



* Logo: Blue emoji-like face with goggles; 5 golden stars around face; Words below '5 Star Eye Care'

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Newsletter

This newsletter is intended to enlighten the sighted and Low Vision communities, plus eyecare paraprofessionals, on Vision Care tips not often shared in the eye doctor's office. It does not diagnosis or prescribe, and makes no promises, as we are as unique as the vision prescriptions in our eyewear.

Presbyopia on training wheels

In my book, 'Your Amazing Itty Bitty Vision & Visionary Insight Book,' chapter 2 is titled Tip 2: Age-Related Vision Loss – Short Arm Syndrome, focuses on the first common phase of vision loss. The information targets those individuals about 40 years old who are experiencing problems reading the newspaper, a book, or even doing crafts. Medically referred to as **Presbyopia**.

The information focuses on the causes of presbyopia, the *inability to focus on close objects*, which I refer to as *reading at near*. This is when the eye's internal lens system is unable to modify the shape of that lens for a variety of reasons. The result is the need for magnification at near. (*continue on page 2*)

5 tips eye care professionals rarely share regarding maintaining optimal vision health.

If eye care professionals had more time to spend with each patient, would they take that opportunity to share tips regarding maintaining optimal vision?

Some do, some don't, and some don't care. Sorry. That's my reality working with Ophthalmologists, optometrists and different eyecare professionals.

In staying true to my perspective on Eyecare and promoting Vision care, I'm offering 5 of many tips for those who want to take proactive action. (*continue on page 3*)

(continued from page 1, Presbyopia...)

Low power magnification begins at +0.75 sph. The sph is another medical term meaning sphere, meaning there is the same power throughout the lens. Over-the-counter '**readers**' or '**cheaters**' leave off the sph.

Low powers such as +0.75 and +1.00 are great for the computer, reading piano music sheets and other intermediary arm's length vision needs.

Note: the higher the power, the closer one needs to hold the reading material. More is not necessarily better.

Often, the vision prescriber (an eye doctor or their assistant) will look at the patient's age and prescribe the age-related magnification.

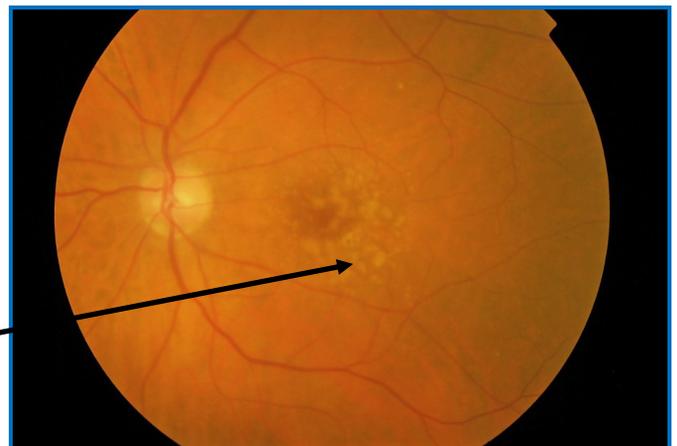
Tip: Let the refractionist, the person calculating the vision prescription, know your vision needs. For example, problems driving at night, problems seeing the computer and the Zoom Chat at the same time, or you're experiencing a sore neck from wearing Progressive Addition Lenses (PAL) while on the computer and lifting the nose/chin to read the small print.

You may need to purchase all around spectacles (PAL), plus computer glasses, plus sunglasses with readers, and any other type of spec's to accommodate your lifestyle needs.

Don't forget the blue blocking anti-reflective coating too.

Other age-related vision loss issues are:

- ⇒ Dry eyes
- ⇒ Cataracts
- ⇒ Floaters
- ⇒ Age-related Macular Degeneration
- ⇒ Glaucoma
- ⇒ Diabetic Retinopathy
- ⇒ Color vision changes
- ⇒ Night vision challenges



Back of Eye: The orange Retina, big yellow spot with vessels Optic Disc, orange brown circle Macula, and small yellowish freckles called Drusen.

Some proactive tips for dialing with presbyopia begins with a comprehensive eye exam addressing the vision loss.

This can help determine the extent of your vision loss condition and identify any other underlying eye problems that may be associated with or contributing to your vision difficulties. (continued on page 5)

(continued from page 1, 5 tips)

1. **Healthy diet:** Limiting processed sugar and carbohydrate intake could be challenging with all the advertising for snacks and sweets. That said, did you know that foods rich in Lutein and Zeaxanthin nourish and promote eye health? Foods rich in these nutrients include:

- ⇒ Dark leafy greens such as spinach
- ⇒ Green peas
- ⇒ Summer Squash
- ⇒ Pumpkin
- ⇒ Brussels Sprouts
- ⇒ Broccoli
- ⇒ Asparagus
- ⇒ Romaine lettuce
- ⇒ Carrots
- ⇒ Pistachios
- ⇒ Also include fruits in your diet and Omega 3 fatty acids like salmon and grass-fed beef.



Assorted green, red, orange and yellow vegetables in crate baskets laying on their sides.

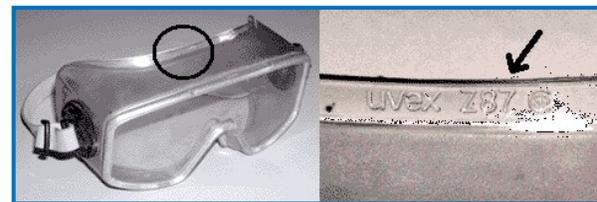
2. **Protective eyewear** is promoted for children, seniors and those involved in sports. The positive aspect of this concept is that the best material for safety eyewear is now commonly used in mainstream social wear lenses. It's



Clear frame that's a lens that wraps around face like racing glasses rather than goggles.

polycarbonate. It is the most impact resistant material for protecting our eyes. (Other materials are used in safety eyewear, and they have other guidelines the industry follows.)

The biggest difference between official safety glasses and your social wear polycarbonate lens glasses are the frame and the lens fabrication process with the Z87.1 and Z 87+ insignia.



Goggle safety glasses with a black circle on one side of picture with a arrow pointing to the words uvex Z87 and insignia on the other side of the picture.

Those insignias on the lenses and frame indicate they have undergone rigorous testing process that ensures they'll protect your eyes in the case of a projectile or other foreign matter striking your eyes.

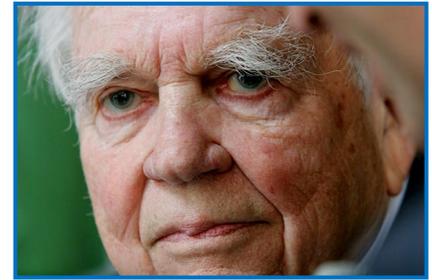
Oversized and over-the-frame safety protective eyewear are available online, hardware stores, and where sports equipment are sold.

(continued on page 4)

(continued from page 3, 5 tips)

3. **Good hygiene** is assumed, and there is more to it than washing one's hands with antibacterial soap before touching the face.

Men and women, washing your face includes your eyelashes and eyebrows daily. Gentle soap, even no tears baby shampoo, with no disinfectants is the best. As of this article, over the counter products and those found in the doctor's office include Sterilid, Cetaphil, or Ocusoft.



Older man grey hair very bushy eyebrows.

Men with bushy brows, debris falls onto your lashes and could clog your pores causing inflammation of your eyelids. Have you heard of blepharitis?



Black tube with word MASCARA, with the mascara wand crossways lying over it.

Women, replace your mascara about every 3 months, depending on how many times the wand is extracted from the bacteria home of the tube. Even if you rarely use the mascara, replace yearly by labeling the date the wand was first removed from the tube.

4. **Exercise** helps maintain healthy blood vessels for your heart and overall health, including the vessels in the eyes. Consider at least 20-30 minutes of moderate daily exercise.

Remember, if you have a pace-maker, refrain from exercises such as Yoga's downward dog where your head is below your heart.

Give your eyes a Zoom break every 20 minutes to reduce eye fatigue and stress. Look out at least 20 feet for 20 seconds. It's not an exercise; it's more of a bonus for the health of your eyes!

5. The last tip is a no brainer. Common eye diseases are accelerated when one smokes and vapes. If you want cataracts, glaucoma and age-related macular degeneration at a younger than the normal timeline, keep smoking! Consider the risks and benefits when **smoking and vaping**. You could experience vision loss much younger than those who do not smoke and/or vape.

In the comments section below, share your favorite tip or tips!

Thank you very much. (Keep reading, one more page.)

(continued from page 2)

Consider looking at your lighting options.

During daytime, read near a window with the light behind you. If you are unable to take advantage of natural lighting during the day, or when reading when it is semi light indoors, evaluate your lighting options.

For example, a floor light or desk lamp in addition to your room lighting.



Slender floor lamp, round base with thin pole, another thin pole diagonally, light attached with a horizontal alignment. Model can be adjusted horizontally and vertically.

Increase the wattage as needed for additional brightness.

On that note, **glare can also adversely affect reading.** Hat with a brim helps indoors as well as outdoors.



Lamp clamped to desk highlighting a page on a book.



Assorted light bulbs.



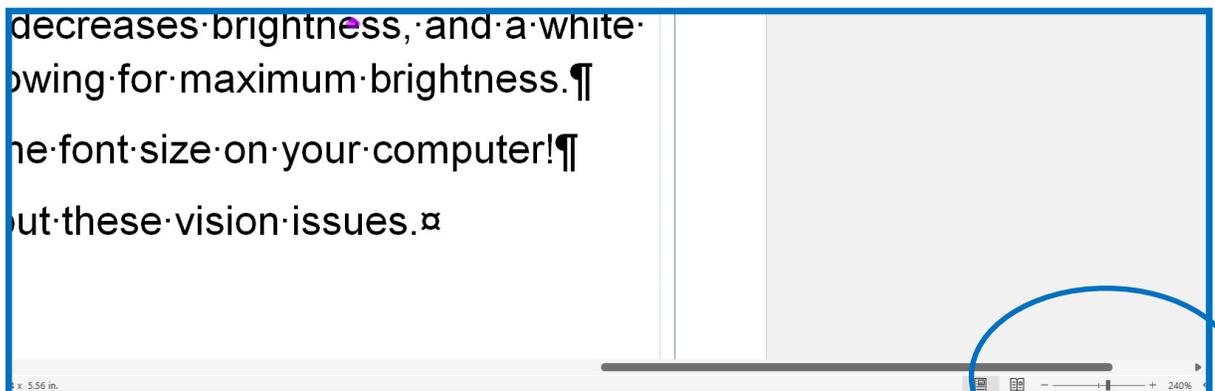
Lamp of single pole like a tree, having three slight sources like three branches. Two lights pointing downward in different directions and a third light source pointing upward.

When there is NO lampshade, glare is increased; a dark lampshade decreases brightness, and a white lampshade reduces glare plus allowing for maximum brightness.

One final easy fix tip: Increase the font size on your computer!

You can do this by going to the bar at the bottom right side of the page and moving the bar to the desired magnification. In the sample below, it is increased to 140%.

Stay connected to learn more about these vision issues. For example, using hot keys to increase the image size on the computer.



Screen shot of the bottom of the newsletter depicting the affects of the increased magnification along with the sliding bar at the bottom right moved to 140%.

Please comment below on a key nugget take-away from this newsletter.

We'd love to know!