



Working with Dr. Carole and her team has been a very interesting and rewarding journey. My visual acuity has significantly improved and the many different exercises have trained my eye, and brain to process images from both eyes. I can now enjoy 3D movies with Eva (homework for vision therapy!). As an avid nature photographer, I have also come to appreciate forests and trees in a completely different way.

I wish I had known about vision therapy at my daughter's age. Even now I am very happy to have gained use of my right eye and especially the depth perception that came with it. Without the referral to Family Vision Care by Dr. Leslee Belzer who suspected an underlying vision problem with Eva, none of this would have been possible for either of us!" - **Gary Brower**



Tips for Tired Eyes

Working on computers, and extended reading or other near work often leads to tired eyes. Here's what we suggest:

- ◆ **Use the 20-20-20 Rule (see below) while on the computer, or when reading. Cut it out and post near your computer or use as a bookmark as a reminder.**
- ◆ **Imagine a clock directly in front of you. Focus on the center point, then look at an hour mark without moving your head. Look back at the center of the clock, and then focus your eyes on another hour mark. Try this 10 times.**
- ◆ **Blink often! Especially while on the computer or if you wear contact lenses.**

20-20-20 Rule

- **20 Second Break**
- **Every 20 Minutes**
- **Focus 20 Feet Away**



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FVC's OUTLOOK

Eyecare News from Family Vision Care

3D Movies Now Have an Added Dimension: Protecting Eye Health



SONY, Intel, Walt Disney Home Entertainment, Turner, Technicolor, and 40 other home entertainment companies have joined together with the American Optometric Association (AOA) to help make 3D TV, movies, video games, cameras, etc., as safe and enjoyable as possible.

The 3D@Home Consortium is a collaboration of 45 home entertainment companies that formed to "provide the best possible viewing experience by facilitating the development of standards, roadmaps and education for the entire 3D industry - from content, hardware and software providers to consumers." The AOA has joined with the 3D@Home Consortium to help educate the public about 3D vision and what can be done if you can't see 3D!

Part of their mission is to ensure people understand the signs that you may have a vision problem that is interfering with your ability to enjoy 3D technology; for example:

- Is the 3D viewing experience not as vivid as it is for others?
- During or after viewing:
 - Do you experience eyestrain or headaches?
 - Do you feel nauseous or dizzy?
- Are you more comfortable viewing 2D movies instead of 3D?
- Is it difficult for your eyes to adjust back to normal after watching 3D TV/movies?

The 3D@Home Consortium has established an informative website, www.3dEyeHealth.org. It is a great place to learn more about the **3Ds of Stereoscopic 3D Viewing**, in addition to the latest info on 3D cameras, 3D HDTVs, mobile & handheld 3D systems, and even 3D eyewear!

Do you experience any of these during 3D viewing?

- ◆ **Discomfort**
- ◆ **Dizziness**
- ◆ **Lack of Depth**

Too Much Television May Be Linked to Narrower Eye Arteries in Children

According to a study published online in *Arteriosclerosis, Thrombosis and Vascular Biology: Journal of the American Heart Association*, "young children who spend too much time watching TV or playing computer games have narrower eye arteries than kids who are more physically active." The study included close to 1,500 six and seven-year-olds living in Sydney, Australia. Parents kept records of their children's time spent watching TV or using other electronic equipment vs. the time spent engaged in physical activity. Digital photographs were taken of the back of each child's eyes to measure the width of the retinal blood vessels. On average, the children spent just under two hours each day watching TV or in front of other electronic equipment and just 36 minutes engaged in physical activity. According to researchers, the danger of this is "narrower arteries are a marker of future cardiovascular risk." **It's time to go outside and play!**

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National Children's Vision & Learning Month—August

As part of your preparation for the upcoming school year, ensure your child is visually prepared by scheduling a comprehensive vision exam.

An estimated 60% of children struggling in school have undetected vision problems.

During the month of August, we provide **Free Vision & Learning Screenings** for children between ages 5-17.

Please share this information with anyone who is struggling with reading and learning.

To learn more, visit:
www.FamilyVisionCare.org

Eating Fish May Ward Off Eye Disease & X-Rays May Save Sight

The Harvard Women's Health Study recently reported the results of their study of 39,876 women. Since 1993, the participants completed detailed food frequency questionnaires. It was discovered that those women who ate at least one or more servings of fish per week were **42% less likely** to develop age-related macular degeneration (AMD) than those who ate less than a serving each month. Eating canned tuna and dark-meat fish like mackerel, salmon, sardines, bluefish and swordfish appeared to have the most benefit.

Inflammatory processes are involved with AMD. Researchers believe the anti-inflammatory effects of omega-3's prevent AMD from developing. Of course, check with your personal physician before implementing any dietary changes.

In a related story, FOX News reported in March that a new treatment for AMD is undergoing testing at King's College Hospital in London.

This new procedure is called iRay. A patient sits in front of the machine while low-energy X-rays are "beamed" back into the back of their eye. As a result the "beams" close the blood vessels that cause loss of the vision. It's an in-office procedure that last about 15 to 20 minutes.

Both AMD patients and researchers are very excited about this new technology as current treatments for AMD are quite invasive. They involve a series of injections into the eye, as frequent as every four weeks, for the remainder of the patient's life.

The FDA has not approved the iRay for use in America as of yet, but it may be offered here soon!



Be Sun Smart

Don't let your eyes get sunburned! Make sure you are getting the best eye protection from UV rays when you are out in the summer sun.

Many eye diseases start with too much exposure to UV rays. The sooner you protect your eyes the better! Babies, kids and adults all wear sunscreen and also need to wear sunglasses which block harmful UV rays!

Summer Sunwear Special

**20% off
Prescription
Sunglasses***

**10% off
Non-Prescription
Sunglasses***



*Excludes Insurance—Private Purchases only
Offer Expires 8-15-2011

Vision Problems Affect Standardized Tests

The results for the latest STAR testing should be coming soon. STAR Testing like many standardized tests (PSAT, SAT & ACT) require complex visual skills. For example, many kids lose their place transferring their answers to the 'bubbles'.

Have you ever felt a standardized test did not accurately reflect your child's abilities? It could be a vision problem is to blame. Most vision screenings only test for 20/20 vision, and do not go any further.

According to neurologists, Drs. Fernette and Brock Eide, in their book *The Mislabeled Child*, explain that if a child has a vision problem it can have "drastic effects on brain development, learning, and thinking

if it prevents the flow of accurate information to the brain."

Too often parents assume that if a child passes a vision screening that everything is fine with their child's eyes, and that couldn't be further from the truth.

Schedule a developmental vision exam if your child:

- ◆ Skips words or repeats lines when reading out loud to you.
- ◆ Finds it harder to read at the end of the day vs. the morning.
- ◆ Takes "forever" doing schoolwork
- ◆ Makes copying mistakes

It could make all the difference!

One in four children have undiagnosed vision problems.

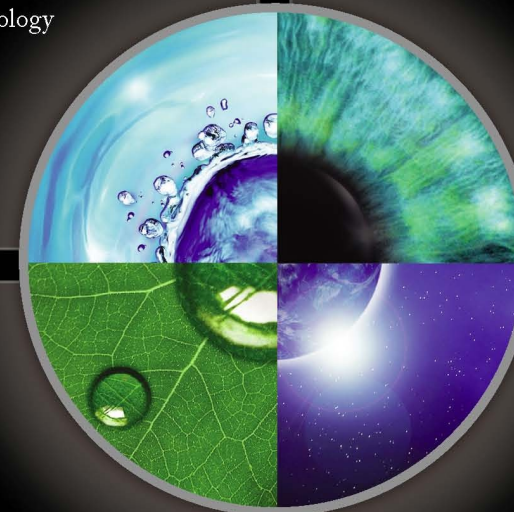
4 DIMENSIONS OF EYE HEALTH™

Comfortable Health

New HYDRACLEAR® 1 Technology

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Help keep eyes as
white and comfortable
as they should be.



ASK FOR 10 DAYS OF FREE* TRIAL LENSES.

*Professional exam and fitting fees not included. Valid only while supplies last.



1234 Cherry Street
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Current patients can reorder their contacts through our website at www.familyvisioncare.org/orders.html

Call Our Office Today to Schedule Your Next Eye Care Appointment

☎ 650.593.1661

Monday, Wednesday, & Friday	9:00am–5:00pm
Tuesday	9:00am–7:00pm
Thursday	2:00pm–7:00pm
Saturday	8:00am–1:00pm
Closed on Weekdays From	1:00pm–2:00pm

*Professional exam and fitting fees not included. Valid only while supplies last.

Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit Acuvue.com.

‡ Helps protect against transmission of harmful UV radiation to the cornea and into the eye. WARNING: UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed. NOTE: Long-term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-blocking contact lenses help provide protection against harmful UV radiation. However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your eye care practitioner for more information.

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