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Dear Patients, Neighbors and Friends:

Like many of you, Drs. Bennett and Maida take yoga classes. So they were interested to find out if the inversion of the body increases eye pressure. Last spring our office invited some yoga classmates to perform shoulder stands in the office to see if this inversion caused an increase in pressure. Our small sampling did not show a change! However, not deterred, we are interested in doing a similar study after doing head stands. (If you practice yoga and would be interested in participating in our head stand study, please give our office a call!) Let us know about your yoga activities when you have your next exam, as it is possible that inversions may be risky in certain patients that show signs of developing glaucoma.

Now that our hot summer is over, all of us are (slowly) getting back to our routines – and one of these is to make sure our bodies are “up to snuff.” Don’t forget that vision and eye conditions change regularly (and often annually) so if you did not get your annual exam yet, now is the time to call the office and schedule a convenient appointment.

Here is some interesting news since our last newsletter:

REPORT ON BACK TO SCHOOL DAY: A number of patients have asked how our annual Back to School Day went this year. One word says it all – super. Not only did the three doctors have full schedules of children to be examined, but also we confirmed that some youngsters *really* needed to be seen. Kids can get behind in reading or learning to their proper age or grade levels if they are not examined and don’t get proper eyewear when needed. About 25% of the students we examined on Back to School Day needed eyeglasses, contact lenses or vision therapy. For others it was their first eye exam. All in all, it was a successful and fun day for everyone. The magician kept the adults and children in the reception area very entertained – some of the kids did not want to leave!

NEW CONTACT LENS OFFERS THE BEST OF BOTH WORLDS: We are pleased to announce that we are fitting the new 1•DAY ACUVUE® TruEye™ Brand – an innovative contact lens designed to help maintain the natural state of the eye. It's the first and only daily disposable lens made with a super-breathable silicone hydrogel material. Enjoy the highest level of ultraviolet (UV) protection available in a daily disposable contact lens. We feel that it offers the best of both worlds – the breathability of silicone that was previously only available in a two week or one month modality, and the convenience and hygiene of wearing a fresh, new lens every day. And, it is much easier to handle than any other daily disposable lens!

DIET MAY LOWER RISK OF ALZHEIMER'S: A study published in April in the *Archives of Neurology* reported that elderly people “who adhered most to diets rich in dark leafy vegetables, poultry, fish and nuts and low in red meat, butter and fatty dairy products, had a 38% lower risk of getting Alzheimer’s disease than those who followed that plan the least.” The theory is that “these foods may protect blood vessels in the brain, preventing tiny strokes that may contribute to Alzheimer's.”

MIRACULOUS TELESCOPE EYE IMPLANT SHOWS PROMISE: Patients with end stage age-related macular degeneration (AMD) finally may have hope of regaining some of their central vision, thanks to the recent approval of a miniature telescope that can be implanted in the front part of the eye. The pea-sized implant is designed to magnify images in one eye’s central vision. Not everyone with AMD qualifies for this procedure – for example, the patient must be 75 years of age or older, with severe vision impairment in both eyes due to the final stage of AMD, and they cannot have had cataract surgery. This reduces the number of qualified candidates dramatically but the good news is that progress is being made.

SOME VETERANS HAVE VISION PROBLEMS AFTER BLASTS: Veterans with traumatic brain injuries may have vision problems that go undetected in standard eye exams. They read the eye charts without problems, but further probing often reveals subtle vision problems – such as light sensitivity, blurred or double vision, trouble in shifting gaze, etc. The risk of these symptoms is high among those who have been injured by blasts. Fortunately vision rehabilitation can help and our office doctors are keenly aware of this. Prisms in the spectacle lenses, low vision aids and eye exercises have been found to help overcome symptoms.

Check us out on Facebook and on our website! Our office recently joined Facebook – become a fan and keep updated on news from our office! We have posted photos from our Back to School Day event in August.

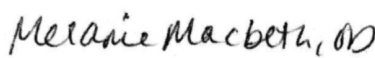
As a reminder, now is the time of year to think about how to spend your FSA (Flexible Spending Account) dollars. Eyecare and eyewear purchased in our office qualify as health expenditures. Many insurances now have special FSA “credit cards,” which can be used in our office.

Lastly, have a great fall and winter, and continue to remember us when you are in need for eye and vision care.

Sincerely,



Linda Bennett, O.D.



Melanie Macbeth, O.D.



Rebecca Maida, O.D.