

VISION NOTES & QUOTES

JULY 2016

Central California Optometric Society



From left to right: Jeff Garcia, Chris Fisher, John Barron, Michael Barron, Margie Recalde, Jay Newsome, Asm. Salas, David King, Gary Mukai



Top Row: Chris Fisher, John Barron, Jeff Garcia, Sage Hider (COA President-Elect), Asm. Salas, Henry Hua (4th Year Western Optometry Student), Leslie Guerra, Kelly Paulett, Chris Paulett; Bottom Row: David Redman (COA Legislation & Regulation Committee Chair), Stevin Minie (COA President), David King, Michael Mendoza, Margie Recalde

Assemblyman Rudy Salas Event

On June 17, several CCOS members drove down to Lemoore and attended the fundraiser event for Assemblyman Rudy Salas. It was held at Dr. Jeff Garcia's beautiful office in downtown Lemoore. On the same evening, another COA fundraiser event in Bonita, CA, was being hosted for Asm. Gonzalez. Together, COA societies surpassed expectations and raised over \$30,000 for these two legislators.

SB 622 Scope of Expansion Bill Pulled Out

On June 22, the Assembly Business & Professions Committee reviewed the SB 622 Scope of Expansion Bill. The chair (Asm. Salas) would only support the bill if certain amendments were included which were to create a committee of ODs, OMDs, and the public to decide not only the required hours of training for advanced procedures but also on the scope of practice of ODs. Senator Hernandez and COA could not accept the proposed amendments so the bill was pulled out of the committee before a vote was called.

The COA Legislation Committee will re-evaluate COA's strategy and think about whether we pursue scope of practice again next year or if we focus our efforts on other big issues for our profession.

PRESIDENT'S MESSAGE

Margie Recalde, OD, FAAO

You may have noticed the new title for our CCOS Newsletter, "Vision Notes & Quotes". Actually, it's our old name for the CCOS newsletters that I'm reviving. "Vision Notes & Quotes" has a distinguished history of winning awards as best society newsletter. Back in the day before emails, Harry Sadoian and the late Frank Nishio mailed out newsletters to each CCOS member every month. Later, Terry Cole took over this responsibility and faithfully continued this tradition for decades. He later stepped down from this office several years ago. Thank you to Shaw Yorizane for informing us of CCOS' legacy. I hope to carry on this tradition of communicating with our members on a regular basis.

Regarding SB 622, I am sure many of you are disappointed that SB 622 had to be pulled out of the Assembly Business & Professions Committee. However, I feel that Sen. Hernandez made the best decision for our profession by pulling out his bill. I cringe to think what would have happened if OMDs and the public dictated our scope of practice. All we can do at this time is learn from this setback and come up with a better strategy for our profession. If we want to have a stronger voice for the future, we need to get all members more actively involved in our society and recruit non-members to join in to support our profession together.

CCOS BOARD MEMBER INTERVIEW

MICHAEL MENDOZA, OD

PRESIDENT-ELECT

Where do you work and what are your responsibilities? Describe a typical day of work for you.

I am one of 7 Primary Care Optometrist at Eye-Q Vision Care. We are a vertically integrated comanagement practice, so besides being in charge of prescribing glasses and contacts (including specialty lenses like sclerals), we also treat a wide variety of ocular disease from dry eye to glaucoma. We are on the front line for emergency/urgent care as well, may it be new onset of floaters, ocular injuries, sudden onset of diplopia or loss of vision, we initiate treatment. If it falls outside of our scope of practice or comfort level, we simply refer it to one of our specialist. A typical day consists of seeing about 30 complete eye exams and 10 treatments or follow up contact lens patients, but working in a practice like ours, I wouldn't call any day "typical".

What do you enjoy most about optometry?

I love the challenges that every day brings, like I mentioned before, there's really not a "typical" day working in a medical practice setting. It forces you to use all aspects of your clinical training. I also love the patient education aspect of our profession. Whether it's discussing proper computer ergonomics and the importance of the 20/20/20 rule for patients with computer vision syndrome, to proper lid hygiene with a blepharitis patient or educating a patient on an ocular disease that they are being treated for but may not understand, it is very rewarding to hear their appreciation afterwards and knowing that they are leaving with a better understanding of their condition.

What are the most challenging aspects of your job?

By far, the most challenging aspect of the job is dealing with the many personalities that walk through the door. Most of our patients have a great appreciation for the service we provide and understand the limitations their specific eye condition may have on the quality of their vision. Others have stellar vision...but want it even better. The other type of patient that can make it difficult is the one that has a PhD in WebMD, because no matter what you tell them, they've already self-diagnosed and know what the proper treatment is. Luckily these patients are few and far between, but they always seem to leave their mark on you.

Why did you join CCOS?

As we all know, the healthcare climate is changing. With more insured individuals and less providers to treat them, there is a great opportunity for Optometrist to take the helm and help alleviate some of that strain. Unfortunately, we are a very legislated profession and our scope of practice is dictated not by our training and ability, but by those with much deeper pockets than us. It was through the dedication and hard work of the Optometrist in the AOA before us that we are able to use topical drops, prescribe orals and treat glaucoma. But our fight is far from over and we have new challenges from online retailers like 1-800-Contacts and Opternative who want to deregulate the way we practice and devalue our services. Being part of the CCOS affords me the opportunity to continue the fight against these new challenges alongside some of the brightest and most experienced members of our association. It's also a great way to stay connected with my colleagues and share practice building ideas and opinions and experiences on new products.



Spring Photo 2016



Just Like the Norman Rockwell Painting



Yearly Christmas Disneyland Trip

What do you like to do during your personal time?

Any free time I have is dedicated to my two boys, Diego (3) and Mateo (5) and my wife Araceli. Whether it's taking them to soccer/t-ball/karate practice, building pillow forts or having a lightsaber battle, I love nothing more than coming home to them.

I also enjoy giving back to our local community. I was born and raised in West Fresno and I try and volunteer as much time as I can to doing free vision screenings and free eye exams, especially for the less fortunate and underprivileged. I am a board member for the Bautista Medical Foundation and we have various events throughout the year to help raise money for scholarships for local students interested in healthcare and the arts. Every December, we host a big health care fair and toy give away called Navidad En El Barrio.

2015 Navidad En El Barrio



Most recently, through the help of the Tzu Chi Medical foundation and Eye-Q, I began to provide free comprehensive eye exams with prescription glasses at this event and other similar events throughout Fresno County. It's one of the most rewarding experiences I've been able to be a part of.

Aside from the necessities, what is one thing you could not go a day without?

Ha! Probably like everyone else, my iPhone! Although I would argue that in this day in age it's a necessity.

Favorite Quote:

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind!" - Dr. Seuss

Most people wouldn't know these things about me:

I'm a huge Prince fan and actually met him back in college. I know how to crack a whip, LITERALLY! All my favorite sports teams play in Oakland: Raiders, A's, Warriors and of course the Cal Bears.



Tzu Chi School Vision



Inaugural Bautista Medical Foundation 5K

CALENDAR OF EVENTS



Vistakon Meeting

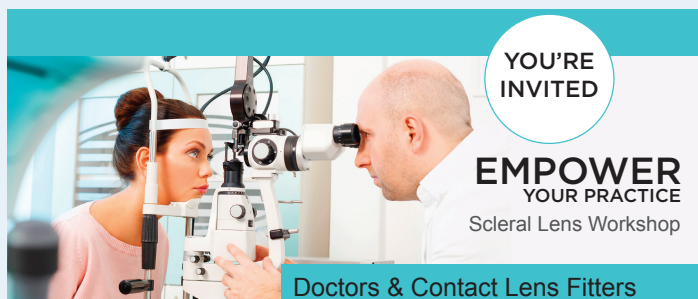
Location and Date will be announced soon.



Scleral Workshop August 17 for Doctors & Contact Lens Fitting Staff

Event sponsored by X-Cel Specialty Contacts. Registration link on CCOS website (www.ccosociety.org) or see separate email attachment.

For the workshop, we need two patients with irregular corneas for a live fitting. Please contact Allison Penn at apenn@xcelspecialtycontacts.com



What is it?

Empower Your Practice is a free educational workshop meant to introduce attendees to scleral lenses, its indications, benefits, and simplified fitting techniques proven to optimize success to the patient. The main focus is on the 1-2-3 easy fitting of the lenses and the potential benefits that scleral lenses can offer for the right indications. An interactive hands-on workshop will provide the attendee a higher level of confidence in fitting and evaluating a scleral lens with the option to try-on the comfort of a scleral lens.

Where?

We will be hosting an Empower Your Practice workshop for the Central California Optometric Society members at **Eye-Q Vision Care Clovis** and would love for you to join us!

Wednesday, August 17, 2016, 6:00 to 8:30PM
Dinner will be served.

Eye-Q Vision Care Clovis
726 N. Medical Center Drive East
Suite 101
Clovis, CA 93611

Register Here

For all upcoming workshops, visit us at
www.empoweryourpractice.org

We have found that an office setting provides you and your colleagues the best learning environment for hands-on fitting and troubleshooting; which is why we encourage hosting one in your practice. **During these educational workshops, we encourage practitioners to bring in their own irregular cornea patients for a live fitting (only 2 per workshop).** The goal is to help you determine the best solutions for your most complicated patient's visual needs.

If you have questions, please contact me today:

Allison Penn, 404.921.4467 or apenn@xcelspecialtycontacts.com

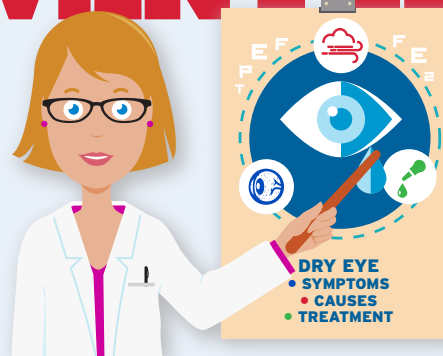
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EDUCATION TO GUIDE YOUR WAY
800.241.9312 | www.xcelspecialtycontacts.com



Newsletter comments or questions:
Please email mrecalde@eyeqvc.com.

July is Dry Eye Awareness Month

TEARS WANTED!



What You Need To Know About Dry Eye

38%

OF ADULTS EXPERIENCE DRY EYE⁽¹⁾. A LACK OF TEARS OR POOR QUALITY OF TEARS, WHICH CAN CAUSE:

Irritated or Gritty Eyes

Redness

Burning

Blurred Vision

DRY EYE CAN STEM FROM:

AGE	GENDER	MEDICATIONS OR MEDICAL CONDITIONS	ENVIRONMENT	TECHNOLOGY
Those 65 and Older	Particularly in Women Who are Pregnant or Experiencing Menopause	Decongestants, Antidepressants, Diabetes, Thyroid Issues	Conditions, Such as Smoke, Wind, or Dry Climate	Not Taking Breaks from Digital Devices

TO HELP ALLEVIATE SYMPTOMS:

Increase the level of humidity



Wear sunglasses to reduce exposure to wind and sun



Use nutritional supplements (if recommended)



Drink 8-10 glasses of water per day



Advanced dry eyes could damage and impair vision. Your optometrist can help prescribe treatment to keep your eyes healthy.



AMERICAN OPTOMETRIC ASSOCIATION

TO FIND A DOCTOR OF OPTOMETRY NEAR YOU, VISIT ADA.ORG.

¹2014 American Eye-Q[®] survey created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB).

CCOS WARMLY WELCOMES DR. EMILY MAK



Hi, my name is Emily Mak. I am a San Francisco native and recently moved down to central California to begin my residency at Fresno VA in primary care. I completed my undergraduate studies at UC San Diego with a B.S. in Human Biology and a minor in Management Science. I then moved back to the Bay Area to complete my graduate studies at UC Berkeley School of Optometry. I am a recent graduate, glaucoma certified, with an interest in binocular and low vision. In my free time, I enjoy traveling, DIY projects, yoga, and playing with my dog.

[CHECK OUT OUR NEW CCOS WEBSITE](http://www.ccosociety.org)

www.ccosociety.org

Grizzlies Game photos are posted on the website.

