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Dear Patients, Neighbors, and Friends:

Although the leaves haven't begun to change yet, our office is thinking about kids returning to school. For us, this means our special "Back to School Day," a day dedicated only to children's eye exams. Impaired vision in children can seriously impede learning and contributes to the development of emotional and behavioral problems. Nationally, the percentage of eye defects among all school children is between 20 and 25%. It is doubtful if any other handicapping condition so drastically affects such a large segment of the school population. Since vision problems can begin at an early age, it is very important that children receive proper care.

THURSDAY, AUGUST 19th: OUR 3rd ANNUAL "BACK TO SCHOOL DAY":

While our doctors see youngsters and people of all ages all year round, on Back to School Day we schedule exams for only school-aged children (ages 5 to 17). Each child will have a comprehensive eye examination, including vision exam, complete eye health assessment, and binocular vision evaluation. We will also provide children with *free* Optomap[®] Retinal Images (this is a special digital image of the back of the eye). Also, each child will receive a prescription for a delicious ice cream cone, redeemable at Brigham's just down the street from our office! Of course, you will need to call our office at 617-484-1414 to schedule an appointment for your child. We suggest you call as soon as possible to get a convenient time slot.

Should your child need glasses, we are offering a new package for children's eyewear that provides lenses that are light, thin, scratch resistant, *and* block 100% of UV light rays. Parents will be happy to hear that the frames and lenses in this package are guaranteed against scratches, breakage, and even **loss**! We all know that kids are hard on glasses, so there is a one time, one year, no-charge replacement guarantee!

LENSES HAVE COME A LONG WAY: Lenses today are clearer, lighter, and have better scratch and impact resistance than ever before. Now with digital surfacing (a new way of generating your prescription) we can make you see better through the center and the sides of your lenses. Our office staff recently visited Crown Optical, a lens fabrication lab, so that we could view this new technology in action. We were surprised by the difference in lens fabrication. Now, computers select the correct curvature for each point on the lens, thus increasing clarity and quality of vision. Ask our optical staff about the new enhanced lenses. We are wearing digital lenses and can see the difference!

EAT GRAPES AND PROTECT YOUR EYES: Well, it may not be as simple as that. However, a British report claims that "resveratrol," found in particularly high levels in grape skin (and consequently red wine), "may help to prevent age-related deterioration of eyesight," according to a study published in the *American Journal of Pathology*. "The substance...is believed to work because it protects against abnormal angiogenesis -- the formation of damaged or mutated blood vessels," a condition which "is linked to cancer, heart disease, and eye diseases, such as age-related macular degeneration." Interesting.

SEE ALL DAY, WEAR LENSES AT NIGHT: Orthokeratology is the use of specially designed rigid gas permeable (RGP) contact lenses to gently reshape the cornea (the front layer of the eye) while you sleep. When you wake up, you remove the lenses and are able to go throughout the day without glasses or contact lenses. Not all eye doctors perform orthokeratology. In our practice, Dr. Macbeth is a certified fitter of Paragon CRT[®] orthokeratology lenses, and has had patients come from afar to be fit with these lenses. She finds it to be an especially attractive solution for children, and others with low to medium amounts of nearsightedness. If you are interested in finding out if you would be a candidate for orthokeratology, please call our office to set up an appointment.

"CAN YOU SEE ME NOW?" A new device has been created by researchers at MIT's Media Lab which uses a cell phone to aid in determining eyeglass prescriptions. The prototype uses a device clipped onto a cell phone which contains an array of tiny lenses and a grid of pinholes which forces the user to focus at different depths to measure the power of the eye. We think this would be a very convenient tool when going on missions to examine people's eyes in developing countries.

Speaking of cell phones, did you know that you can use your cell phone camera to magnify text? Next time you can't read the menu because you forgot your reading glasses, try using your cell phone!

We wish you all the best for a wonderful fall!

Sincerely,



Linda Bennett, O.D.



Melanie Macbeth, O.D.



Rebecca Maida, O.D.