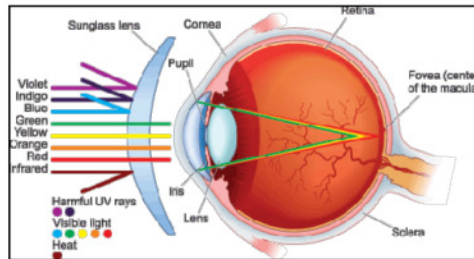


## Indecent Exposure...to UV light

Even on a cloudy day, greater than 70% of ultraviolet rays pass through the cloud layer to our skin and eyes...and in Hawaii how often do we have cloudy days!? Wearing adequate sun protection is important for all age groups...not just adults; but, particularly, infants and youth, whose eyes are more susceptible to UV damage. Children lack pigment in the lens of the eye which helps filter against UV light.



When looking for sunglasses, look for a label indicating 100% UV protection against both UVA and UVB light. Be wary of 'gas station' sunglasses; they may be nice on the wallet, but may not provide proper UV protection. Darker tint in sunglasses doesn't mean better UV protection. If you have glare complaints or

spend a lot of time on, or near, water, consider adding Polarization as well.

When ordering prescription glasses, be sure to also ask about UV protection. Like sunglasses, your regular, clear glasses can also protect your eyes. Special lens treatments can be added which have a UV layer, blocking harmful radiation. Examples of such treatments include: Crizal No-Glare coatings which are scratch resistant and have an Eye Sun Protection Factor (E-SPF) of 25, or Transitions photochromic lenses which are clear indoors and turn dark outside. Both provide 100% UVA and UVB protection. This summer, be eye smart and wear your sunglasses when outdoors. Your stylish accessory can also be your eyes' best protection against pterygia, cataracts, macular degeneration and even eye cancers.

summer 2014

# Honolulu Eye Clinic News

## HEC performs preschool vision screen

Dr. Rupa Wong and staff from Honolulu Eye Clinic screened approximately 80 children this past May at Unity



Preschool. The children ranged in age from 3 to 5 years old and were so enthusiastic about participating in the vision exam! Instead of using old fashioned eye charts, vision was checked with iPads, evaluating whether each child was nearsighted (myopic), farsighted (hyperopic) or had astigmatism. Dr. Wong also tested each child for strabismus, which is a misalignment of the eyes that affects 4% of children. Finally, the staff tested the children's stereo vision, which is the ability to see one image with two eyes. The kids loved this test because the evaluation is

based on the child's ability to see 3D images with 3D glasses on.

Many eye and vision disorders have no obvious symptoms. Early identification and treatment is important for the overall health and development of the child. Prompt diagnosis can even prevent permanent vision loss and help children maintain clear vision. The American Academy of Pediatrics and Association of Pediatric



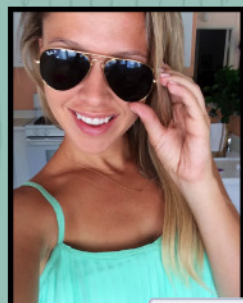
Ophthalmologists recommend a vision exam for children starting at 3 years of age. If your child is unable to cooperate with the eye chart in the pediatrician's office, then please call our office to make an appointment with Dr. Rupa Wong, our pediatric ophthalmologist.

## HEC Happenings June 2014

**27** **OAKLEY** Glasses & Sunglasses Trunk Show

20% off 2nd pair glasses  
Gift bags & food  
Raffle giveaway of Oakley sunglasses

RSVP 526.0030  
info@honoluluclueyeclinic.com



**Summer Sunglasses Selfie Contest**

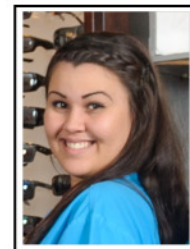
Enter to win a pair of Ray Ban Aviators

Details on our FB page

Like Honolulu Eye Clinic

## Meet Our Surgical Coordinator: Ronnielynn Bradbury

Ronnie has been with Honolulu Eye Clinic for two years and has been Surgical Coordinator for the last year and a half. Ronnie specializes in helping patients have the best possible experience before, during and after surgery. She is always available for patients to answer questions, review operative instructions, work with their insurance and anything else a patient or their parents might need.



Ronnie states, "One of the best things about my job is interacting with patients and making them feel comfortable throughout their whole surgical experience. I love seeing patients after their surgery and hearing how happy they are with the outcome."

Ronnie is a registered Medical Assistant who graduated from Med-Assist School of Hawaii in 2011. Ronnie is also Dr. Rupa Wong's surgical assistant during strabismus surgery at the Eye Surgery Center of Hawaii. In her spare time, Ronnie enjoys going to the beach and cooking.

Honolulu Eye Clinic  
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### Inside:

- Are all contact lens solutions the same?
- Sunlight as a prevention for nearsightedness
- Treating glaucoma at the time of cataract surgery
- Are you taking the right fish oil?



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Jeffrey Wong, M.D.



Rupa K. Wong, M.D.



Jenifer K. Bossert, O.D.

## Sunlight As A Prevention for Nearsightedness

It seems almost inevitable, every year your child goes in for their annual eye exam and every year you are told the glasses prescription continues to get stronger. This is especially true for children who are nearsighted (myopic).

Parents often worry about this progressive course of myopia in their kids. Unfortunately, some of this is genetic - if you wear glasses, there is a good chance your child will wear glasses as well. But, now, new research uncovers that environmental factors play a role as well.

Myopia is the most common cause of refractive error seen in kids. It is the result of elongation of the eyeball and causes light rays to focus in front of the retina instead of on the retina. And, nearsightedness is on the rise. The prevalence of myopia has increased a whopping 66% in the U.S. in the last 30 years!



So, what can be done about this? Numerous studies have recently found that increasing the amount of time that children spend outdoors decreases their rate of nearsightedness. Kids who spent about 10-14 hours a week

outdoors were less likely to develop myopia than their peers who stayed indoors. One thing to note - the belief that time spent playing video games, iPhone or reading causes nearsightedness, is incorrect. In fact, near work had no correlation with myopia. These devices simply make it more difficult to get children to spend time outdoors.

We are lucky here in Hawaii that we can take full advantage of the protective effects of the sun year round (though always remember sunscreen, hats, and sunglasses). So, this summer, enjoy the outdoors with your child - it may help them not need glasses!

*To read more about this topic, visit our blog at [www.honolulueyeclinic.com/blog](http://www.honolulueyeclinic.com/blog)*

## Are All Contact Lens Solutions The Same?

Fifty to eighty percent of soft contact lens (CL) wearers experience symptoms of dryness...burning, stinging, grittiness, discomfort...this can reduce comfort and wearing time. Soft CL absorb components of the tear film; particularly, proteins and lipids (oils). These deposits are associated with increased dryness and discomfort, lid allergies and inflammation, and even decreased vision.

Conventional hydrogel soft CL dehydrate faster and attract proteins. Examples of conventional hydrogel lenses are Acuvue, Acuvue 2, Fresh Look Colors, B&L Soflens, and Proclear. Typical care solutions appropriate for these lenses are: Complete, Equate, Kirkland, Optifree, and Renu.

Newer technology was developed to reduce dryness and to increase oxygen transmission to the front surface of the eye. These lenses are called Silicon hydrogel lenses. Examples include Acuvue Oasys, Air Optix, Biofinity, and PureVision. These lenses have different surface characteristics, attract lipids, and therefore require different

care solutions. Appropriate care solutions for silicon hydrogel lenses are: BioTrue, Pure Moist, and Revitalens. These solutions have novel components to enhance water retention, improve wetting, and reduce oil deposits.

So, NOT ALL solutions are the same and choosing the best solution for your CL is crucial for YOUR comfort. If you are not sure, please don't hesitate to ask your doctor which solution is best!

Remember...rubbing, rinsing, and storing with fresh solution daily is imperative; never re-use solution in your case from the day before; and replace your case every three months.

**NEW !!!**

**Air Optix Colors**

The newest, most comfortable, least drying colored contact lens to date

Available in 9 exciting colors

Mix & match your clear & colored orders!

## Treating Glaucoma At The Time of Cataract Surgery

Open-angle glaucoma affects about three million people in the United States. It is characterized by an increase in eye pressure that leads to permanent damage of the optic nerve and a gradual loss of vision. Many people are unaware of their condition, especially in the early stages when their vision may be unaffected.

One of the most exciting developments in eye surgery is in the field of glaucoma surgery. Now, glaucoma surgery can be done at the same time as cataract surgery, in a minimally invasive fashion. This has changed the landscape of glaucoma management, reducing the need for riskier and more invasive glaucoma surgery such as trabeculectomy.

The iStent Trabecular Micro-Bypass was FDA approved in 2012, and is the smallest medical device ever implanted in the human body. At just 1 mm in length, the iStent is a tiny tube that is inserted into the trabecular meshwork, the eye's natural drainage system. This improves the drainage of fluid from the eye, thereby

lowering the eye pressure and relieving stress on the optic nerve. Many times, the pressure is lowered enough to allow a

patient to stop one or more of their eye drop medications.

The iStent may be ideal for patients with adverse reactions to topical eye drops, difficulty administering drops, or for those who do not want to pay for a lifetime of chronic medical therapy.

The iStent must be implanted in conjunction with cataract surgery, and only adds a few minutes to the case. Because it is so small, patients cannot feel or see the iStent in their eye. In addition, the recovery time and post-operative care is no different than routine cataract surgery.

If you have glaucoma and cataracts, ask Dr. Jeff Wong if you are a good candidate for this procedure at your next visit.



## Are You Taking The Right Fish Oil?

Omega-3 fatty acids are essential nutrients for our health. They are critical in the functioning of cells, and help control blood clotting. They also have been found to have many health benefits, including protection against heart disease, stroke, and inflammatory diseases such as rheumatoid arthritis. With respect to the eyes, studies have shown that omega-3s are beneficial in infant vision development, macular degeneration, and dry eye syndrome.

Because our bodies do not produce these special fats, we need to get them from food. While we recommend a healthy diet of fish and vegetables, it can be difficult to eat enough fish to attain therapeutic levels of omega-3s. Thus, supplementation in the form of fish oil has become very popular. However, most over-the-counter brands do not come in the natural triglyceride form like that of fish. Most products are low quality, unpurified, or are sold in a synthetic, ethyl ester form. This form is more difficult to absorb and therefore has less benefit than the purified form.

Ask our staff for our recommendations on a superior fish oil to help improve your dry eyes or macular degeneration.

Drs. Jeff & Rupa Wong welcomed their first daughter, Arya (Sanskrit word meaning noble woman) on September 24, 2013. She joins big brothers, Nikhil and Taj.



Honolulu Eye Clinic now has wifi available for patients. Ask for the log-in information at the front desk



Visit our blog [www.honolulueyeclinic.com/blog](http://www.honolulueyeclinic.com/blog) for posts by Dr. Rupa Wong about ophthalmology, being a working Mom & life in our ohana