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FAMILY EYECARE CENTER

AN OPTOMETRIC CORPORATION

FALL NEWSLETTER 2007

DOCTORS ROSS, WAN, TAYLOR and TUAN, O.D.'s
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INSIDE:
Menopause and
Dry Eye

Corneal Fungal
Infections

BABIES AND MORE
BABIES

"FLEX" Your Holiday Dollars

The end of the year is fast approaching, and a little planning before the start of 2008 can save you big money. Don't put off using your flex spending money before the year runs out. To help make your money go even further, we have put hundreds of quality eyeglasses frames **on sale from 20-50% off** until the end of the year.

Brands such as Kenneth Cole, Escada, Gucci, Juicy Couture, Calvin Klein, Oakley, Maui Jim and many more. You can use your flex spending dollars on prescription sunglasses, fash-

ion glasses, computer glasses, reading glasses, contact lenses, contact lens solutions and all professional services. Don't forfeit your health spending money.

December 31 is fast approaching, and any money left in your health spending account may not roll over to the next year. Don't wait for the last day...

Plan ahead by making your purchases before the end of December.

Checking Eye Pressure Without the "Puff"

For some patients, one of their least favorite aspects of their annual eye health examination is the "air puff" tonometer that screens eye pressure for the detection of glaucoma. Almost everyone jumps or flinches when undergoing this test. We now have a new method for testing eye pressure without the "puff". It's called the Tonopen and it's totally painless.

So if the "air puff test makes you nervous, let us know and we would be happy to use the Tonopen!

Dry Eye After Menopause

Major studies show that more than 14% of older Americans have dry eyes. If you are a female aged 50 or older, your chance of developing dry eye syndrome is even greater. In fact, the American Academy of Ophthalmology says hormonal changes make older women twice as likely as older men to develop dry eye and accompanying symptoms such as eye irritation and blurred vision. The chemical signals that help maintain a stable tear film may be disrupted as a result of menopause. The resulting eye inflammation also can lead to decreased tear production and dry eye. Some theories indicate that a decline in hormones known as androgens could be an underlying cause of dry eye in older women.

What Can You Do if You Are Older and Develop Dry Eye?

While levels of the female hormone estrogen decrease following menopause, studies have not shown any beneficial effect of estrogen hormone replacement therapy (HRT) in relieving dry eye.

If you have already been diagnosed with dry eyes, make sure you are being appropriately treated for other health conditions associated with both aging and dry eye such as rheumatoid arthritis and thyroid autoimmune disease.

Also, keep in mind that many medications required by adults over age 40 may cause or may worsen dry eye problems. Examples include diuretics (often prescribed for blood pressure and heart conditions) and antidepressants. If you suspect that a medication may be the underlying cause of your dry eye, please be sure to discuss this with your prescribing doctor. It's possible that changing to a different medical treatment may be equally effective without causing dry eye problems. Also, concurrent treatment of your dry eye may be necessary.

Finally, it's possible that allergies or other problems that cause eye inflammation may be the underlying cause of your dry eye symptoms. Your eye doctor may recommend eye drop medication to relieve both your eye allergies and inflammatory dry eye problems.

Age-Related Eye Problems: Some Warning Signs

Sudden eye pain or blurry vision could signal an emergency that may lead to permanent vision loss. Never hesitate to visit your Family EyeCare Center doctor if you have any of these warning signs. Many vision changes are perfectly normal. But to compensate, you may need to take extra steps such as more frequent



changes of prescriptions for eyeglasses or contact lenses. Regular eye exams are the very best way to make sure you maintain healthy vision for a lifetime, even as you grow older. Being aware of certain warning signs also can help you take appropriate steps to maintain your eyesight, particularly if vision symptoms occur suddenly. In many cases, such as with a retinal detachment or rapid onset of glaucoma, prompt intervention can even help preserve eyesight before vision loss becomes permanent. While many eye problems can occur at any age, they often are more common in older individuals. Unfortunately, aging also increases your risk for certain types of sight-threatening eye conditions that can lead to blindness.

More Babies at Family EyeCare Center

Dr. Tuan adds her second boy to her family. Ryan is such an easy and mellow baby. Eats well, sleeps at night, happy and playful. Definitely much more relaxed with the second kid.



Dr. Tuan with Ryan
[born 06-13-07]
7lbs 6 oz
20 inches, now almost 20 lbs!



Ashley, our optometric technician and assistant is the proud mother of Julia Marie who was born on March 9th, 2007, 7 lbs. 7 oz and 18.5 inches. Her favorite food is applesauce, sweet potatoes and squash. She loves rolling over, laughing, and putting her feet in her mouth...She is a blast. Right now we are working on baby sign so it's easier for us to communicate with her.

Meet... Dr. Amy Chi

Dr. Amy Chi received her Doctor of Optometry degree from Pennsylvania College of Optometry after completing her undergraduate work at U.C. Davis. Dr. Chi has wonderful clinical skills as well as great chair-side manner. Amy also has a passion for music, loves to sing, has been professionally trained in opera, and also loves to travel. She has participated in community theater in roles such as Maria in "The Sound of Music". Dr. Chi is a local Bay Area product. She is fluent in Mandarin.



Family EyeCare Center Loves Health Fairs
One of the ways that Family EyeCare Center supports the community is participation in local and company health fairs. If your company organizes health fairs, please let us know. We would be happy to participate!

What's New in Fashion Eyewear

Eyewear has made marvelous advances over the years. Our optical department has over 1500 frame styles, and our highly-trained opticians can help you in many ways: We can...

- help you look younger
- help you express your individuality
- make you even more attractive
- enhance your lifestyle
- get you more compliments
- help you get an updated makeover
- make a fashion statement
- provide premium products
- All at a good value!



New eyewear lines include: Joseph Aboud, Tommy Bahama, Sigrid Olson, Takumi, Bellagio, BCBG, Vera Wang, Jhane Barnes, Nike, Calvin Klein, NeoStyle, Gucci, Tura, Juicy Couture, Lulu Guinness, Silhouette

ProClear 1 day and Biofinity

New Proclear 1 Day Disposable Contact Lenses & New Biofinity Monthly Replacement Contact Lenses.

Contact lens technology is constantly advancing and 2 of the most recent advances is the introduction of the ProClear 1 Day disposable and the new Biofinity monthly replacement. Both the ProClear 1 Day and the Biofinity have advanced optics for the clearest vision possible. Each of these contacts are made of unique materials that have advantages for different eye and vision issues. The ProClear 1 Days incorporate a patented compound called "phosphorylcholine" that makes the material more compatible with the eye and tear film. The ProClear material also has the advantage of being very resistant to deposits and contamination. The ProClear 1 Day is almost the ideal contact. Put in a new clean sterile lens each day and just toss away at night. The Biofinity monthly replacement is one of the newest entries in the contact lens arena. The Biofinity is made of a unique silicone polymer that has one of the highest available oxygen permeability for the eye. This lens gives you great comfort, great vision and lots of oxygen for the eye. At Family EyeCare Center, we have many wonderful choices to help customize the best combination of health, vision, comfort and convenience.



Are You at Risk for Corneal Fungal Infections?

Supplying our patients with the healthiest contact lens materials, lens care systems, and lens cleaning methods is one of our most important roles as eye care providers. Statistically, less than 50% of contact lens wearers nationally clean their lenses properly, and 49% wear their contacts longer than recommended. Contact lenses are FDA regulated medical devices that require proper care. Patient non-compliance is one of the major reasons for contact lens complications like painful, red eyes and blurry vision. Some of the big news this summer was the fungal infection outbreak of Fusarium. Two major

product recalls included AMO's "Complete with MoisturePlus" and Bausch& Lomb's "Renu with Moistureloc". Both of these products are off the shelves and are no longer being sold. The FDA and CDC linked these products to an increased risk of developing corneal fungal infections in specific patient situations. If you have either of these products, throw them away right away. We will help you to get started with a different, and safer, contact lens care system. We have FREE starter kits of Opti-Free Replenish and ClearCare. Both are safe to use, and they have excellent track records.

Why we ask for your Major Medical Insurance Coverage in addition to your Vision Insurance Coverage.

Optometric vision care at Family EyeCare Center has progressed tremendously over the years. Our medical services have expanded so we can help you at many different levels of care.

One of the most advantageous changes for our patients is that our doctors are now members of many major medical insurance panels such as Blue Cross, Blue Shield, HealthNet, Cigna, United HealthCare and MediCare, to name a few. Typical vision care coverages, such as VSP, usually cover only "well vision" yearly examinations. Your major medical insurance coverage may cover you for additional testing that is not covered by your "well vision" insurance coverage. Diabetic patients, glaucoma suspect patients, allergic eye problems, dry eye problems and many other eye medical issues all fall under the coverage of your "major medical" insurance. We have the diagnostic equipment available to help provided the highest level of service for our patients. We can help you save time and out-of-pocket expenses by utilizing your medical insurance coverage very conveniently in our office.

Recommendations for Contact Lens Wearers from the American Optometric Association

1. Always wash your hands before handling contact lenses.
2. Carefully and regularly clean contact lenses, as directed. If recommended, rub the contact lenses with fingers and rinse thoroughly before soaking lenses overnight in sufficient multi-purpose solution to completely cover the lens.
3. Store lenses in the proper lens storage case and replace the case at a minimum of every three months. Clean the case after each use, and keep it open and dry between cleanings.
4. Use only products recommended by your doctor to clean and disinfect your lenses. Saline solution and rewetting drops are not designed to disinfect lenses.
5. Only fresh solution should be used to clean and store contact lenses. Never re-use old solution. Contact lens solution must be changed according to the manufacturer's recommendations, even if the lenses are not used daily.
6. Always follow the recommended contact lens replacement schedule prescribed by the doctor.
7. Remove contact lenses before swimming or entering a hot tub.
8. See your optometrist for your regularly scheduled contact lens and eye examination.