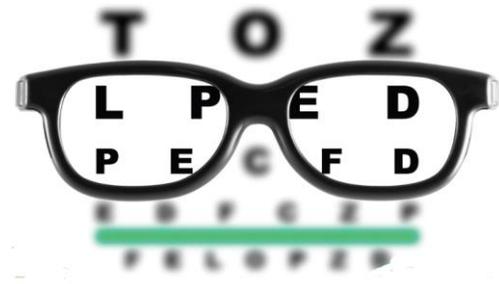


# Eye Care Professional Associates Quarterly Newsletter



Issue #2 - Spring 2016

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## Clear Vision, Living Independently Top Priorities for Older Americans

***Seventy-five percent of aging Americans affected by vision problems; Dr. Tyler Mautino offers tips to protect eyesight throughout life***

Fluctuations in vision are often one of the first health changes adults notice as they get older. Although these changes can be bothersome, even more troubling problems could be lurking beneath the surface and cause vision loss. According to the American Optometric Association's (AOA) 2015 American Eye-Q<sup>®</sup> survey, the inability to live independently would concern older consumers the most if they developed serious vision problems. Dr. Mautino offers several tips to help older adults safeguard their vision.

### Schedule a yearly eye exam

Comprehensive eye exams by a doctor of optometry are one of the most important, preventive ways to preserve vision, and the only way to accurately assess eye health,

diagnose an eye disorder or disease, and determine the need for glasses or contact lenses.

Common eye conditions in older adults that can be detected through a comprehensive eye examination include age-related macular degeneration, cataracts, diabetic retinopathy, glaucoma and dry eye. The number of adults with these eye conditions will increase as the population of older adults grows—according to the U.S. Census Bureau’s 2012 estimates, 72 million Americans are expected to be over the age of 65 by 2030 (compared with 46.2 million Americans in 2014).

“Many eye conditions develop without any warning signs or symptoms, so it’s important to visit a doctor of optometry every year to ensure your eyes are healthy,” said Dr. Mautino. “Early diagnosis and treatment of serious eye diseases and disorders is critical and can often prevent loss of vision.”

### **Focus on healthy lifestyle choices**

Following basic healthy habits can help ward off eye diseases and maintain existing eyesight. One of the essential building blocks of a person’s overall health is diet. Enjoying a diet rich in the antioxidants lutein and zeaxanthin can improve eye health—these can be found in spinach and other green, leafy vegetables, as well as eggs. Other “power foods” for the eyes include fruits and vegetables high in Vitamin C and fish containing Omega 3 essential fatty acids, such as salmon. Also, an optometrist can discuss vitamin therapy options for patients experiencing vision problems and for preventive treatment.

“Not only can a healthy diet improve your eye health, but not smoking, monitoring blood pressure levels, exercising regularly and wearing proper sunglasses to protect eyes from UV rays can all play a role in preserving eyesight and eye health,” said Dr. Mautino.

## **Adapt to your surroundings and seek help from a doctor of optometry**

According to the 2015 American Eye-Q® survey, 75 percent of Americans age 55 and older have experienced vision problems. It's especially important for older adults to visit their doctor of optometry to ensure their vision is good to prevent falls and driving accidents.

Older adults can ease the stress on their eyes by making some simple changes:

- Stay safe while driving: Wear quality sunglasses for daytime driving and use anti-reflective lenses to reduce headlight glare. Limit driving at dusk, dawn or at night if seeing under low light is difficult. Use extra caution at intersections and reduce speed.
- Use contrasting colors: Define essential objects in your home, such as light switches and telephones, with different colors so they can be spotted quickly and easily.
- Give the eyes a boost: Install clocks, thermometers and timers with large block letters. Magnifying glasses can also be used for reading when larger print is not available. Text size on the screen of smartphones and tablets can also be increased.

People dealing with eye disease and vision loss can also seek rehabilitative services from a doctor of optometry. These services can teach patients a variety of techniques to allow them to perform daily activities with their remaining vision and help them regain their independence.

Maintaining yearly eye exams, or more frequently if recommended by an eye doctor, provides the best protection for preventing the onset of eye diseases and allows adults to continue leading active and productive lifestyles as they age. To make an appointment with Dr. Mautino for a comprehensive eye exam or for additional information on age-related eye conditions, visit [www.eyecarewarren.com](http://www.eyecarewarren.com) or call the office at 814 726 1104.

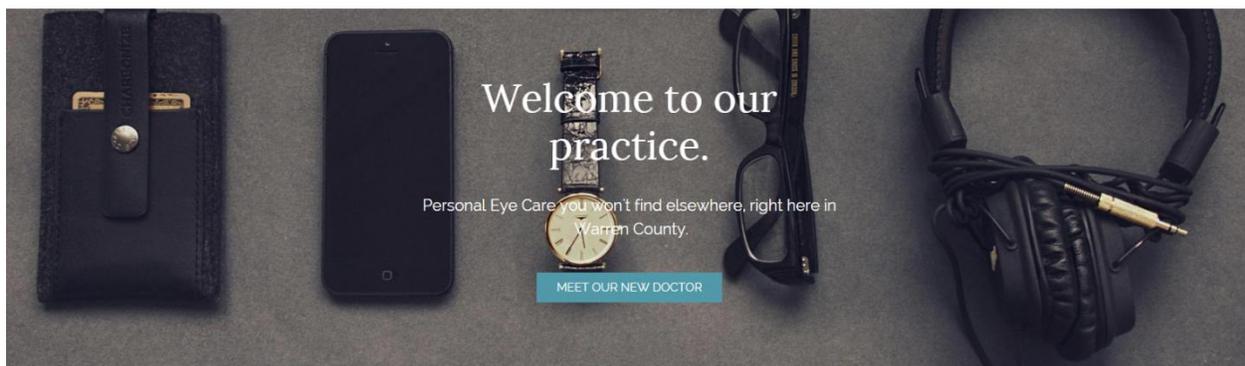
## New in the Office - Our Website!

Eye Care Professional Associates has a new website, [eyecarewarren.com](http://eyecarewarren.com)! This page will provide some great new services for the office and our patients.

- **Access to patient portal.** As Dr. Mautino and Eye Care Professional Associates transitions to electronic health records (learn more in our previous newsletter!), patients will use [eyecarewarren.com](http://eyecarewarren.com) to gain access to their patient portal, which is where they will be able to update and access their records, and even schedule appointments.
- **Patient resources.** This is where you can access physical copies of patient records and forms that need to be filled out before your exam, that way you can complete it all in the comfort of your own home! While you're at it, you can see our newest brochures and flyers. Dr. Mautino also adds links to useful smartphone apps that he finds and puts them here.
- **List of services.** Unsure of what types of services we offer? Did you know we prescribe bifocal contacts, safety glasses, and treat eye disease? On our website, you can find a whole host of services that we provide.
- **Insurance plans.** We take many types of insurances, including medical insurances. If you aren't sure whether we take yours or not, check our website! Sometimes insurances can be a little confusing, so please give us a call anytime with questions.
- **Optical shop.** Buying glasses doesn't have to be stressful. On [eyecarewarren.com](http://eyecarewarren.com), you can learn about the types of frames and designers we carry, view our "Eyeglass Guide" which can help you decide which lenses are right for you, and view an interactive demo on Transitions lenses. When you come to buy, we will help you make an educated decision on the glasses to perfectly suit your needs!
- **Virtual Tour.** Familiarize yourself with the layout of our office, and get a sneak peek at where you'll be sitting during your exam!
- **Social Media.** Learn more about your family's eyes! Find links to all of our social media accounts, our blog, and an index of all of our quarterly newsletters.

### EYE CARE PROFESSIONAL ASSOC

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## GAME FACE

According to the American Optometric Association's 2014 American Eye-Q® survey,

### ONLY ABOUT 21 PERCENT OF ADULTS

wear protective eyewear during sports, and only 46 percent of parents make their children wear eye protection. Get in the game about the importance of protective eyewear in sports.



BASKETBALL PLAYER: LEONID DORFMAN/THINKSTOCK. ICONS: MISSBOBBIT/THINKSTOCK

# Top Eye-Healthy Foods? Hint: Not Carrots

*Nutrient-rich foods can improve eye health, follow these recommendations from Dr. Mautino*

A balanced diet is an important foundation to maintain good health, but many Americans don't know what nutrients are best for their eyes, and that diet can affect your eye health and vision as you age. Dr Mautino encourages Americans to visit their doctor of optometry annually to discuss proper nutrition and to ensure their eyes are functioning properly.

"It's important for people to be proactive with their health—make good lifestyle choices now to help avoid problems later," said Dr. Mautino. "Stick to the building blocks for overall well-being: enjoy a nutrient-rich diet, stay active, and avoid harmful habits, such as smoking. All this can help people avoid sight-threatening disease and enjoy a lifetime of healthy vision."

Drumroll—so what are the best foods for eye health? Forty-eight percent of Americans think of carrots as best, according to the American Optometric Association's 2015 American Eye-Q<sup>®</sup> survey. Contrary to what many heard throughout childhood, kale, collard greens and spinach are actually the most nutrient-rich foods for the eyes. Dr. Mautino recommends these eye-healthy "power foods".

**Power foods: Green, leafy vegetables (such as spinach and kale) and eggs**

**Eye-healthy nutrients: [Lutein & Zeaxanthin](#)**

**Good for the eyes because:** Many studies have shown that lutein and zeaxanthin reduce the risk of chronic eye diseases, including cataracts and age-related macular degeneration (AMD), the leading cause of severe vision loss in adults over age 50. These plant-based pigments also appear to lower the risk of developing type 2 diabetes, a leading cause of blindness. They are also protective antioxidants that work like internal sunglasses, absorbing damaging blue light that Americans are exposed to every day.

**Power foods:** Fruits and vegetables

**Eye-healthy nutrients:** Vitamins A, C and polyphenols

**Good for the eyes because:** The eye's light-sensitive retina (thin layer of tissue at the back of the eye) requires adequate vitamin A for proper function. Vitamin C supports the health of ocular blood vessels. Scientific evidence suggests vitamin C lowers the risk of developing cataracts, and when taken in combination with other essential nutrients, can slow the progression of AMD and visual acuity loss. Polyphenols are plant-derived substances that reduce inflammation, and are especially high in colorful fruits and vegetables.

Foods with vitamin C		
FOOD	SERVING	mg
Orange Juice	1 cup	124.0
Grapefruit Juice	1 cup	93.9
Orange	1 (medium)	69.7
Spinach (cooked)	1 cup	17.6
Tomato (raw)	1 (medium)	15.6
Banana	1 (medium)	10.3
Apple	1 (medium)	8.4
Peach	1 (medium)	9.9



**Power foods:** Nuts, fortified cereals and sweet potatoes

**Eye-healthy nutrients:** Vitamin E

**Good for the eyes because:** Vitamin E promotes the health of cell membranes and DNA repair and plays a significant role in the immune system. It has also been shown to slow the progression of AMD and visual acuity loss when combined with other essential nutrients.

**Power foods:** Salmon, tuna, and other cold-water fish

**Eye-healthy nutrients:** Omega-3 fatty acids

**Good for the eyes because:** Omega-3 fatty acids may reduce inflammation, enhance tear production and support the eye's oily outer layer by increasing oil that flows from the meibomian glands. Research has also shown omega-3 fatty acids can play a role in preventing or easing the discomfort of dry eye.

The body doesn't make the nutrients listed above on its own, so they must be replenished daily. In addition to a healthy diet, an eye doctor can recommend specific vitamins or other supplements for balanced nutrition based on each patient's individual dietary intake, risk factors and laboratory analysis.

Visiting a doctor of optometry annually for a comprehensive eye exam is one of the best investments in overall health and is an important, preventive way to preserve vision and maintain healthy eyes. To make an appointment with Dr. Mautino and to learn more about eye health and nutrition, visit [eyecarewarren.com](http://eyecarewarren.com) or call us at 814 726 1104.

***About the survey cited in today's issue:***

*The 10th annual American Eye-Q® survey was created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB). From February 19-March 4, 2015, PSB conducted 1,000 online interviews among Americans 18 years and older who embodied a nationally representative sample of the U.S. general population. (Margin of error is plus or minus 3.10 percentage points at a 95 percent confidence level.)*

***About the American Optometric Association (AOA):***

*The American Optometric Association, a federation of state, student and armed forces optometric associations, was founded in 1898. Today, the AOA is proud to represent the profession of optometry, America's family eye doctors, who take a leading role in an individual's overall eye and vision care, health and well-being. Doctors of optometry (ODs) are the independent primary health care professionals for the eye and have extensive, ongoing training to examine, diagnose, treat and manage disorders, diseases and injuries that affect the eye and visual system, providing two-thirds of primary eye care in the U.S. For information on a variety of eye health and vision topics, and to find an optometrist near you, visit [www.aoa.org](http://www.aoa.org).*

## Thanks for Reading!

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Weekend appointments available!



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