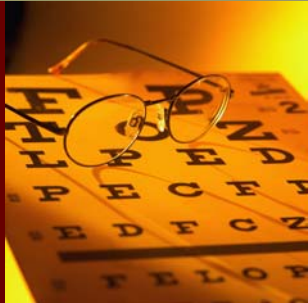




# Your Child's Vision..... Back to School Time



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## DuPont Eye Health



**Vision** is a dominant process in the growth, development and

daily performance of children. In fact, **EIGHTY PERCENT OF WHAT STUDENTS LEARN IS THROUGH VISION.** And yet, 86 percent of all school-age children have not had a complete eye examination. Ever.

This could mean that thousands of school-aged children simply can't see correctly. Parents and teachers need to know that with a complete eye examination, we can diagnose and begin treatment of many of these debilitating vision and eye health issues.

Students with poor vision can be misdiagnosed as

learning impaired, as having Attention Deficit Disorder, or are just plain left behind from their peer group. And these kids don't know that they can't see what their friend sees, because they don't know what normal vision is like.

It also means that many children, by the time they have that first examination, may have a condition, such as amblyopia or lazy eye, which now cannot be treated and is the leading cause of blindness. If they had had a complete eye examination earlier in their lives, the condition could have been easily corrected.

I encourage parents to have children examined three times prior to starting school: at 6 months, 3 years and before starting kindergarten. This monitors eye development and can prevent conditions that

may be irreversible in later years.

Teachers can help too by letting parents know the importance of eye examinations and the link between good vision and successful learning. Children need to have a complete eye examination where vision acuity, eye health and vision skills are measured. And they need to have these examinations at an early age.

Comprehensive vision examinations can only be conducted by an eye care professional with the specialized training needed to make a definitive diagnosis and prescribe treatment. Keep in mind that a vision screening, while a useful tool, is a limited process and can only be used as an indication for further follow-up by an eye care professional.

## Tri-Care Patients Can Have Fully Covered Vision Care In DuPont



**Most** Tri-Care dependants are now fully covered for an eye examination at DuPont Family Vision Clinic. There are usually no additional out of pocket fees for our military families. We also have a full complement of state of the art

contact lenses that often times can be dispensed on the day of examination rather than having to go to another facility. We also specialize in children's vision and can accommodate many appointments

on the same day to meet your needs. Call today and schedule the family here in your hometown vision clinic and get that personalized service you deserve. We support our troops!

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### Eyes on Humor

*Knock knock*

*Whose there?*

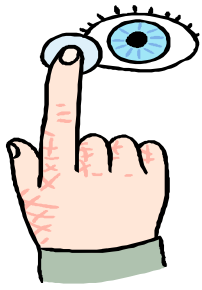
*Bee Eye*

*Bee Eye who?*

*B-i-n-go B-i-n-g-o and Bingo was his name-o*



## Advances in Contact Lenses



Are you noticing that you take your contact lenses out earlier because your eyes itch or burn or feel irritated and dry? This can be a common problem caused by lack of oxygen getting to your eyes through your soft lenses. Lack of oxygen

can be associated with corneal neovascularization, an abnormal in-growth of external blood vessels into the clear cornea, that can lead in its severest form to having to stop the wear of contact lenses all together. To improve corneal oxygen, many changes are occurring in material design to increase the oxygen permeability by most contact lens manufacturers.

Acuvue Advance, ProCare and O2 Optix are three examples of these new generation lenses. So before you just update the last years prescription, I would suggest you ask what new lenses are available. Many lens designs can correct astigmatism, and bifocal needs and also come in many fashion colors. I highly recommend a thorough evaluation of corneal and eye health as part of this evaluation. Your eyes will love you for it!

## Halloween Safety Relies on Good Visibility



On Halloween, an assortment of ballerinas, clowns, ghosts, and other goblins will have their eyes on just one thing—candy. Roaming dimly lit neighborhoods is part of the fun for children in pursuit of treats, but it can also be dangerous.

Trick-or-treaters and parents need to remember that on Halloween, to be safe, you must be seen. Studies have shown that a child's risk of injury or death as a result of being hit by a car doubles around Halloween.

Incorporate these simple precautions into the evening's festivities to ensure Halloween safety:

- Dress children in light-colored costumes or adhere reflective tape to the costume's fabric and accessories. Make sure children and adults are visible to passing cars.
- Eliminate masks from among the costume's accessories. Masks can get in the way of clear vision and can increase the chances of tripping or running into objects.
- Hypoallergenic make-up is a safer alternative. Take care in keeping make-up away from the eyes.
- No trick-or-treater should go in search of treats alone. Children move through darkened neighborhoods more safely if accompanied by an adult.
- Approach only doorsteps that have a porch light lit. Similarly, if you plan to pass out treats, be sure to turn on your light.
- Pedestrians think they are more visible to drivers than they actually are, so remind trick-or-treaters to look both ways before crossing streets and to stay with the group.
- If cosmetic contact lenses are part of your costume, make sure you obtain them from your doctor of optometry to ensure that the lenses that fit your eyes properly, and to learn ways to care for them.

## Diabetes: A Disease 6 Million People Do Not Know They Have



**Diabetes** is becoming an epidemic because of the obesity crisis in the United States. In fact, 17 million Americans suffer from diabetes. Of these people, one-third are unaware that they have the disease.

With a dilated, comprehensive eye examination, an eye doctor can detect and diagnose diabetes and start you on the road to treatment for the disease. You should seriously consider having a comprehensive eye examination.

Through a comprehensive dilated eye exam, your eye doctor can look inside the eye and examine blood vessels directly, detecting signs and symptoms of vascular diseases such as diabetes and hypertension.

Undiagnosed, diabetes can result in vision impairment, a frequent complication of both Type-1 and Type-2 diabetes, and blindness. Diabetes is the leading cause of new cases of blindness among adults 20-74 years old. Other vision problems caused by diabetes include: vision changes, glaucoma, cataracts and retinopathy.

Part of living with diabetes and successful eye care is having a dilated eye examination on at least on an annual basis – more often if you have existing eye issues or more serious retinopathy. Certainly, if you experience any change in vision, you should immediately see your optometrist.

For someone who has been diagnosed with diabetes, the annual dilated exam is

important. In this examination, your eye doctor will be looking at the retina for early signs of diabetic retinopathy, such as leaking blood vessels, retinal swelling (macular edema) and deposits on the retina – all of which are signs of leaking or damaged blood vessels.

Type-2 diabetes is associated with older age, obesity, family history of diabetes, medical history of gestational diabetes, impaired glucose tolerance, physical inactivity and race/ethnicity. The rising incidence of diabetes in the United States is a result of a dramatic increase in obesity, as well as the aging of the population. If you have risk factors associated with diabetes, consider having a dilated eye examination to control the disease and lower the risk of complications.

# Macular Degeneration , Cataracts and Vitamins

## HEALTHY EATING HABITS PLAY A ROLE IN EYE HEALTH



More than 22 million Americans suffer from cataracts and age-related macular degeneration (AMD), the two leading causes of

visual loss and blindness. Because cataracts require costly surgery, and treatment options for AMD are currently limited, preventive measures play a particularly important role in maintaining good eye health.

Based on research by the National Eye Institute, in addition to countless clinical trials, studies and surveys, there is a positive correlation between good nutrition and the prevention of AMD and cataracts. Studies have suggested that by eating foods rich in six nutrients -- antioxidants lutein and zeaxanthin, beta carotene, vitamin C, vitamin E and zinc

-- you can protect your eyes from disease. In other words, healthy eating habits can mean healthy eyes.

**So, what type of foods are EYE HEALTHY?** If you are familiar with the link between carrots and good eye health, then you have done some homework. Let's explore other foods that can benefit your eyes. These are foods that contain the six key nutrients for eye health.

Most fruits and vegetables are great sources of **vitamin C**, including oranges, grapefruit, strawberries, papaya, green peppers and tomatoes.

**Vitamin E** is more difficult to obtain from food sources, since it is found in very small quantities. However, good food sources include vegetable oils (safflower and corn oil), almonds, pecans, wheat germ and sunflower seeds.

**Beta-carotene** is present in dark green leafy vegetables (spinach!), deep orange or yellow fruits (carrots, mangos, sweet

potatoes, cantaloupe, apricots, and peaches), vegetables and fortified cereals.

**Lutein and zeaxanthin** are found together in many food sources. Dark green leafy vegetables are the primary sources of lutein and zeaxanthin (kale, collard greens and spinach), but they are also present in lesser amounts in other colorful fruits and vegetables, such as broccoli, orange peppers, corn, peas, persimmons and tangerines.

Good food sources of **zinc** include meat, liver, shellfish, milk, whole grains and wheat germ.

Eating healthy for your eyes could be the most promising means of protecting your eyes from AMD and cataracts. In addition, planning menus rich in the nutrients described above can mean better overall health for you and your family. Consider eating eye healthy foods and gain benefits for your whole body. You are never too young to start!

## Sports Vision: See Clearly As You Protect Your Eyes



If you have ever played sports and worn glasses, you know the limitations in doing so. Glasses present obvious mobility and peripheral vision issues. In addition, glasses offer little protection and actually can contribute to damage to the eyes if glass lenses are shattered.

Contact lenses offer a safe, clear and comfortable alternative for the athlete on any field or court. Peripheral vision is not an issue with contact lenses. However, contact lenses don't protect the eyes other than offer some protection for the cornea.

Winter and indoor sports like ice hockey, basketball, football, and gymnastics, along with water and pool activities, baseball, softball, racquet sports and golf contribute the greatest number of eye injuries.

Does one sport dominate when it comes to eye injuries? The more contact that

you have, the greater the chance of eye injury, however, the most damage is done when the orbital bone which surrounds the eye isn't able to protect the eye -- this means, an elbow, stick, puck or ball such as a racquetball can penetrate the eye causing potentially sight threatening damage.

We recommend helmets and face shields approved by the U.S. Amateur Hockey Association when playing hockey and safety goggles for racquet sports and basketball.

Sports eye injuries literally happen in the blink of an eye and affect professionals and amateurs alike. According to Prevent Blindness America, 90 percent of eye injuries can be avoided by following proper precautions. More than 40,000 people a year suffer eye injuries while playing sports.

What do you do if you have an eye injury? Contact your optometrist di-

rectly for the fastest, most effective response. Optometrists are well prepared to diagnose and treat an eye injury immediately. Going to an emergency room is a second option that may prolong treatment in some cases, as the hospital must locate an eye care specialist.

If you are questioning whether you need to seek medical attention, consider the following:

- Is your vision blurred at all?
- Do you notice discomfort or pain?
- Do you notice double vision, as your eyes look either up, down, left or right?
- Are you sensitive to light?
- Does your eye look swollen, red, or feel irritated?

If you answered yes to any of the questions above, please seek immediate attention from your eye doctor.



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"Next to Farrell's"

Take I-5 Exit 118

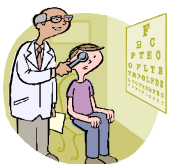
Just 5 minutes South of the Main Gate

*"Your Dedicated Home Town Eye Health  
Care Service"*

## SERVICES AT DUPONT FAMILY VISION CLINIC

- **Children's Vision and Reading Vision Specialists**
- **Contact Lens Specialist including Astigmatism and Bifocal lenses**
- **LASIK and PRK Refractive Surgery Consultations**
- **State of the Art Clinic**
- **Full Service Optical**
- **Comprehensive Examinations**
- **Computer Vision Problems**
- **We take Trusted Vision Plan**
- **Military Appreciation Discounts**

## Doctor's Corner



Thank you for reading our newsletter. This is the Third in a series of newsletters that I plan to present on vision topics and news. I hope you found it useful.

We at DuPont Family Vision Clinic are willing and ready to meet your vision needs. Come on by and meet our staff. Thank you again and we wish you great health in the future.

Dr. Steven D. Shaffer

## The DuPont Family Vision Clinic Staff:

**Teri, Dr. Shaffer and Stacy**



American Optometric  
Association