

Spring 2008

Dear Patients, Neighbors and Friends:

It really is nice to sit down to write this Spring newsletter because it means that the winter is over and the warm weather is just around the corner. Enough already with the snow piles, icy roads and below freezing weather! Spring brings the flowers, happy faces and, of course, our message to you.

Since we last wrote in the Fall, Dr. Bennett led seven doctors, one nurse, one optometry student and thirteen assistants on another trip to Armenia to examine over 900 deserving folks in desperate need of eye care. Dr. Macbeth has become involved in the correction of nearsightedness with special contact lenses. And our staff has been busy doing what staff does well – providing quality service for our growing family of patients.

Here are a few other things that happened over the winter:

**OUR WEBSITE IS UP AND RUNNING:** You are invited to visit our new website at [www.belmontoptometrists.com](http://www.belmontoptometrists.com), which we are very excited to offer! We hope that you will enjoy browsing through it. Our goal is to make the website increasingly interactive and we greatly value your comments as we continue to update it. Please note that we are a multi-lingual office, as members of our staff speak English, Czech, Greek and Armenian.

**SEE WITHOUT GLASSES OR DAYTIME CONTACT LENSES:** Orthokeratology (also referred to as Corneal Refractive Therapy) is a sophisticated, non-surgical process that uses specifically designed rigid gas permeable (RGP) contact lenses to gently reshape the cornea (the front layer of the eye) while asleep. Upon awakening, patients remove the lenses and are able to see all day without the use of glasses or contact lenses. Orthokeratology works best for low to moderate amounts of myopia (nearsightedness). It is a safe alternative to laser surgery (LASIK) as it is completely reversible. Dr. Macbeth is a certified fitter of Paragon CRT® orthokeratology lenses and reports that this is a great option for children. Ask us on your next visit if you are a candidate for this procedure.

**PROGRESSIVE LENSES TURN A MILESTONE:** Our office has been providing Varilux® progressive lenses since day one. Varilux® is celebrating its 50<sup>th</sup> year with this revolutionary lens and we have been asked by the editor of the international magazine, “Points of Vue” to write an article on our experiences. We recall the early days 20 years ago when the transition area between the distance and near parts of this spectacle lens was very narrow. Today, Varilux® is very patient friendly and is the lens of choice in our office for those folks in need of bifocal corrections.

**LITTLE KNOWN EYE FACTS:** Next to the brain, the eye is the most complex organ in the body. It is composed of more than two million working parts. It can process 36,000 bits of information every hour and contributes to about 85 percent of our total knowledge. Under correct conditions an eye can distinguish the light of a candle at a distance of 14 miles. During World War II in Great Britain, no one was allowed to have any lights on at night without the shades drawn. Enemy aircraft pilots could spot a flicker from a match from miles above! Our eyes are our most precious gift – which is why we urge a comprehensive eye exam every year.

**THE BEST OF BOTH WORLDS:** We are excited to offer a new contact lens called SynergEyes®. These lenses are hybrids, that is, each is a combination of a hard and soft lens. The hard (rigid gas permeable) portion is the center of the lens and it provides crisp and clear vision. The soft portion of the lens is the outer “skirt” and this makes the lens particularly comfortable. SynergEyes® contact lenses are great for patients with astigmatism as well as those with a condition called keratoconus and other irregular corneas.

**NEW TRANSITION LENS IS A WINNER:** Transitions®, the company that produces the popular plastic lenses that change from clear to dark when exposed to direct sunlight, has introduced its newest and most advanced lens, called Transitions VI. It gets darker faster and also clears more quickly than its predecessors. The new lens reduces glare, provides 100 percent UVA and UVB blockage and gives UV400 ultraviolet protection. We strongly recommend this product.

Have a great spring and summer and please continue to remember us when you are in need of eye and vision care.

Sincerely,

*Melanie Macbeth, O.D.*

Melanie Macbeth, O.D.

*Linda Bennett, O.D.*

Linda Bennett, O.D.



From left to right: Dr. Linda Bennett, Wenxiao Li, Dr. Melanie Macbeth

Congratulations to Wenxiao Li, a freshman at Belmont High School, for winning our raffle at the high school Health and Wellness Fair on March 12, 2008. We chose to highlight the importance of eye safety during sports, and students entered a drawing by answering a quiz about what they learned at the booth. The prize was an iPod shuffle and a \$25 iTunes gift card.