



2011

The Eyes Have It!

The Newsletter of Family I Care

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On a Personal Note

As usual, Family I Care has many new and wonderful changes.

In October 2010, Dr. Cauchi was invited to present several lectures at the Orthokeratology Academy of America in Chicago. She was invited back to give additional lectures at their 2011 meeting in Orlando. She also serves as an international mentor to new doctors across the world who would like help designing corneal reshaping lenses.

Dr. Peters attended the Specialty Contact Lens Conference in early 2011 to learn more about cutting edge contact lens technology including the new Duette hybrid lens mentioned in the newsletter. She is still actively volunteering for San Diego Hospice to provide eye examinations for the home-bound.

Dr. Arabo was invited to become an advisor for the National Children's Study Advisory Board. He continues to be a volunteer for the San Diego Food Bank and is a teacher at St. Peter's Chaldean Catholic Church.

Alice continue to manage our optical boutique, but in her spare time she is becoming the next Top Chef. Of course, there are the occasional mishaps, but the neighbors are getting used to the fire engines.

Sara, our front office liaison, spent 2010 studying to take the National Board exam for opticians. She passed her test and is now a board certified optician. Hooray.

Many of you noticed Raymond, our orthoK and contact lens technician wearing a mask during January. He was preparing to have his tonsils removed (some people are late bloomers) and we wanted to be sure that he stayed healthy for the surgery. We are happy to report that the surgery was a complete success.

Erin Dollar is working hard to keep up her grades at Grossmont Community College. Her family recently adopted a little baby girl! Now she is a big sister!

Britni La Monica is our newest addition to the staff. She just moved here from Louisiana, traveling cross country with her Great Dane in the car! She is not new to optometry, her dad is an O.D.

The Epidemic of Myopia

Myopia (nearsightedness) is increasing world-wide at an alarming rate. In 1971, 25% of the U.S. population was myopic. In 2004, 41% were myopic. That is an increase of 66% in just 30 years. If changes aren't made, where will we be in 2014?

What explains the huge increase in myopia? Studies are just beginning to emerge. It appears that excessive near work, hours spent working or playing on the computer (or playing hand-held games) and less outdoor play time contribute to this myopia epidemic.

Once a child has become myopic, the lenses used to help them see clearly (both spectacle and traditional contact lenses), are actually contributing to this increasing myopia. The curved image sent to the retina by these lenses does not match curve of the retina. The central images are focused on the retina, but the peripheral images are focused behind the retina. This causes the eyeball to lengthen in order to bring the peripheral images into focus. This lengthening of the eye, increases the myopia. This concept is part of the new field of "Epigenetics" and is a fast-growing topic of study.

High myopia is associated with several serious eye diseases. Myopic eyes are longer than normal, so the retina has to stretch to cover this long eye. As it stretches it thins and can develop holes which can lead to a detached retina. High myopia is also associated with glaucoma. There are also social issues. Children wearing glasses are subject to bullying. Thick lenses are not cosmetically appealing and have reduced peripheral vision. It is difficult to excel in many sports while wearing glasses and daytime contact lenses.

So is there anything we can do to slow this myopic epidemic? As parents, we can balance outdoor time with reading and computer time. Delightfully, this balance can also aid slowing another childhood epidemic—childhood obesity.

As optometrists, we can help control the myopic epidemic thru the use of orthoK lenses. These specially designed contact lenses are worn to sleep and reshape your eye so you see clearly when you remove them in the morning. Due to the unique curves of this lens, it focuses its peripheral images just in front of the retina rather than behind like traditional lenses. So the stimulus for retinal growth is minimal. This is how OrthoK lenses can stabilize nearsightedness. Of course, this helps reduce the future risk of the eye diseases mentioned above. Further OrthoK lenses also have the lovely benefit of freeing the child from the social issues of wearing glasses. Give your child the gift of a Myopia-Free future.

P.S. OrthoK lenses are not just for kids. They can free adults from uncomfortable daytime contact lenses and provide great vision while swimming, hiking, biking and playing other sports.



School Screenings

My child already passed a vision screening at school, why do they need a comprehensive vision examination at Family I Care?

Vision screenings are intended to help identify children with vision problems that impair their ability to develop and learn normally. However, these screenings are limited and can often miss other problems like amblyopia (lazy eye- poor eyesight in one eye), poor eye alignment,



and difficulty with focusing or eye teaming, or color vision defects. The school nurse usually will check your child's visual acuity and their ability to see 20/20. Unfortunately children will often peek around with the better seeing eye when they have trouble seeing the

letters. Also, 20/20 vision can give parents a false sense of security since they assume that no further testing is needed and therefore comprehensive eye testing is not performed by an optometrist. Your child may be able to see the letters at 20 feet but that does not mean:

- ◆ their eyes are able to work together to read materials 16 inches away,
- ◆ there are no health issues
- ◆ they have no vision perception problems

A comprehensive vision examination includes specialized equipment and procedures conducted by a highly trained optometrist to ensure your child has vision appropriate for learning. The refractive state of the visual system such as nearsightedness, farsightedness, and astigmatism is determined. Visual acuity is measured in order to determine if the child can see the board. Focusing (accommodation) is checked so that we know the child can shift focus from the book or paper to the board and back. Visual alignment, eye movements and depth perception are evaluated to make sure the eyes are aimed at the same object. Eye tracking skills are tested to insure the child can efficiently read from books or computer screens without skipping words or lines. Testing of color vision is conducted since a large part of the early educational process involves the use of color identification and discrimination. Eye health is determined by directly examining the structures of the eye.

According to studies, even the most sophisticated vision screenings miss 33% of children with eye or vision disorders. Why take that risk? Call today for an appointment with one of our doctors to evaluate your child's visual system. See what your child may be missing.

3D Vision and Your Eyes

With the release of the Nintendo 3DS, all eyes are on products that offer 3-D viewing. These 3-D products actually offer a health benefit. They can help detect hidden eye focusing problems. Did you realize that not everyone can see in 3 dimensions?

People with a 3-D deficiency may complain of:



- ◆ Headaches or eye strain
- ◆ Blurred or double vision
- ◆ Discomfort watching 3-D movies
- ◆ 3-D movies look flat, like normal movies (2-D)
- ◆ Dizziness or nausea

These symptoms are caused by misalignment of the two eyes. Both eyes do not focus accurately on an object at the same time. This can be due to a weak muscle system or unequal vision between the two eyes.

Often the symptoms go unmentioned because you have just "put up with it" for years. Trying to see in 3-D when your eyes are not aligned can cause these hidden symptoms to be much worse. So 3-D viewing can help uncover the cause of a problem you have had for years.

We may be able to design a solution that allows you to focus both eyes simultaneously on the same object and improve your chances of seeing in 3-D. This same solution can improve your reading and computer vision comfort.

The National Children's Study

The National Children's Study (NCS) is the largest long-term study of children's health and development ever done in the United States and will include 100,000 children across the nation from before birth to age 21. The Study will look at how children's health is affected by a number of factors, including their family health history and the places where they live, learn and play. In San Diego County, approximately 1,000 children will be enrolled in the study over the next four years.

Several communities around the county have been selected to participate in the NCS. The NCS depends on local community involvement and family participation to help us learn how the environment influences children's health, development and quality of life.

San Diego county families have a vital role to play. Residents that participate in the Study will contribute to the health of future generations of children, in their own community and throughout the country.

You can help future generations of children by talking to a National Children's Study representative when they come to your door. They want to speak with adults in each household and ask a few questions; households will receive a \$5 gift card for participating. Look for staff wearing NCS shirts and badges!



Duette

Rigid lens vision - Soft lens comfort

Remember when you had only 2 choices for a contact lens: soft or rigid gas permeable (RGP) lenses? Family I Care now offers new breakthrough technology called hybrid contact lenses which combines a rigid gas-permeable lens (RGP) with a soft lens "skirt". The Duette hybrid contact lens is the ideal choice if you want both clear vision and comfortable lenses.

RGPs provide superior high def vision even for those people with astigmatism. RGP contact lenses can be uncomfortable if dirt or dust gets trapped under the lens. Soft contact lenses are generally very comfortable, but can sometimes provide less-than-optimal vision, especially if you have astigmatism. Soft toric contact lenses are designed to correct astigmatism, but can rotate, causing blurry vision that goes in-and-out of focus. If you lie down or tilt your head, your vision can blur.

The Duette lens design provides the hi-def vision you want and will even correct astigmatism, so vision is never blurry or out of focus, even at night. The soft lens skirt offers all-day comfort with a surface treatment that keeps the lens moist all day. The breathable materials keep eyes healthy, white and blocks harmful UVA and UVB rays.

Are you a candidate for the Duette Hybrid Contact Lens?

- ◆ Are you looking for consistent hi def vision?
- ◆ Do contact lenses interfere with your active lifestyle playing sports?
- ◆ Are you farsighted, nearsighted, or astigmatic?
- ◆ Have you tried contact lenses in the past but were dissatisfied?
- ◆ Does your toric lens vision vary with each blink?

Experience a new way to see.

Call our office for more information.

Optometry Giving Sight

OGS is an international charity organization providing eye care to underserved areas of the world (eg., Africa, East Timor, Vietnam, China, Indigenous Australia, India, Nicaragua, Mexico). Their goals are to provide eye exams, offer low cost glasses and low vision devices, train optometrists and eye care personnel to deliver eye care in these areas, and establish clinics.

Family I Care makes a regular donation to this important cause. It is a great gift idea—much more meaningful than a tie or shower gel. When we made a memorial donation we chose this charity because it helps bring sight to the world. If you would like to consider a donation go to:

WWW.givingsight.org

For more information about The National Children's Study:
www.SanDiego.NationalChildrensStudy.gov
or call toll free at (877) 706-2773

HEALTH IN THE NEWS

High Fiber Diet

Recent studies show that a high fiber low carbohydrate diet may be able to reduce your risk of cardiovascular disease, diabetes and hypertension.

High fiber foods include whole grains (oatmeal, barley, brown and wild rice, quinoa, buckwheat), fruits and vegetables (avocado, beans, broccoli, Brussels sprouts, cabbage, carrots, greens, sweet potatoes, peppers, apples, berries, oranges, pears, prunes) and nuts. Certain whole grain breads and pasta now have added fiber too.

What foods do not have high fiber? Potatoes, white rice, white bread and rolls, iceberg lettuce, pizza, cinnamon rolls, fruit juice, regular pasta. When buying packaged foods, read the label and always choose the product highest in fiber.

That Demon Wheat

Sensitivity to wheat is becoming common. Symptoms include stomach pain, diarrhea, skin rash and joint pain. Because the symptoms are similar to other problems such as irritable bowel syndrome or arthritis, it is often misdiagnosed and treated with powerful drugs that have serious side effects.

You may ask, "why would an eye doctor care about this?" The reason is that this condition is often associated with severely dry eyes and of course, we care about the entire body too.

If you suspect that you may have a wheat sensitivity, you can do a simple experiment to find out. Take all wheat out of your diet for one week. You can't even have a little bit as this could set off the inflammation. So, what do you avoid during this week:

*wheat wheat gluten barley
spelt oatmeal*

Read all labels because wheat is often added to the strangest things (soy sauce, Red Vines, etc.). You can have rice, corn, sorghum and beans. Of course, you can have vegetables and meat as they are gluten-free. However, some sliced lunch meats have added gluten.

If your symptoms go away or at least are lessened, you have a problem with wheat. Go online and learn more at www.glutenfree.com. Email Dr. Cauchi if you have questions as she is the queen of the gluten-free diet. Her husband is gluten intolerant. *Discovering you are gluten-sensitive could change your life.*



Emergency Care

619.461.4913

We always save time in our daily schedule for emergencies and one of our doctors is always on call for after hours problems. Call if you experience severe redness, pain, light sensitivity, or loss of vision.

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“We Put the CARE Back in Eye Care”

According to a recent study, private practice doctors like Family I Care deliver the best patient care and the consistently highest quality eyewear. Family I Care always strives to give you the most caring, comprehensive service. If you ever have any feedback, positive or negative, email us at familyi-

WWW.FAMILYICARE.COM

Personalized High Definition Progressive Lenses: The lens of the future is here

“Back in the Day” if we couldn’t see up close we had two choices: reading glasses that focused at 16 inches or bifocals that focused at 16 inches as well as distance. Next, progressive multifocals were invented. These focused at multiple distances so we could have near, intermediate and distance. This was a nice option but vision was only clear through a center corridor of the lens. As soon as you looked to the side, it was distorted. Over the years, the distortion has decreased significantly. However, it still doesn’t give us completely natural vision. For the average person, this *traditional* progressive is good enough. But for those of us who 1.) are not average height 2.) do not have an average shaped face 3.) must have clear, crisp, distortion-free high definition vision, then the *traditional* progressive just isn’t good enough. We now have a *personalized and* truly customized option. It is like the picture quality of a high definition TV compared to an old-style set only better because it is everywhere you look.

The *traditional* progressive uses your prescription and distance between your eyes. The *customized* lens uses those measurements but also tailors the design based on the horizontal and vertical size of your lens. This allows a larger reading area in a larger frame. *Traditional lenses have one standard-sized reading area no matter the size of a lens.*

The *personalized* lens is “made-to-order”...just for you and no one else. It has all of the above features plus four critical body biometric measurements that make it truly unique to you. First, the distance from your eye to the lens is measured. This varies from person to person because our noses are different sizes and as such the lenses sit closer or farther from our eyes. The *personalized* lens design changes depending on eye-to-lens distance. Next, the frame “wrap” is measured. Some frames are flat across the face and others wrap around. Again, the *personalized* lens is adjusted to compensate for your specific frame’s wrap. The third biometric measurement involves determining the front tilt of your frame against your face. Again, because each face is different, each frame lands just a little differently. Finally, we use your height. Taller people have longer arms and prefer to hold their material a little farther out when reading compared to shorter people. Because the taller person is not converging their eyes like an average person, they are looking slightly outside the clear reading zone. But the *personalized* lens redesigns this clear zone outward for their unique needs.

These new high definition lenses deliver clear centered vision at YOUR natural focal point! If you have struggled with progressives in the past but really want the convenience of multiple focal distances or you want the sharpest vision known to man, consider the new *personalized* progressive lens designs.