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Dear Patients, Neighbors, and Friends:

Ever wonder how your glasses are made? In the past, we have written about the many important steps taken to make your custom pair of glasses clear and comfortable. But, since we are in the business of “seeing,” we thought why not show you.

WATCH WHILE YOUR GLASSES ARE MADE: For those of you who are curious about how your eyeglasses are made, we are offering you an opportunity to watch your own glasses be fabricated. We have a finishing lab in our office, where our optician uses special machines to cut and polish lenses to fit correctly into your frame, according to your prescription, pupillary distance, and other fitting measurements. We have set up three different times this fall: *Thursday, October 29 at 5:30 PM, Tuesday, November 3 at 11:00 AM, and Friday, November 13th at 9:30 AM.* Please plan to be here for about an hour. Your glasses must be ordered at least seven days in advance so that we will have all of the materials ready for fabrication day. If you are interested, please call our office to schedule an appointment.

VISION THERAPY CAN BE LIFE TRANSFORMING: Susan Barry, a professor of neurobiology at Mount Holyoke, has written an interesting book called “Fixing My Gaze: A Scientist’s Journey Into Seeing in Three Dimensions.” Dr. Barry had suffered from crossed eyes and stereoblindness and was taught how to “coordinate” her eyes to see in 3D. Unfortunately, this did not happen until she was an adult. She is now strongly advocating early eye exams for children because “children are still not routinely tested for binocular vision deficits in school screenings.” She concludes, “Detecting these problems early and then seeking proper treatment can improve a child's vision and transform a child's life.” We found this book very interesting, and we feel that some of you would like it as well. As a result, we’ve decided to start a library in our office. If you are interested, please call our office to reserve a copy to borrow.

ABOUT HEART ATTACKS: A correct, speedy decision may save your life. Here are some important things to remember if experiencing a heart attack: 1) It is smarter to chew (instead of dissolve or swallow) an aspirin in your mouth. It is good policy to keep an aspirin with you and by your bedside. 2) Do not lie down if you think you are having a heart attack. Remember there are other symptoms of a heart attack beside pains in the left arm. Intense pain on the chin, nausea, and profuse sweating are among the less frequent symptoms. There may not even be any pain in the chest during a heart attack. In case of a heart attack, call 911 promptly, chew one or two aspirins and swallow them with a bit of water. Be sure to unlock the front door. Take a seat on a chair or sofa near the front door. Do not lie down.

SOME (UNUSUAL) ITEMS OF INTEREST: Some of the news items relating to research on improving vision or curing eye problems sound like they are straight out of science fiction (older readers will remember the wrist watch telephone of the Buck Rogers days). Here are some items that may interest you: (1) A new tongue-operated device may help blind people "see." The device consists "of an inch-long video camera hidden in a pair of sunglasses, which the user wears. (2) A recent study in *The New England Journal of Medicine* showed that certain blood pressure medications could be used to slow the progression of diabetic retinopathy. Investigators selected 285 patients with Type 1 diabetes but without hypertension, and treated them with an antihypertension medication. Those taking the antihypertension medication were 65 to 70 percent less likely to experience diabetic retinopathy progression than those who took placebo. (3) A contact lens that display a person's name when they come into view? This is one of the many things researchers at the University of Washington are working on. They have designed a contact lens which has electronics and LEDs embedded in the lens. The lens is still under development and has not been worn by any humans, but imagine the possibilities.

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.

We wish you a happy holiday season, and a great start to 2010!

Sincerely,



Linda Bennett, O.D.



Melanie Macbeth, O.D.



Rebecca Maida, O.D.

Below are some pictures from our Back-to-School Day held in August, which was a super success. We plan to hold this event again next year. However, if you missed it this year, remember that we examine children all year long. With school just beginning, now is a good time to make sure that your children can see what they are learning.

