



### Apology & Congratulations!

Our deepest apologies to Anne Davidson, a 2007 Course grad, whose name was inadvertently left off the list of graduates in the December 2007 issue. Anne is with Westmount Eyecare in Edmonton, AB. Congratulations, Anne!

### Anniversary Recognized

It has been one year since Hoya Vision Care Canada began sponsoring this newsletter. Hoya Vision has been incredibly supportive of CCOA's and potential CCOA's. Not only do they support this newsletter with their great articles and sponsorship, but they have also "loaned" Joyce VanRooyen, their Professional Education Co-Ordinator to our Optometric Assistant Course workshops this year. Please remember to show your appreciation to the Hoya rep who visits your practice. We extend a very big "Thank you" to Hoya, whose support is priceless!

### Technical Tidbits

**BACTERIA & SILICON HYDROGEL LENSES:** A recent study concluded that two types of bacteria, *Staphylococcus epidermis*, commonly found on human skin and mucous membranes, and *Pseudomonas aeruginosa*, a pathogen known to create havoc in immune-suppressed humans, adhere more significantly to silicone hydrogel contact lenses. Standard HEMA contact lenses had much lower adhesion rates of these two bacteria. This may be due to the greater hydrophobicity (water-repellency) or to the higher oxygen transmissibility of silicone hydrogel lenses. So, the long and the short of it is to be sure that you are teaching your silicone hydrogel wearers proper lens care and disinfection. – *Summarized from Optometric Physician, Dec. 10, 2007.*

### News from the Provinces

**SASKATCHEWAN:** The Executive had a wonderfully productive meeting on February 10, 2008, to plan a fabulous Convention 2008. Look forward to all the exciting details in the upcoming Spring & Fall Newsletters! The Convention date is Oct. 24th & 25th, 2008. Everyone should expect an enjoyable & informative time. We can't wait to see our colleagues there. If you have any questions, please contact one of the Executive Members: Krista Bull, President, 306-789-2550; Kristie Nickerson, Vice-President, 306-585-3937; Lesley Crossman, Secretary-Treasurer, 306-543-7880.

**MANITOBA:** We are having our convention April 18-19. We have made some changes this year to respect the holiday of our Jewish members and appreciate the cooperation from everyone who is making the effort to come this year. We are inviting you to come to our first time ever Optometric Assistant's night on Friday evening; this will be a great event for having some fun and socializing with other members of the association. I look forward to a great convention and am happy with the excellent program laid out by our continuing education team. Thank you all for your support. This is my last year as President of the MPOA, and I want to show my appreciation for everyone's patience. – *Your MPOA President, Rita Da Silva.*

**ONTARIO:** The OAO Assistants' program will be running Fri., May 2nd and Sat., May 3rd in Niagara Falls at the Sheraton on the Falls Hotel. Information will be sent out with our OAO Members mailing in March. Information will also be posted on our website, [www.preserveyoursight.ca](http://www.preserveyoursight.ca) on our Symposium page. This year's location is a great family destination that has a large indoor water park and is just steps from all of the Falls attractions.

We look forward to another great program, including another great party from HOYA, our 2008 Optometric Assistant Lead sponsor. Assistants can earn up to nearly 10 hours of education. Hotel rooms can be booked on-line at <http://www.starwoodmeeting.com/Book/oao2008> or by calling the hotel directly at 905-374-4445.

### Fun Facts: Did you know that?

- ✓ The giant squid's eye can be as large as 15.75 inches (40 cm.) wide?
- ✓ Eyes are composed of more than 2 million parts?
- ✓ Under the right conditions the eye can discern a candle burning at a distance of 14 miles?
- ✓ The extraocular muscles are 100 times more powerful than they need to be?

### OAC & CE News

**CPR REQUIREMENT:** We're getting lots of phone calls about the CPR requirement. If you renew in 2008, CPR is not required. One CPR course must be taken in every 3-year block for everyone who renews in 2009 and thereafter. Remember, this must be a "live" course. Internet-based CPR is not acceptable. The length of the course (in hours) must be included in the documentation and will be counted towards your total of 18 hours for the renewal period. If the certificate of completion does not include the length of the course, a letter signed by your employing OD on practice stationery will suffice. Contact the Canadian Red Cross, St. John Ambulance, or the Heart and Stroke Foundation of Canada in your area.

**NON-APPROVED CE:** If you hear about continuing education that has not been pre-approved by CAO, don't despair. You may submit the course outline or handouts, information about the speaker, and the program agenda after you have attended. Our CE Committee will review your request for credit. All of the required details are on our website [www.opto.ca/assistants](http://www.opto.ca/assistants). Select the menu item "Abouts OAs," then select "CE Course Approval." Forward all information to Terry Theiss at [terry@opto.ca](mailto:terry@opto.ca) or call her at 1-888-263-4676, ext. 218.

**ON-LINE CE & TRAINING:** Coopervision has launched an Online Learning Center. This is a free resource for beginning, intermediate, and advanced contact lens assistants and technicians. Some of the courses are NCLE approved, which CAO recognizes as valid CE. Go to <https://learning.coopervision.com/> to view the available courses. Also the website [www.onlinececredits.com](http://www.onlinececredits.com) has announced the posting of several new courses. Some are ABO approved and others are COPE approved. Again, CAO accepts courses from either of these licensing bodies toward your recertification.

**ASSISTANT'S VIEW ARCHIVES:** If you haven't been receiving this newsletter for very long or if you've lost your old issues, you can access the full archives at [www.opto.ca/assistants](http://www.opto.ca/assistants). Select the menu item "Newsletter." You can "save" or "open" the file by clicking on the issue you want.

### **Practice Management Pearls**

**HELPFUL TOOL:** We recently visited the Website sponsored by the American Academy of Ophthalmology. In the section called "Diseases & Conditions" they have a simulator for cataracts, macular degeneration, glaucoma, diabetic retinopathy, and retinal detachment. A photo appears, which has a sliding toggle below. Pull the toggle from the "normal" end to the "advanced" end and watch what a patient experiences as the disease progresses. This is a great educational tool for us and for our patients. One of the benefits of this website is that it allows you to select the font size and the background contrast for better viewing by sight impaired patients. See [www.eyecareamerica.org](http://www.eyecareamerica.org).

### **100% Certification**

We have a great response from practices whose entire staff is certified and/or currently taking the Course. Certificates have been sent to the following offices:

- Alberta: Strathmore Vision Clinic
- Saskatchewan: Dr. Nathan Knezacek, Regina Community Clinic
- Manitoba: Family Optical-The Pas
- Ontario: Dr. Harvey Mayers, North Durham Eye Clinic, Dr. J. McIntyre & Dr. C. Tan, Dr. William A. Tucker, Dr. Johann Gall, Brockville Optometric Centre, New Tecumseth Optometry Clinic
- New Brunswick: Miramichi Optometry Clinic
- PEI: Charlottetown Vision Centre
- Newfoundland: Dr. Garry C. Best & Associates

Congratulations to all of the above for supporting excellence in service to patients by having well-trained, professional optometric assistants.

### **Notes from the Lensometer, Sponsored by HOYA Vision Care, Canada**

#### **DEMYSTIFYING ASPHERIC LENSES**

Aspheric lenses are a very underused tool in the dispensary. With so many aspheric designs available, from progressives to single vision, it is important for us to understand this technology and to feel comfortable dispensing it to our patients.

A spherical lens is one in which the base curve across the front of the lens is the same throughout. If we took a regular spherical lens and simply flattened it, visual distortion would occur as the eye moved away from the center of the lens towards the periphery. An aspheric lens has base curves, which change across the front of the lens, decreasing and flattening toward the periphery, therefore improving optics.

The benefits for your patients are both cosmetic and visual. Aspheric lenses are much lighter, thinner and flatter, which also keeps the lenses from popping out of the frame, especially with plus powers. Visually, the patient has much wider, sharper fields of view. Aspherics also decrease the image size distortion of higher powers, 10% for minus powers and up to 40% for plus powers. This means that wearers don't notice the magnification/minification effect so much, and their eyes appear to be a more normal size behind the lenses. An optical center height is needed when dispensing aspheric lenses to ensure the patient is looking through the proper portion of the lens.

Nulux is Hoya's aspheric lens and is available in a full range of indices, including Phoenix, stock and surfaced, to accommodate any prescription whether plus or minus. Reap the benefits of this technology and dispense aspheric lenses to your patients to provide them with the best in aesthetics and acuity. Write me if you have questions.

– Joyce VanRooyen, CCOA, Professional Education Co-Ordinator, Hoya Vision Care Canada, [jvanrooyen@hoyavision.com](mailto:jvanrooyen@hoyavision.com)