

CENTRAL CALIFORNIA OPTOMETRIC SOCIETY

VisioNotes & Quotes

February 2018



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Upcoming Events

OptoWest Santa Clara	March 4
CCOS Meeting: Hop PK	March 21
OptoWest Sacramento	April 15
COA Legislative Day	April 18

## Message from the Communications Chair



February is Low Vision Awareness Month. The National Eye Institute defines low vision as “visual impairment that cannot be corrected by standard eyeglasses, contact lenses, medication or surgery.” I view low vision as any vision loss that limits my patient’s ability to live their lives to their fullest potential.

As the primary eye care provider, we are the gatekeepers to our patients’ vision and ocular health needs. We should provide them with the best options for maximizing their visual potential. However, with low vision patients, this may prove more difficult. It will likely expand beyond the scope of glasses and contact lenses. It is important to ask them about their activities of daily living — and how these may be inhibited. Get to know their support structure: do they live alone,

are there family or friends that help them, do they qualify for services.

As optometrists, we are typically the providers that have to tell the patient, “Nothing more can be done for your vision.” This statement can be psychologically debilitating, causing depression, inactivity, loss of independence, and an overall decline in the patient’s health. I believe strongly in advocating for my patients, searching for an interdisciplinary answer to my patient’s health care needs.

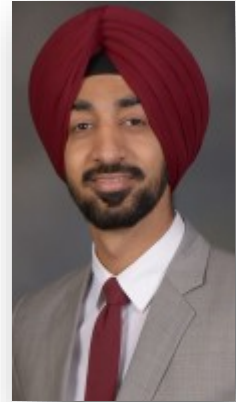
This may include a low vision exam, referral to a rehabilitation center such as the Valley Center for the Blind, sending a letter stating legal blindness, filling out paperwork for a DMV handicap placard or Handy Ride. I will oftentimes be seen changing the accessibility features of my patient’s smart phones to increase the contrast and font size. These are the many small, but significant, changes that we can bring to our patient’s lives.

Your friendly neighborhood Communications Chair,

Kim Vuong

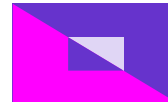
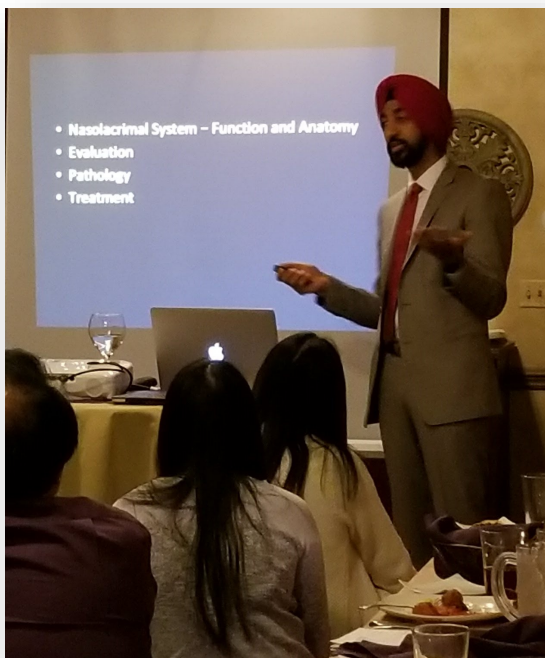
# Disorders of the Lacrimal System

Harinder S. Chahal, MD  
Oculofacial Plastic Surgery  
Eye Medical Center of Fresno



February 22, 2017 at 6:30 PM

Andiamo's Ristorante Italiano



**The first thing I do is differentiate between watering and true epiphora.**

The two questions I will ask are:

- **“Do the tears stream down your face or stay in your eye?”**
- **“Do they stream down your face when you’re indoors and at rest, or mostly if you’re in the cold/wind?”**

- Dr. Chahal







## Nasal Lacrimal Duct Obstruction by Age

**Children:** Congenital nasal lacrimal duct occlusion

**Young Adult:** Trauma

**Middle Age:** Canaliculitis, retained punctal plugs, radiation/chemotherapy

**Elderly:** Acquired total nasolacrimal obstruction



# the President's Message

Margie Recalde, OD, FAAO

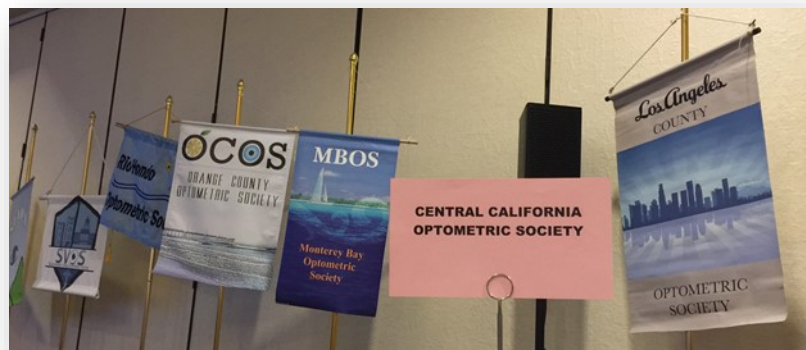
## HOUSE *of* DELEGATES



On February 10 and 11, House of Delegates assembled in San Diego, a city commonly known as “America’s Finest City.” There were 159 delegates representing 25 optometric societies from across the state. This year’s annual event was held at the beautiful Marriott Hotel Mission Valley.

Traditionally the event begins with the “Parade of Society Presidents”.

Sadly CCOS did not have a society flag, but I used the CCOS table placeholder to remind us that one day CCOS will march with the Society Presidents.





Another time-honored tradition at HOD is to hear Dr. Saul Levine's rich, baritone voice singing to the delegates. However, I was disappointed when I didn't hear Saul's special musical number at the beginning of the event.



Later in the program Senator Ed Hernandez, OD, was given time at the podium. He walked us down memory lane and reminded doctors that when he graduated from optometry school, he could only use fluress and tropicamide! He was frustrated that despite his extensive training, California law prohibited optometrists from doing more. Senator Hernandez decided to get involved and make changes at the political level. He also emphasized the importance of having mentors and optometric support as he endeavored to enter the political arena. He still needs our support for his next political race to be Lieutenant Governor! You may contribute to his campaign by visiting [edhernandez4ca.com](http://edhernandez4ca.com).

**Dr. Ed Hernandez** 2018  
for Lt. Governor

Towards the end of his speech, Sen. Hernandez asked Dr. Levine to come up on stage for a special song. Dr. Levine composed a song dedicated to Dr. Ed's campaign for Lt. Governor. Check out the video on [www.ccosociety.org](http://www.ccosociety.org).





The 2018 delegates proudly representing CCOS are Michael Mendoza (President-Elect), Margie Recalde (President), Andrew Ta (Membership Chair) and Chris Fisher (Member-At-Large).

Here are several key points from the HOD meeting:

- 1) Branch Office Law – This was a highly controversial topic. The branch office law limits optometrists to no more than two offices. The California State Board of Optometry is planning to eliminate the branch office law.

Delegates heard pros and cons from both sides of the table. MDs and opticians may have multiple offices but a group OD practice is limited by the Branch Office Law. The original goal of the law was to protect patients and ensure that patients may have direct access to the owner. At the end of the debate, most of the doctors expressed interest to keep the Branch Office Law but adjust the language to make it more flexible for group OD owners to practice in more than two offices.

2) Public Vision League (PVL) – The purpose of PVL is to enable COA to aggressively and proactively advocate for the optometric profession in legal matters. PVL has taken the following steps to prevent companies from issuing prescriptions based primarily on autorefracton:

- A) Filed complaints against Opternative, Simple Contacts, Hubble Contacts, JCPenny Optical, Jins Optical, 2020 Now, Smart Vision Labs and Devlyn Optical with the appropriate state agency.
- B) AOA has filed complaints with the Fair Trade Commission and the Food and Drug Administration
- C) Collected examples of harm
- D) Testified at State Board of Optometry (SBO) hearings to encourage the SBO to take action against online refraction

**NOTE:** You can help PVL succeed in this legal battle. If you have a patient between 18 and 40 who came to you asymptomatic, but had a life- or sight-threatening condition that you were able to detect during your exam, please report the case to COA.

### 3) PVL and Corporate Practice Optometry

The California State Board of Optometry (SBO) has completed its investigation of PVL's complaint and sent 17 citations to Stanton Optical for violations of the California Business and Professions Code and California Code of Regulations. SBO has ordered Stanton to pay the maximum allowed administrative fine (\$5,000) for each citation. Stanton Optical has appealed this decision.

### 4) PVL and Disruptive Technologies

PVL will work with COA's Legislation and Regulation Committee to press regulators including the State Board of Optometry and the Medical Board to enforce the law and prevent online refraction from being available in California. PVL will also advocate that regulators enforce the law against so called "telehealth" services that allow office technicians to perform subjective refraction illegally.



#### 5) PVL and Opticians Scope Expansion

The optician on the California State Board of Optometry has expressed interest in discussing the scope of practice for opticians at a future board meeting. If that occurs, PVL and COA's Legislation and Regulation Committee will provide optometry's perspective.

#### 6) Corporate Practice Concerns

COA is investigating concerns about medical groups interference in the professional judgment of an optometrist. Please contact Kristine Shultz at [kshultz@coavision.org](mailto:kshultz@coavision.org) or (916) 622-5027 if you work in a corporate setting and there has been an attempt to coerce you into selling more products or any pressure to reduce the time spent with your patients.

#### 7) Medi-Cal & COA

COA will be advocating for an increase in reimbursement rates for doctors of optometry under the Medi-Cal system. Provider rates in California are among the lowest in the nation and need to be increased to ensure doctors can continue to accept Medi-Cal patients.

#### 8) 2017 COA Membership Review

- While membership numbers are flat for 2017, for the first time since 2014 dues revenue is up.
- COA is seeing more and more students being retained through the ascending dues scale.
- There are 78 percent more members on the third and fourth year levels at the conclusion of 2017 than there were in 2015 (91 vs. 51). More members being converted and retained through the ascending dues scale will ultimately mean more full dues-paying members.

# COA President



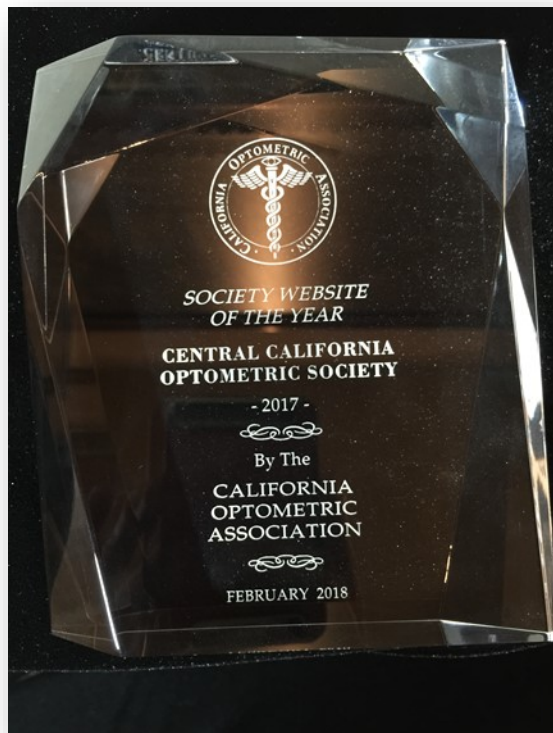
Thank you Dr. Sage Hider for all of your hard work as our 2017 COA President! We appreciate the countless hours you invested in representing COA as it's highest level.

Dr. Hider is a member of the Tri-County Optometric Society and is originally from Merced. He and his two OD partners have a practice in San Luis Obispo and Atascadero.

Congratulations Dr. Ranjeet Bajwa on your new position as 2018 COA President! Dr. Bajwa is a member of Kern County Optometric Society and was born and raised in Porterville. He works in an ophthalmology practice in Bakersfield and purchased an established optometry office in Ventura. We are excited to see Dr. Bajwa take on his new role as COA President.



And last but not least, at HOD 2018 guess which society won Society Website of the Year?



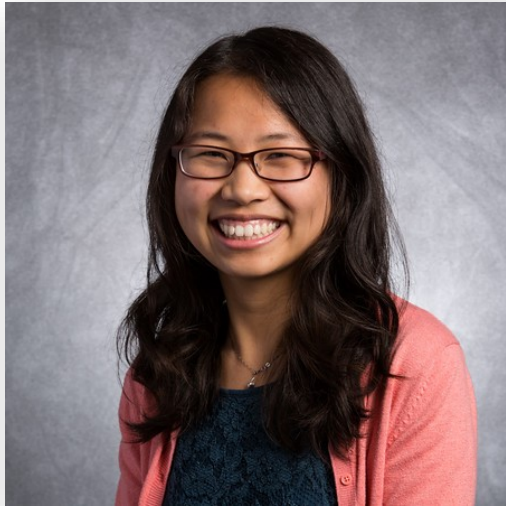
2017 COA President Dr. Sage Hider presenting the Society Website Award to CCOS President Dr. Margie Recalde.



HOD 2018 Group Photo: Dr. Michael Mendoza, Dr. Margie Recalde, 2018 COA President Dr. Ranjeet Bajwa, Dr. Chris Fisher, and Dr. Andrew Ta

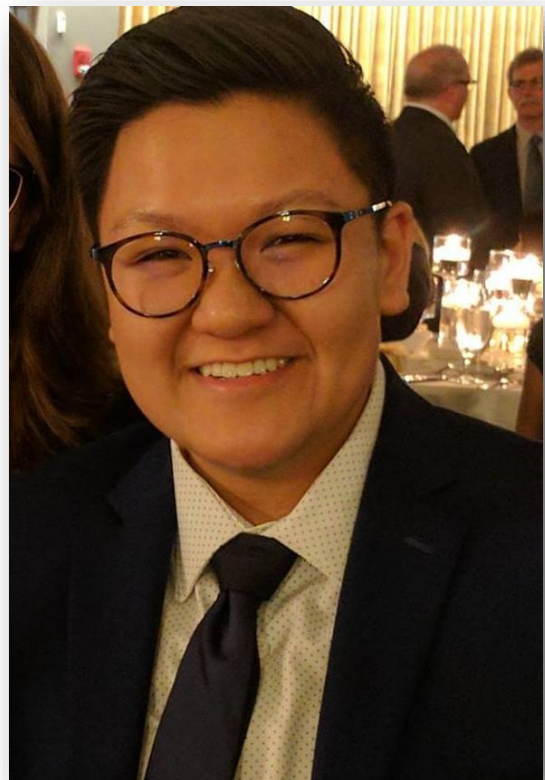


## Welcome our Newest Members!



Yangdi Chen grew up primarily in the Bay Area, but has also lived in China, South Carolina and Colorado. She attended UC Berkeley for 8 years, where she studied public health as an undergraduate and then earned her OD degree. Yangdi completed a primary care residency at San Francisco VA before moving to the Central Valley. Outside of work, Yangdi loves to craft, travel, try new foods and watch sports (she is especially devoted to the Cal Bears).

Andrea Liu was born and raised in the Bay Area and completed her undergraduate degree at San Diego State. After having a bit too much sunshine, Dre packed up and moved out east to earn an OD degree from the New England College of Optometry. Four different seasons and a few snow storms later, "Dr. Dre (as a patient once said) slowly hitch-hiked" her way back to the west coast and made a pit stop at The Ohio State University to complete an optometric residency in ocular disease. Eventually, Dre moved to Fresno and began examining eyes one pair at a time. Outside of work, Dre enjoys collecting a ridiculous number of spectacles, weightlifting, running, drinking coffee, traveling, and trying every type of pizza possible.



# HOP X PK

G A S T R O P U B

820 Van Ness Avenue  
Fresno, CA 93721

**Wed, March 21 at 6:00pm**

## CCOS MEETING

RSVP at  
[ccosociety@gmail.com](mailto:ccosociety@gmail.com)  
by March 16

**6:00pm Check-In**

**6:45pm Installation Ceremony**

**7:15pm 1-hour CE Credit on "Taking Corrective Action" presented by Sierra HR. COPE approval pending. Go to [ccosociety.org](http://ccosociety.org) for more details.**

Free CE Credit for Members  
\$50 Fee for Non-Members

Sponsor







CCOS MEETING  
MARCH 21

***How has your membership been helpful to you, personally and professionally?***

COA is asking members to share their story. At our next CCOS Meeting on March 21, we will have a table set up to record your story from 6:00-6:45pm.



# COA Legislative Day 2018

## It's a Celebration!

**When:** April 18, 2018  
**Program:** 7:00 - 3:00 pm  
**Reception:** 3:30 - 7:30 pm

**Where:** Cafeteria 15L  
1116 15th Street  
Sacramento, CA 95814

**RSVP:** Click [here](#) or contact Julie Andrade  
at [jandrade@coavision.org](mailto:jandrade@coavision.org) or 916-266-5031

*Reception at Cafeteria 15L immediately following Legislator visits\**

### COA Legislative Day 2018

Come and celebrate the passage of AB 443 - landmark legislation that expands the optometric scope of practice.



### Join Your Colleagues

Meet with your legislators and then join them for a cocktail at COA's reception.



### Cafeteria 15L

A fresh venue to inspire and entertain you!



## Classifieds

### Optometrist Position available in Madera, CA (Posted January 2018)

Dr. Steve Howell is looking for an OD to work in his office in Madera one or two days a week on an ongoing basis. He can be contacted at

559-908-7234 (cell) or slhod3@gmail.com

## Upcoming COA Events



SANTA CLARA MARRIOTT  
6 HOURS OF CE



SACRAMENTO DOUBLETREE  
6 HOURS OF CE

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—Paul Karpecki, OD, FFAO



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Society



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