

Newsletter - May 2012

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Mood, Cognitive Ability and Sleep Patterns Improve in Alzheimer's Patients After Cataract Surgery

Recently, researchers found that patients with mild Alzheimer's disease whose vision improved after [cataract surgery](#) also showed improvement in cognitive ability, mood, sleep patterns and other behaviors.



A study out of Paris specifically assessed whether cataract surgery could benefit Alzheimer's patients as earlier research had shown that poor vision is related to impaired mood and thinking skills in older people and that cataract surgery could improve their quality of life. Thirty-eight patients, average age 85 and all exhibiting mild dementia due to Alzheimer's disease, completed the study. All participants had debilitating cataract in at least one eye and were appropriately treated with standard cataract surgery and implantation of [intraocular lenses](#), which replace the eyes' natural lenses in order to provide vision correction. After surgery, distance and near vision improved dramatically in all but one of the Alzheimer's patients.

A neuropsychologist assessed the Alzheimer's patients for mood and depression, behavior, ability to function independently, and cognitive abilities at one month before and three months after cataract surgery. Cognitive status, the ability to perceive, understand and respond appropriately to one's surroundings, improved in 25 percent of patients. Depression was relieved in many of them, and the level of improvement was similar to what commonly occurs after cataract surgery in elderly people who do not have dementia. No changes were found in patients' level of autonomy, that is, their ability to function independently.

Sleep patterns improved and night time behavior problems decreased in most study patients. Other studies have shown that when [cataracts](#) are removed, levels of the sleep-regulating hormone melatonin become normalized. This may have been a key factor in the Alzheimer's patients' improved sleep patterns.

Researchers set out to learn whether significant vision improvement would result in positive mood and behavior changes, or might instead upset these patients' fragile coping strategies. Future studies will be designed to learn what factors, specifically, led to the positive effects that were found, so that the quality of life for Alzheimer's patients, their families and caregiver can be improved.

<http://www.oaveyes.com/newsletter/index.html> (1 of 3) [5/4/2012 4:41:14 PM]

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Testimonials

"Dr. Zeegen I appreciate the service you gave to my granddaughter, she is extremely happy with the results of her lasik surgery and as with me very impressed with you."
– Virg

"Dr Aizuss - This is a note of appreciation to you for making my days and nights sharper, brighter and easier. Thank you."
– B. Pick

[Click here to learn more about Cataract Surgery »](#)

Time Indoors May Increase Myopia Risk In Children

A recent study found that increased time spent in natural light and viewing distant objects during childhood may reduce the risk of nearsightedness.



A review of data of 10,400 participants showed that for each additional hour outdoors per week, the chance of [myopia](#) dropped by about 2%.

Myopic children included in the study tended to spend about 3.7 fewer hours per week outdoors than children with normal vision or [hyperopia](#).

Furthermore, increasing outdoor time might reduce the chances of myopia worsening. In a similar Chinese study of 80 myopic children aged 7 years to 11 years, children assigned to spend at least 14 hours outdoors and less than 30 hours on near work per week were less myopic after 2 years than children in a control group.

While we need more data to make concrete recommendations, we are beginning to see that increasing children's outdoor time could be a simple and cost-effective measure with important benefits for their vision and general health.

[Click here to learn more about our routine eye exams »](#)

"I love waking up in the morning and being able to see. Not having to grab for my glasses and put in my contacts is amazing! I have been a patient of Dr. Elkins for over 10 years. He and his staff do a good job at being very thorough"
- M.G.

"Dr Saulny - is a fabulous doctor! Fabulous cosmetic surgeon!"
- D.N

"I drove to see Dr. Kramar today without any glasses. I can now read street signs, that I couldn't see before. I am very pleased with my cataract surgery and the care I received from Dr. Kramar."
- M.P.

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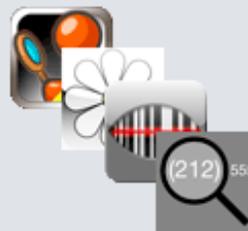
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iPhone Apps

ICanSee - Designed to turn any iPhone into a magnifying glass



Daisy Worm - Audio book reader

Digit-Eyes Audio Scanner & Labeler - Lets you use your printer and off-the-shelf labels to make audio labels that your iPhone plays back or text labels that are voiced to you. It also reads manufacturer's UPC and EAN codes and tells you what the item is.

Lou Zoom - Allows you to magnify your contact list for easier reading. Each contact's name is enlarged to the full width of the screen.

[Click here for iPhone App Store »](#)

Current Optical Promotions

- OVER THE COUNTER READING GLASSES ARE CHEAPER AT OAV



- 50% OFF 2nd pair of glasses

- FREE OAKLEY frame with purchase of lenses

- 20% SUNGLASS SALE

- 20% to 30% OFF SELECTED FRAMES: Silhouette, Ted Hauer, Coach, Oakley, Revo, True Religion, Spy

The doctors at OAV have been selected to participate in new ground breaking research studies

We are thrilled to inform our patients that the doctors at OAV have been selected to participate in new ground breaking research studies. The studies will involve both new surgical lenses as well as new therapeutic medications. We believe that this will help with our mission to provide our patients with the most advanced and progressive care possible! Patients will be invited to participate in studies only after they receive thorough information and provide full informed consent.

[Click here to learn more about our doctors »](#)

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