

# VIEWPOINTS

DRS. DISTIN AND DOYLE

## Buying Toys? Ask Dr. Grandpa



From back-to-school to Christmas to stocking up at post-holiday sales, a great many toys will be purchased about this time of year. One might even find our doctors among the buyers since Dr. Distin and Dr. Doyle both became grandfathers in recent years. And while we admit to some surprise at the restraint they've shown in refraining from buying every toy possible, we are not at all surprised to find they continue support the attitudes they and other optometrists, teachers, and other "friends of children" held for years concerning play, kids, and toys and games. Play, they'd point out, is a child's work. It's important work, preparing them for school and life. Part of the job of a parent, grandparent, or caring friend is to provide the safest,

smartest tools possible: good toys and games. From our point of view, eye safety is especially important in selecting toys. Projectiles and pointy things are the worst offenders in the category of unsafe toys. Moms have always known this.

"Don't you be running with that stick" wouldn't have become a cliché without them. Kids do enjoy toys which fire projectiles, but such toys can be so dangerous. Even soft "Nerfy" projectiles can cause eye injury. If the child must have something to shoot, make sure the projectile is as large, lightweight, and slow-moving as possible. If the child will be happy with a small squirt gun, that may be just right — as soon as it's warm enough to take the battle outside. Remember, too, that regardless of how bright and precocious we know the child to be, it is important to read and heed age labels. The child in question may indeed be quite advanced, but that brilliance may not be relevant for the particular toy. The very

latest thing isn't necessary either. Nearly anything for vigorous outdoor play is a good choice.

Some of the very best toys and games for indoors are old favorites. Twister is helpful for learning left and right and body perception. Memory card games are great for developing visual memory. Remember Operation? It's a good choice for hand-eye co-ordination and honing fine motor skills. Boggle and find-the-word games are fun family ways to develop visualization abilities for the eight-and-over crowd. Video games are not evil in themselves. Some very good things can be learned from them. Like all toys, however, they must be chosen with points like the family's values and the child's age in mind.

### Special points of interest:

- **Toys are children's tools.**
- **Safety is primary.**
- **Shooting toys are almost never safe.**
- **Age labels are for all kids.**
- **Games can improve many important skills**

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## Colored Contact Lenses: Comfortable, Natural Looking

The nicest and newest in contact lenses here are Air Optix Colors. The manufacturer of these lenses has discontinued one type of earlier colored lenses and is phasing out another. Fortunately Air Optix Colors are excellent replacements.

The particular virtues of Air Optix Colors contact lenses are comfort and their natural-looking colors. For a green that

doesn't look like you're auditioning for "Return of the Lizard People" and a gray that's not part of a Halloween costume, try on Air Optix Colors. There is a virtual try-on at [www.AirOptix.com](http://www.AirOptix.com) where selecting "virtually try them on for yourself" will bring up a demonstration into which you can upload your picture. Of course, patients can try them on "for real" at our office.

Patients should know, however, that trial lenses

in colors do not have a prescription in them. To see clearly how your eyes look in colored lenses, patients need to wear their glasses over the trials.

Currently, the lenses are available only for near-sighted and farsighted patients. Astigmatic, and presbyopic patients will have to wait for later releases of the lenses.

## Back to School: We Do It for You

Every year after schools and colleges are back in session, the doctors and staff go to school too. Of course, there were classes about things like new lenses or ICD-10 during spring and summer, but those were just a few hours at a time. Come fall, it's off to class for a few days.

The doctors choose from subjects that range from ocular manifestations of obesity

to neuro-ophthalmic disease and pain to pharmacology. Continuing education for optometrists includes tested hours. This is a legal requirement they welcomed as a sure and public indication of the importance they assign to continuing education and particular classes.

Staffers attending the Illinois Optometric Association event will be in sessions on

topics like coding, anatomy and physiology, lensometry, and muscle testing. Lou Ann Cavanaugh, senior staff member has a certification which requires a number of hours of CE and adheres to the requirements as carefully as the doctors do. We have new staff members who are new to the IOA education as well.



## Eye Safety at Harvest Time

The busy harvest season and field preparation that follows can mean hurrying, worrying, and injuries. Farmers know, in their heads, that eye injuries mean pain, lost time, expense, even possible loss of eyesight; but the rush and stress of this harvest season can mean that things that are known aren't always acted upon.

So we hate to nag, but we are. We urge farmers to be careful of flying particles, hand tools, hazardous chemicals, and all eye hazards. Safety glasses (even with side shields), goggles, maybe full face shields, are all important protection. And every anhydrous tank should have a supply of fresh, clean water at hand for

extensive, aggressive rinsing of the eyes in an emergency.

Bystanders, too, are at risk. They need protection as well. If the "protection" you're using is just distance, double the amount that seems like "enough" and that may be just right.

## Has It Been Two Years Already?

This newsletter goes to people due to see the doctor next month. Next month you will receive a reminder of the type of appointment to make. Two years is a possible interval between routine eye examinations. A one-year interval is a bit more common. Your doctor here based his recall decision on things he learned at your last visit and on things he knew about you. Your next visit date can depend on a number of factors and may not be a "routine" visit at all. Your doctor may be concerned about your intraocular pressure and so ask you to return in six months for tonometry again (a visit, by the way, covered by health insurance, not vision insurance). Patients who have cataracts are often followed at one-year intervals so the doctor can advise the pa-

tient about surgery as soon as the vision is sufficiently reduced to make considering surgery "worthwhile." Most insurers, including Medicare, do not cover cataract surgery until best-corrected acuity drops to a specified level. Your doctor doesn't want your vision compromised any longer than necessary. Contact lens wearers are often called in every six months to permit the doctor to catch bad habits or bad signs before any problems are caused. Progress reports keep contact lens prescriptions and contact lens care up to date. Patients who have vision care coverage may need to check with their insurer for the date after which the visit would be covered. Not all health plans include vision coverage (lenses, refractions, etc.), but remember that office visit coverage for

such things as an eye infection or glaucoma treatment is the type of claim that should go to regular health insurance, not vision care insurance.

**At this time of year,** we also have the added factor of taxes, cafeteria plans, and other benefits and practices that relate to the end of the calendar year. We urge you to check your benefits or allotments early so that the year and the benefits can "come out even" and you can get an appointment that is convenient for you but acceptable to your insurance or benefit calendar.

**Before your visit,** please consider visiting [www.DrsDistinandDoyle.com](http://www.DrsDistinandDoyle.com) to complete and print off forms you'll find there. Important to remember in doing so — use full complete names rather than nicknames .



"Your doctor doesn't want your vision compromised any longer than necessary."

## Interested in Ordering Lenses in Your PJ's?

One of the delights of shopping online is that you can shop from nearly anywhere at any hour. We can browse, plan, "visit" and buy in our pajamas.

Our patients can join the fun by ordering their contact lens re-supply by e-mail. (They could do it by our voice mail

too, but that's so-o-o 1980.) E-mail is available at any time of the day and we check ours throughout the day too. To order your next lenses by e-mail, just send a note to this e-mail [contactlenses\\_drdsdistindoyle@frontier.com](mailto:contactlenses_drdsdistindoyle@frontier.com). Be sure to include your name and phone number

so we can call if we have questions that need immediate attention. Remember to say how many boxes of lenses you want per eye and what color (if necessary). We look forward to hearing from you.



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## Our Kids' Package Isn't Just for Kids

Yes, we call our special frame and lenses "deal" a "Kids' Package" and it is great for our patients under age 18, but it is available to *full time students of any age*. We also offer it to *contact lens wearers* of any age within six months of a contact lens purchase from us. Our optical laboratory offers us this Kids' Package pricing and we are pleased to be allowed to offer it to some other patients as well.

The package consists of frame and single vision lenses for \$159. The frames are chosen from a group of frames already included in our normal

selection. These are not lesser quality, discontinued, or un-warranted frames; they are, as stated, part of our usual frames offering. The selection is limited, however, to around 100 frames. Typical frame cost for these frames, when used outside the special package would be around \$130 to \$170. Polycarbonate lenses are excellent for children and are the lenses chosen for the Kids' Package. Polycarbonate lenses are safer, harder to break lenses and include UV protection, and scratch resistance. These lenses are the preferred lenses

for children. Using the Kids' Package at \$159 to purchase a frame that would otherwise be \$140 to \$170 and lenses that would be \$108 outside the package would mean a savings of \$89 to \$119. We are not able to offer this package to patients who are using insurance or insurance discounts and we can't apply any other discounts except our 5% discount for (cash or check) payment made when materials are ordered.

The package pricing includes provisions for persons who qualify for the Kids' Package but need lenses other than clear

single vision lenses. Anti-reflective treatment, Transitions, progressive lenses, and other options are available at a savings too. Further, through September, patients can add anti-reflective treatment to Kids' Package glasses and have Transitions at no charge. There is also a special for those who select the Nickelodeon frames in the package group. I'm sorry some of you will not receive this notification until after this savings opportunity is over. I can say that this promotion by the lab is a repeat and perhaps will return next year at back-to-school time.