

EYE DIGEST

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BCDO'S QUARTERLY OPTOMETRIC MAGAZINE

Practice Management

Work - Life Balance Tips

Prosperity and wellness

Estate Planning for Business Owners

Dr. Lili Liang

Optometry Giving Back

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Estate Planning For Business Owners

Financial Literacy Counsel Inc.

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Writing an estate plan is important if you own personal assets but it is even more crucial if you own a business. This is because additional business complexities need to be addressed, including tax issues, business succession and how to handle bigger and more complex estates. Seeking professional help from an accountant, lawyer or financial advisor is an effective way of dealing with such complexities. As a starting point, ask yourself the following seven key questions; if you answer “no” to any of them, it may highlight an area that requires you to take remedial action.

- Have you made a contingency plan for your business, in the event that you become incapacitated or die unexpectedly?
- Have you, and any co-owners of your business, entered into a buy-sell agreement?
- If so, is the buy-sell agreement funded by life insurance?
- If you have decided that a family member will inherit your business, have you provided other family members with assets of an equal value?
- Have you appointed a successor to your business?

- Are you making the most of the lifetime capital gains exemption (\$848,252 in 2018) on your shares of the business, if you are a qualified small business?
- Are you taking care to minimize any possible tax liability that may be payable by your estate, in the event of your death?

Estate Freezes

The process of freezing the value of your business at a particular date is an increasingly common way of protecting your estate from incurring large capital gains taxes. To achieve this, the shares in the business that have the highest growth potential are usually redistributed to others - often your children. This means that your children will be liable for the taxes on any increase in their share value in the future. In exchange, you will receive new shares allowing you to maintain control of the business, with one key difference - the value of the shares is frozen so that your tax liability is lower and as a result, your estate will incur less taxes. ■

ESTATE PLANNING FOR BUSINESS OWNERS



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Work - Life Balance Tips

Deepti Sharma

BC Doctors of Optometry
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The key to efficient wellness and work-life balance is to plan your time ahead of schedule and take control of your life!

To achieve success, prosperity and wellness is important to make room for the essential elements in your life. Swenson (2010) the author of “In Search of Balance: Keys to a Stable Life” provides a great metaphor of how our lives are like words, spaces and margins on a page. The margins create space, distance, perimeters and boundaries, which helps us determine what type of words are important, relevant and impactful. The margins also enable us to remain persistent, focused and provides opportunity for improvements, arrangements and shaping. Similar to our lives, when we have set boundaries, we are able to make time for what really matters to us and we are better able to integrate multiple pieces together to have a healthy lifestyle.

The issue is when words begin to forcefully push through the margin threshold. This creates inconsistency, insignificance and problems. Very

much like our lives, when we are unable to balance what really matters to us and the work-life balance threshold becomes blurred and overlapped, we begin experiencing stress, anxiety and uneasiness. The solution is to establish effective, realistic and efficient work-life balance principles. The reality is, work-life balance is a two-way street. It is the responsibility of the employer and the employee to compromise, accommodate and be flexible with respect to work schedules and personal lives.

For Employers

When employers overwork their employees to the point that employees begin missing important birthday parties, their children’s soccer games, their weekly dance classes and even simple things like a doctors’ appointment, the employer will begin to pay the price as the lack of motivation, productivity and ambition will

negatively affect the quality work of employees. It is important for employers to realize that everyone is at different stages in their lives and have varying responsibilities. According to the 2012 General Social Survey, 75% of employees indicated that they were satisfied with their work-life balance because of their flexible work schedule which allowed them to care for their children, spouse and other family members as well as care for their own wellbeing. When employees are able to balance their work-life schedules, they respect the workplace environment, coworkers and their employer.

For Employees

It is important to organize your day efficiently. Create a list of tasks and assignments you need to complete that day and the time that it will take you to complete these tasks. This will help with focus by having realistic goals of what is achievable within the available time.

Organization also helps employees set boundaries, understand responsibilities and be able to prioritize what is most important to accomplish in the day. Do not be a clock watcher. Respect that there are certain times when you will need to put in the hours and long days for conferences, meetings, events or training. However, balance this out by creating space between work and life. Once you get home, decompress by spending quality time with your family and friends, exercise, go shopping, read a book or play sports. You are in control of your own life, so create an environment that makes you happy, healthy and appreciative. ■

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In-Home Eye Care: A Growing Need

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Outreach Optometry has been providing in-home eye examinations to the Lower Mainland, Vancouver Island, and the surrounding areas since 2017. If you have any questions about our services please feel free to contact us.

Background

With an aging demographic comes a greater need for home care services. The Conference Board of Canada has recently published that we will need an additional 199,000 long term care beds by 2035. This means that in 16 years we will need to essentially double the number of beds in Canada¹.

Care facilities are typically divided into three sectors of care; Independent Living, Assisted Living and Long Term Care, with Assisted and Long Term Care requiring partial to full time support respectively. A large portion of these patients were at one point part of our Primary Care Optometry Practice and will continue to need our support.

What to expect

When first entering a care home it can be daunting. You could be entering a care facility that is holding over 500+ residents. Unlike your typical primary care setting, these facilities use integrated health care teams, all on site, for the residents. This includes, but is not

limited to, dentists, dieticians, physiotherapists, podiatrists, audiologists, to only list a few. In most cases, the patients you are encountering have not been receiving regular eye care and are in a reduced cognitive state. According to Statistics Canada, 45% of patients 45 years and older in long term care have dementia². As Dementia manifests in a wide spectrum, it is important to communicate with the patients' charge nurse and loved ones prior to beginning the examination. This will help to ensure you do not unintentionally aggravate your patient. Keep in mind when you are performing examinations even basic eye care will be beneficial to your patients. Studies have shown that almost 1/3 of impaired vision in Care Home residents can be reversed by correcting the patients refractive³.

Clinical pearls

One of the most common reasons your services will be requested is for lost or broken spectacles. If dispensing spectacles, including cords and labelling the spectacles will help as it is common for residents to misplace or misadventently swap with a neighbour. When providing a new prescription, be cautious with big changes



in refraction, especially in patients who have a high risk of falling.

Parallels are drawn between the examinations of patients with cognitive impairments as well as pediatric patients. The importance of objective testing tends to outweigh that of subjective testing in many cases. Shorter attention spans and changes in mood due to frustration requires you to be efficient with your time. Portable equipment allows the freedom to assess in varying situations that may be encountered in homes. Equipment that allows you to assess patients that are unable to leave their bed is imperative.

That being said, it is important to keep in mind your own body mechanics and ergonomic risk factors as well. Putting yourself in repetitive and sustained awkward positions increases your risk of musculoskeletal injuries, so remain conscious of your own body movements, as chronic poor posture will eventually take a toll. Remember to also dress for comfort.

Conclusion

Providing Mobile Eye Care can present with its challenges; however, the end result is rewarding. You are providing care to a population that cannot readily access eye care. Mobile Care may only play a small role in your practice, however; the impact of the service can change your patients' lives. ■

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Healthy Living

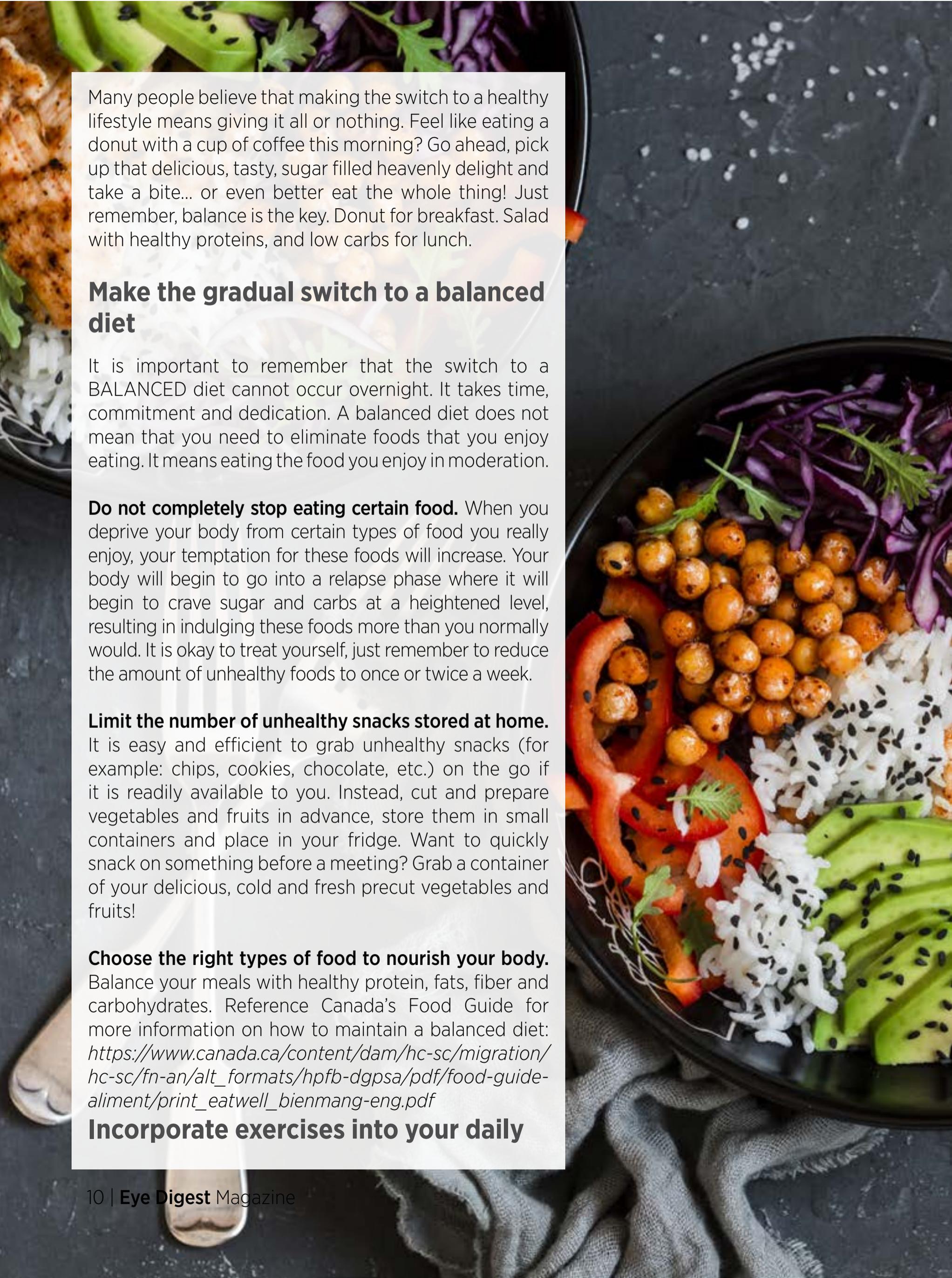
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*Contemplating on what advice to follow
when it comes to making the right choices
of how to have a healthy lifestyle?
Here are a couple of tips to get you started:*

1. Make the gradual switch to a balanced diet

2. Incorporate exercises into your daily routine

A top-down view of a black bowl filled with a variety of fresh ingredients. On the left, there's a piece of cooked salmon. In the center, a portion of white rice is topped with black sesame seeds. To the right, there are slices of avocado and a pile of purple and green leafy vegetables. The bowl is set on a dark grey surface with some white sesame seeds scattered around it.

Many people believe that making the switch to a healthy lifestyle means giving it all or nothing. Feel like eating a donut with a cup of coffee this morning? Go ahead, pick up that delicious, tasty, sugar filled heavenly delight and take a bite... or even better eat the whole thing! Just remember, balance is the key. Donut for breakfast. Salad with healthy proteins, and low carbs for lunch.

Make the gradual switch to a balanced diet

It is important to remember that the switch to a BALANCED diet cannot occur overnight. It takes time, commitment and dedication. A balanced diet does not mean that you need to eliminate foods that you enjoy eating. It means eating the food you enjoy in moderation.

Do not completely stop eating certain food. When you deprive your body from certain types of food you really enjoy, your temptation for these foods will increase. Your body will begin to go into a relapse phase where it will begin to crave sugar and carbs at a heightened level, resulting in indulging these foods more than you normally would. It is okay to treat yourself, just remember to reduce the amount of unhealthy foods to once or twice a week.

Limit the number of unhealthy snacks stored at home.

It is easy and efficient to grab unhealthy snacks (for example: chips, cookies, chocolate, etc.) on the go if it is readily available to you. Instead, cut and prepare vegetables and fruits in advance, store them in small containers and place in your fridge. Want to quickly snack on something before a meeting? Grab a container of your delicious, cold and fresh pre-cut vegetables and fruits!

Choose the right types of food to nourish your body.

Balance your meals with healthy protein, fats, fiber and carbohydrates. Reference Canada's Food Guide for more information on how to maintain a balanced diet: https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf

Incorporate exercises into your daily

routine

It is important to maintain a healthy lifestyle by including exercise into your daily routine. Exercise not only combats health problems but can add more years to your life. Want to spend more quality time with your loved ones? Exercise, along with a balanced diet, will help you live a happier and healthier life!

Spend 30 minutes exercising. Spend 30 minutes exercising 3 to 4 days a week. Exercises can include going to the gym, speed walking, playing sports. Try to keep active as much as possible to improve strength and confidence.

Keep energized, sleep well and fuel your body. Exercise helps circulate oxygen throughout your body, resulting in improve health and providing your body with energy to carry out daily activities. ■

Tips on how to successfully achieve a healthy lifestyle:

- Keep a journal and track what type of food you ate for breakfast, lunch and dinner.
- Preplan your week by meal prepping and spending less time on eating out.
- Eat healthy snacks throughout the day such as fruits and vegetables.
- Portion control your meals by eating smaller portion in one sitting.
- Drink plenty of water!
- Incorporate exercise into your daily routine.

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“

If there was a disease that has no cure, but you could slow it down so that it didn't affect your life as greatly, wouldn't you want to discover and treat it as soon as possible?

”

First in Canada: How I Am Working Toward Improving AMD Outcomes



Joe Hoja, OD

Clarion Medical Technologies Inc.

A graduate of University of Waterloo School of Optometry and Vision Science, Dr. Joe Hoja has been practicing optometry in Peterborough, Ontario since 1988. He owns the Peterborough Optometric Centre and works with two other great optometrists and 20 dedicated and highly trained staff members.

Dr. Hoja has been recognized by Cleinman Performance Partners, a nation-wide business development membership support network, for his commitment to excellent patient care and for his contributions to the Cleinman network.

That is the question I ask all my patients over 55. I then go on to explain that this disease is age-related macular degeneration (AMD), the leading cause of vision loss in Canada, and our practice in Peterborough, Ontario offers a test that helps us diagnose it three years earlier than any other technology or doctor. Unlike 10–20 years ago, there are now many effective treatment options that we can use to slow progression. We as optometrists can be, and should be, the heroes who give our patients the chance to halt or slow AMD.

AMD is a major public health issue and deserves our attention

AMD is so prevalent that more than 2 million Canadians over the age of 50 are affected by this devastating disease.¹ In fact, AMD accounts for 90% of new cases of legal blindness in Canada according to the Canadian Ophthalmological Society.² Even more concerning, more Canadians have AMD than breast cancer, prostate cancer, Alzheimer's disease, and Parkinson's disease combined.³

With dramatic stats like this, you would expect a high level of awareness for this disease and a push for regular screenings, but this is not the case. As a recent survey revealed, 59% of Canadian experiences symptoms of potential eye disease, yet only half of these people reported having seen a health care professional about these signs. This is particularly concerning as

early detection is key in preventing eye disease from progressing, resulting in visual damage or blindness. As with all things, when it comes to eye health, knowledge is power. However, the majority of Canadians are unfamiliar with this disease or the severe damage it can cause.⁴ This information is particularly alarming because with growth of our nation's rapidly aging population, AMD cases are expected to rise.⁵

Functional test for impaired dark adaptation

Despite all of this, there is still plenty of hope when it comes to this progressive eye disease. Early AMD diagnosis is key because the earlier the disease can be detected; the earlier treatment can begin to preserve patient vision for years to come.

According to the Beckman Classification scale, early AMD has been traditionally diagnosed once medium-sized drusen (>63 and <125 µm) become evident upon clinical evaluation. However, studies have determined that drusen are just the tip of the iceberg. An invisible layer of cholesterol builds up between the pigmented layer of the retina (RPE) and the elastic layer of Bruch's membrane, before drusen are perceptible, much like an iceberg lurking beneath the surface.⁶ These cholesterol deposits—basal laminar (BLamD) and basal linear (BLinD)—cause oxidative stress and inflammation, hindering necessary transportation of nutrients, such as Vitamin A, to photoreceptor



cells. As photoreceptor cells die due to nutrient deficiency, it becomes harder for the eyes to adjust to darkness. Due to this, patients' night vision declines.⁷ Research has found that dark adaptation, the ability of our eyes to adjust from light to darkness, is compromised from the earliest stages of AMD and impairment increases as the disease progresses. In fact, impaired dark adaptation indicates the presence of AMD at least three years before drusen are visible and is the first symptom of AMD.⁸

About 4 years ago, I became aware of a technology that measures dark adaptation and is practical for a clinical setting. A good friend of mine, Dr. Gary Kirman from Pennsylvania, told me about the AdaptDx dark adaptometer and how it was helping him diagnose patients with AMD years earlier than he could previously. I then attended a lecture by Dr. Jeffrey Gerson who made a compelling statement that stuck with me. He brought to our attention a study published in JAMA Ophthalmology showing optometrists and ophthalmologists alike are missing at least 25% of patients who have AMD.⁹

When the AdaptDx became commercially available to me, I took a bold step and purchased the first one for Canada. My discussions with Dr. Kirman and Dr. Gerson convinced me this device was right for my practice. The AdaptDx has elevated my practice to become a leader in AMD care.

With the AdaptDx test, we now get a clear, objective measurement of our patients'

retinal function with 90% sensitivity and 90% specificity for the presence of AMD. Diagnosing AMD early allows me to offer our patients a course of action to delay or prevent blindness from AMD. Functional testing for impaired dark adaptation not only helps to accurately detect AMD at a subclinical stage, it is also a tool we use to monitor the disease and measure treatment effectiveness.

6-minutes can reveal so much

The result of the AdaptDx test is a single number, the Rod Intercept™ (RI) and refers to the number of minutes it takes for patient's eye to adjust from light to darkness. A Rod Intercept of less than 6.5 minutes is normal, while a time greater than 6.5 minutes is an early indicator of retinal disease. In the earlier stages of AMD, a patient can take three times longer to adapt than a patient without AMD. Patients in the later stages of AMD can take 10 times longer.¹⁰

With this in mind, we need to shift our thinking to understand that impaired dark adaptation is not simply a risk factor for AMD; instead it is the earliest manifestation of AMD. The Alabama Study on Early Age-Related Macular Degeneration (ALSTAR Study), a prospective study of subclinical AMD, showed that impaired dark adaptation identifies subclinical AMD at least three years before it can be seen with standard clinical methods.¹¹ That means the patient may have AMD even in the absence of telltale drusen or changes in the retinal pigment

epithelium.¹²

Why early detection matters

Canadians are deeply affected by AMD at both a personal and economic level and these patients are already in our eye care practices. They are in our waiting rooms and many are being sent home without a diagnosis. We have been taught to look for drusen during the clinical examination, but we often miss them. As the study published in JAMA Ophthalmology pointed out, even the most keen-eyed doctors are missing drusen. The first thing most of us do is review our patient's visual acuity. If that patient has 20/20 vision, we are more likely to miss a drusen because we are not alerted that there is a problem. If we don't see a druse, we don't send them for a photograph. That's the current protocol for diagnosing macular degeneration which is leaving many patients vulnerable.

By testing dark adaptation, more patients in my office are now being diagnosed with AMD. It is sometimes difficult to tell a patient early that they

have AMD when no clinical signs exist. However, both my staff and I know how important this diagnosis is and we feel very proud that we can provide this level of care. Understanding that the stages of subclinical, early, and intermediate AMD all represent different clinical manifestations of the same underlying disease process. We initiate the treatment at first detection, regardless of the stage. We talk to our patients about smoking cessation, prescribe nutritional supplementation, discuss diet and exercise routines, and explain the importance of managing other chronic disease (e.g. high cholesterol or diabetes). We also recommend blue-light blocking protection and make sure we schedule regular visits to monitor the disease progression.¹³

Achieving financial and clinical goals with ease

Most of you will probably agree that the two most important hurdles in adopting new technology are usually the cost and the struggle with fitting it into the practice flow and office space.



The return on investment of the AdaptDx is substantial. Patients understand the importance of this test and will pay for it. You will also see an increase in revenue from follow up care for those diagnosed with AMD and the subsequent increased revenues of nutraceuticals.

Incorporating the new device into our practice was two-fold: finding space for it and figuring out how to fit it into our workflow. The AdaptDx does require a completely dark room and a technician to operate it. We put the AdaptDx in our special testing room with our visual field analyser and OCT. Due to the high prevalence of AMD, I offer the test to every patient over 55 years old. I explain the importance of early diagnosis and how devastating AMD can be if left undiagnosed and untreated. We have great success with patient conversion. We ask them to come back on a different day to take the AdaptDx test, just as many practices schedule patients to return for a visual field or OCT. I have trained a few specialized staff to read the AdaptDx results and give the patients information. I then follow up with the patients to assist in their understanding and their treatment.

Time to bring AMD to the forefront

In my 31 years of practice, the AdaptDx is one of the most important pieces of technology I have ever purchased. It was a nervous and big step to be the first in Canada to adopt it. I have no regrets and I am proud to offer my patients the best diagnostic care for AMD.

If you are committed to providing the best care to your patients, the AdaptDx technology should be in your practice. This is the most important advancement in AMD diagnosis and care in many years. We are the primary eye care providers. We should all be providing this level of care.

It is time to bring AMD to the forefront and give our AMD patient the attention they deserve. ■

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Essilor Innovates with New Single Vision Eyezen™ + Start Lens

Innovation has been in Essilor's DNA since the company's beginning nearly 170 years ago and it's our tireless work in our innovation centers that pushes our lens technologies to go farther, deliver more, and lead the industry in correcting and protecting eyes. With ever-changing patient lifestyles, behaviours and vision needs, Essilor is committed to being at the forefront of lens innovation as we believe every person in Canada deserves to see well and have the right vision solution to unleash their full potential in every way, and every day of their life.

Essilor Canada launched an exciting new single vision lens, just in time for back to school. Eyezen™+ Start lenses are based on an entirely new technology called Dualoptim and will advantageously replace standard single vision lenses for children and adults up to 40 years old.

"Living a connected life has modified our behaviour, posture and reading distances," explains Martine Ahier, Senior Marketing Manager Brands & Products for Essilor Canada. "Unfortunately standard single vision lenses don't take these changes into account. That's why Essilor created the Eyezen+ range of lenses and keeps innovating with technologies such as Dualoptim. We believe that people deserve innovation and a proper lens for their connected life."

While standard single vision lenses are only optimized at their optical center, which creates power error and unwanted astigmatism in near vision, Eyezen™+ Start lenses with Dualoptim Technology are optimized for both far and near vision. Power error and unwanted astigmatism are reduced throughout the entire lens, with a 60% reduction in near vision¹ allowing wearers to benefit from relaxed vision especially while using digital devices.

Like all the lenses in the Eyezen range, Eyezen+ Start lenses also offer advanced protection against harmful blue-violet light as well as a better contrasts thanks to W.A.V.E. technology.

Wearers strongly endorse Eyezen+ Start lenses: 8 out of 10 wearers prefer them to their old lenses, 8 out of 10 felt a reduction of their eye fatigue and 3 out of 4 said they helped their eyes stay relax day after day.²

With the arrival of this new design, there is an Eyezen + lens for all ages and profiles, allowing all single vision wearers to benefit from Essilor's latest innovations. ■

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Scleral shells are custom-made, thin ocular prostheses that covers a blind, desensitized and phthisical (shrunken) globe. They are created with a sclera and iris to match the companion eye, restoring a natural result. They differ only from a full ocular prosthesis in that they cover an eye that has not been enucleated or eviscerated. Periodically patients develop phthisical globes as a result of trauma, surgical complications or other ocular conditions. Those who have this condition are unaware that a prosthetic scleral shell may be a non-surgical option for them. If the individual's eye is stable, pain free and smaller than the companion eye, they are likely a suitable candidate. Frequently, patients are under the misconception that to have any form of ocular prosthesis, their eye must be removed. Many patients live for years with a disfigured eye, not knowing about the option of a shell, which is provided by a Board Certified Ocularist.

Having the blind eye smaller than the "good" eye is essential as this allows space for the scleral shell to be fitted and to provide a good cosmetic appearance. The prosthetic scleral shell helps restore volume loss and will assist the upper eyelid to return to a normal position to match the companion eye. Since the muscles are still attached to the globe, it creates life like motility

of the shell. Successful wearing time of a shell is morning until evening, with removal before going to sleep. New patients must increase wearing time to allow for the globe to adjust, similar to that of wearing a contact lens.

The restoration of a patient's cosmesis allows them to face the world unashamed, which is invaluable to them. Many of our patients wish they had been informed about scleral shells years earlier. One of my patients, featured in this article, felt self-conscious to stand in front of a classroom full of students each day and teach with her disfigured eye exposed. She hated leaving her home and would continually hide behind sunglasses. As the years went on, she searched the internet for options and discovered that a prosthetic scleral shell could simply cover her unsightly eye. She was disappointed that none of her health care professionals had ever taken the time to mention this option to her. She felt that no one cared about her cosmesis or self-confidence. After the shell was fabricated and fitted, she explained, "I no longer feel depressed but rather, whole and normal again. I have been able to move on with life with restored confidence and dignity. I no longer hide behind my hair or sunglasses. The fact that my real eye is still there, behind the shell, the prosthesis just feels like part of my own eye. I no longer have people asking, 'what's wrong with your

BEFORE

AFTER



eye?'" Another patient commented, "I feel vibrant again. Wearing the scleral shell has restored that boost of self-assurance, affirming my beauty inside and out and that makes me feel like I can take on the world again." This type of prosthesis clearly serves to increase the individual's confidence and social interaction by restoring their natural appearance.

Patients with an ocular prosthesis need to return annually to have it re-polished to remove protein deposits and ensure an optimal fit is maintained. This appointment is essential to evaluate the

health and condition of their socket as well. Scleral shells and full ocular prosthetics require replacement approximately every 5-7 years. A set of stylish eye glass frames and lenses with a slight tint or combined cosmetic optics (if required) are a fabulous finishing touch for our mutual patients. Unfortunately, not every patient can obtain a perfect result, so glasses are a great asset to restore confidence and provide further improved cosmesis.

If you encounter patients with phthisical globes in your practice, please inform them of the scleral shell option. Offering this information can make the world of a difference in their mental health and overall care. You can simply send a referral and prescription to one of our offices. We then book a free consultation to evaluate and examine their ocular condition to assess if they are a suitable candidate for a shell. Please contact one of our offices directly to book with one of our Board Certified Ocularists. ■

MARIE ALLEN OCULARIST LTD.



At Marie Allen Ocularist we are Board Certified, Board Approved Diplomate Ocularists. Our office locations are:

2550 Willow Street
Vancouver, BC,
V5Z 3N9
Tel: 604-875-4098
Fax : 604-875-5651

272-9600 Cameron Street
Burnaby, BC
V3J 7N3
Tel: 604-420-3937
Fax: 604-420-3936
Toll Free: 1-877-420-3937

CHOOSING THE RIGHT OPTICAL COHERENCE TOMOGRAPHY (OCT) SYSTEM FOR OUR PRACTICE



Joseph Chan, OD

Queensway Optometric Centre
Mississauga, Ontario, Canada

Dr. Joseph Chan is an Optometrist at Queensway Optometric Centre in Mississauga, Ontario, where he has a special interest in the care of diabetic patients, children, contact lens wearers and those with ocular pathology. Dr. Chan has served as president of the Vision Institute of Canada, a non-profit organization, as well as the Ontario Association of Optometrists. He can be reached at allegro@interlog.com

“My practice had a rare opportunity to do an independent trial of three, recently released OCT models from three major suppliers. At the end of this process, we chose the Topcon Maestro because of its space-saving compact instrument design, enhanced diagnostic tools, simplicity of use and spot-on measurement of optic nerve and macula in one scan.”

Choosing the right new equipment is not an easy task for any practice or clinic involved in optometry. Usually, we must rely on manufacturer brochures, sales people, and exhibitions at trade shows or word-of-mouth from other practitioners. While these measures are helpful, hands-on examinations using the machines on patients with our own clinic members is an even better way to evaluate which machine provides an ideal balance between cost and functionality.

In May, my practice had a rare opportunity to do an independent trial of three, recently released Optical Coherence Tomography (OCT) models from three major suppliers, which were marketed at a similar price point.

The units were placed in our clinic at the same time for one week. Afterwards, our team of optometrists and staff evaluated each OCT unit for ease of use and image quality. At the end of this process, we chose the Topcon Maestro (3D OCT-1) because of its space-saving compact instrument design, enhanced diagnostic tools, simplicity of use and spot-on measurement of optic nerve and macula in one scan. Less expensive options sacrificed image quality. The Maestro machine has since helped us improve our standard of patient care as well as enhance our practice's efficiency.

Flexibility of Space

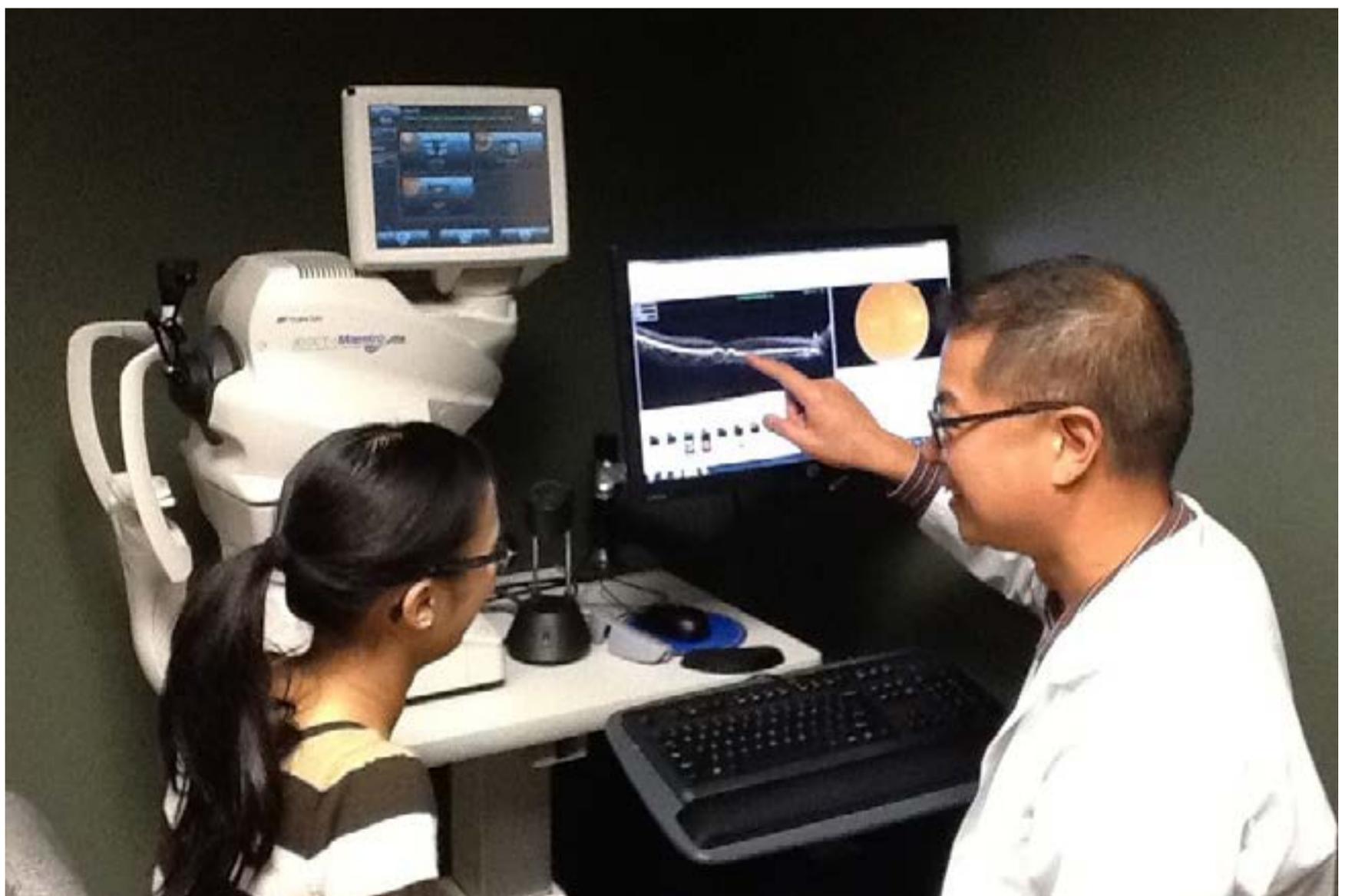


Figure 1: The user-friendly design of the 3D OCT-1 Maestro and easy access to patient data and reports facilitates patient interaction and consultation.

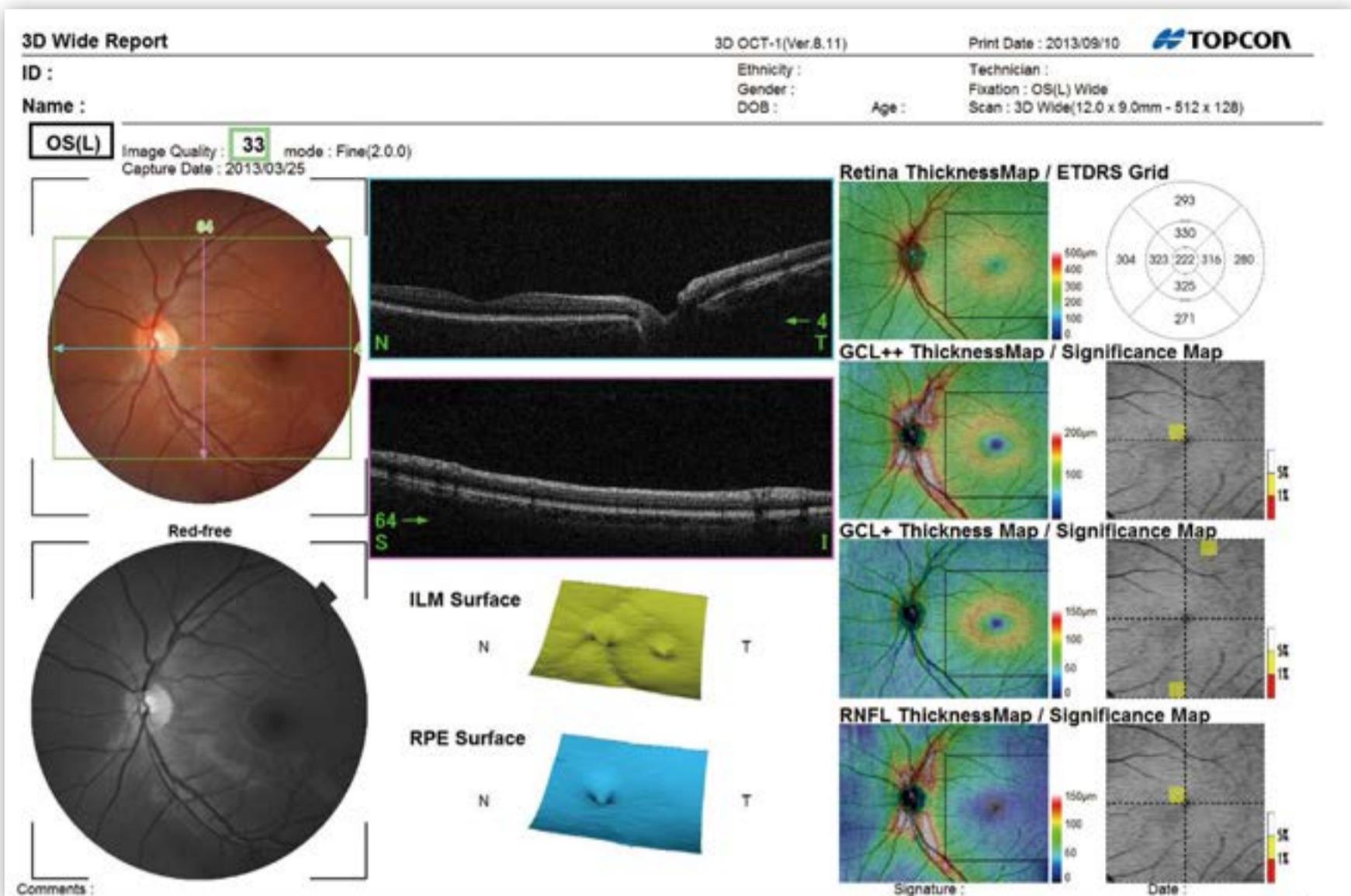


Figure 2: The 3D OCT-1 Maestro incorporates a 12x9mm wide OCT scan which provides measurement and topography of the optic nerve and macula in one scan.

All offices have challenges with space utilization but the compact design of the Maestro unit made it extraordinarily versatile for placement in our office. The size of the other machines dictated where they would need to be set up. Because of the Maestro's adjustable control panel, we were able to change the machine's configuration. The unit can be moved at will and it enabled our staff to interact with patients from virtually any position.

Having OCT technology in the office changed the way we looked at certain eye conditions, including diabetes, macular degeneration, glaucoma, retinal lesions and macular holes. The detail we received from the machine's 12 mm x 9 mm OCT scan provided measurement and topography of the optic nerve and macula

in one scan. This allowed us to diagnose particular conditions we weren't able to before we acquired this machine.

Focus on Diagnostics

Approximately a dozen patients allowed our practitioners to test them on all three machines during the week of our trial. One patient had an impending macular hole. The Maestro generated an outstanding image where it was very clear what the problem was and helped us identify it.

We also used the Maestro to examine a diabetic physician who had just seen a retinal ophthalmologist three months earlier. We found a perimacular edema, a fairly significant complication of diabetes, that the doctor himself

was unaware of. While his vision was quite good, the swelling was there and the Maestro OCT picked up on it.

Traditionally, for patients who are suspicious for glaucoma, we would do a visual field, which we found was not as reliable as the Maestro OCT, which provided additional data regarding their intraocular pressure or large optic nerve cupping.

Ease of Use

Because of its one-touch, auto-alignment feature, the whole measurement process is done automatically on the Maestro with the results displayed on the PC screen. Positioning and focusing the machine was a snap for our technicians.

After registering the patient into the Maestro system, all the technician had to do was select the capture icon on the PC screen. The system includes auto focus and auto shoot functions and auto chin-rest adjustment. Topcon incorporated a stereo-matching automatic alignment™ method in the 3D OCT-1 Maestro – which made the alignment process smoother than the other models we tested. Plus, it took less than an hour to train the staff on the key features they needed to understand in order to successfully operate the machine.

Robust Software

We had the Maestro software installed in each of our exam rooms, so we could remotely retrieve the data the unit generated. This allowed us to bring patients back to our offices to review their results in more detail. The reports were generated almost instantaneously. The full-featured software was user-friendly and offered a versatile array of options to view including rich functions such as optic disc analysis and 3D macula analysis. The Maestro also offered the

widest OCT scan available at 12 mm x 9 mm, an ideal protocol for screening since it allows both the optic disc and macula to be scanned in a single capture.

Built-in Fundus Camera at the Right Price

It was our practice's idea to do a trial on three different OCT models. We already had a retinal camera, so in the beginning, the idea that the Maestro included the fundus camera was not the most attractive feature to us. But in retrospect, we found that the fundus camera was particularly useful. When we viewed the back of a patient's eye with the ophthalmoscope scope, we could identify certain points of interest to us – such as a retinal lesion or areas of swelling. When we received the OCT reports, it was a nice feature to see the two images side by side.

The built-in fundus camera in the Maestro was a valuable tool for both interpreting OCT images as well as for patient consultation. This combination is invaluable in providing a correlation between the OCT scan and the fundus image within the same report. While other OCT units with fundus cameras do exist, we found they are typically available at a higher price point. In addition, the high scanning speed (50,000 A-scans/second) enabled the Maestro to capture OCT images quickly, reducing the artifacts created by eye movement and blinking.

A Sound Investment

Having an OCT is an investment well made. Retinal imaging has always been around, but the Maestro OCT gave us detail that is not possible anywhere else with traditional equipment. The Topcon Maestro offers a lot to any optometrist with its usability and outstanding image quality.

After trialing all 3-OCT's, we decided to purchase the Topcon 3D OCT-1 Maestro. Everyone in the practice uses it. It is easy to roll into day-to-day activities. For the budget we had in mind it's a very good value and the best machine to fit our needs. ■

2. Simple and fast operation, which can be taught to staff in under an hour
3. Auto alignment, focus and capture of OCT and color fundus photo
4. 50,000 A Scan/sec SD OCT with color fundus camera
5. 12 mm x 9 mm OCT scan provides measurement and topography of optic nerve and macula in one scan
6. Data can be stored, shared with patients and accessed easily

Top Reasons to Invest in a Topcon Maestro OCT

1. Compact and ergonomic design requires minimal space in examination room

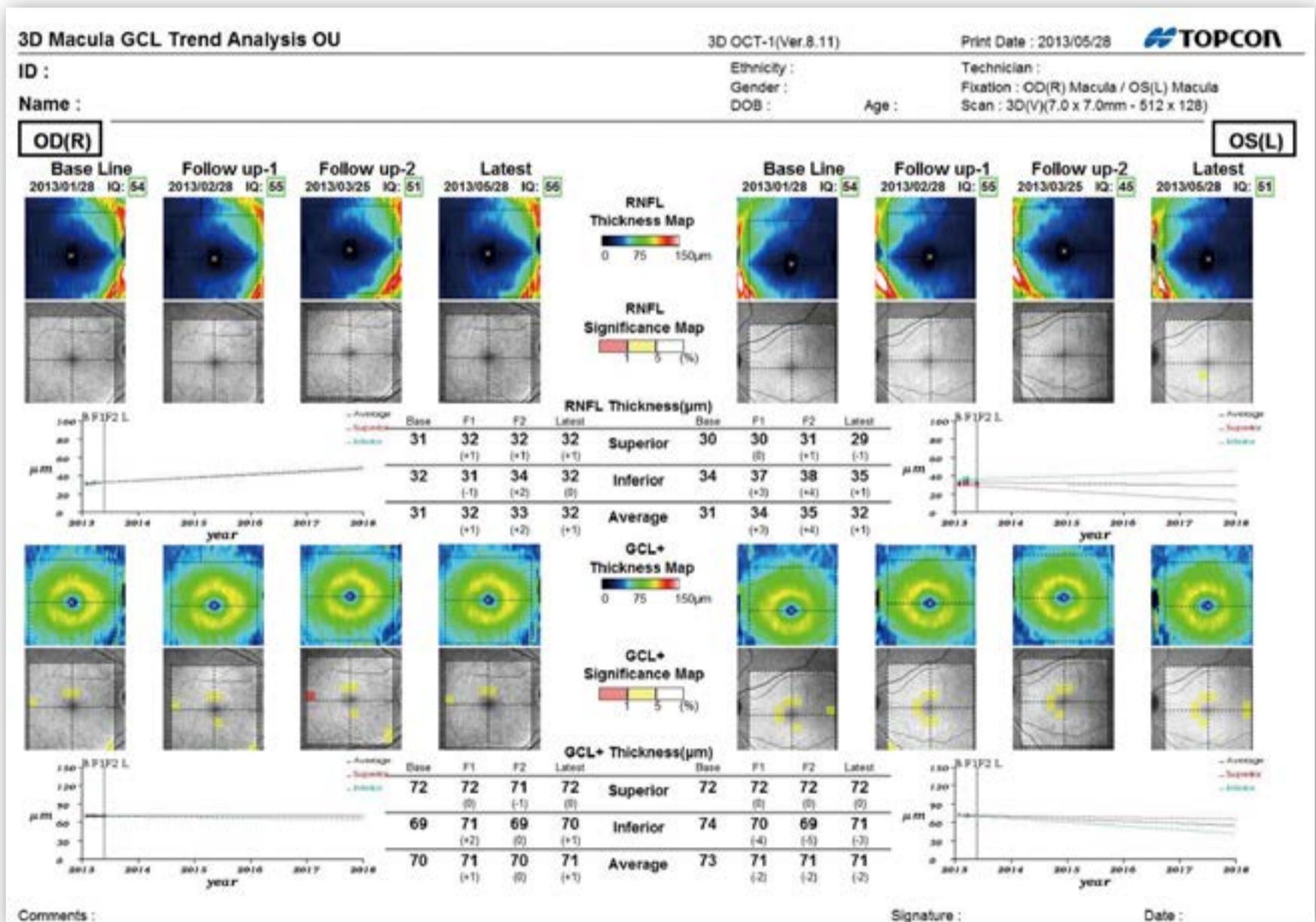


Figure 3: The trend analysis report allows the physician to compare and analyze up to 4 scans periodically, which is useful for glaucoma follow up.

Expansion of BCDO Prescription Safety Eyewear Program

Phil Trickett

BC Doctors of Optometry

Eyesafe Manager, EyeDigest Contributor

" The BCDO is now in a position where we can supply all your prescription safety eyewear requirements. "

For over 30 years, the BCDO has been supplying company employees with prescription safety eyewear. Giving the employer's confidence and control in helping adhere to or exceed CSA and ANSI safety standards. It is simple to manage and provides easy tailored professional eye care for company employees.

2019 has been a year of great change for the BCDO Prescription Safety Eyewear Program. Not only did we change the name from Occupational Vision Plan (OVP) to Eyesafe, we also introduced a new website from which the online orders could be generated and filled as well as updating the Frame Core Kit. With our presence on the CSA Committee, we helped oversee the new WorkSafeBC compliance change for British Columbia in June 2019.

Eyesafe is now running much more effectively and as a result of all the changes, the program continues to grow with the support of our members.

Unfortunately, not everyone requiring prescription safety eyewear is covered under a company safety

program. People may be self employed/contractors or just want a pair for activities around the home.

As a result of this situation and to further expand our prescription safety eyewear program, we launched The BC Safety Eyewear Program on July 1st, 2019.

This new program allows BCDO members to provide prescription safety eyewear to individuals who are not part of the Eyesafe Program. Utilizing the extremely competitive prices negotiated by the BCDO team you can offer an attractive and affordable safety solution and retail them at your own discretion. This fills the void of people not having access to CSA or ANSI compliant prescription safety eyewear that fits correctly.

Eyesafe members will register their practice on the BC Safety Eyewear program and be issued with their unique login code which will allow them to generate a "Job Order Ticket" on our Eyesafe website. Once the Job ticket is issued, the Eyesafe office will use the same ordering portal to complete the order and send to the

BCDO now offers your patients complete eye protection whilst increasing your profitability through second pair sales.



Eyesafe lab online.

What if I'm not an Eyesafe Member yet?

BCDO members who are not part of Eyesafe can participate in the BC Safety Eyewear program and enrollment to the Eyesafe program is not mandatory.

The terms and conditions of the regular Eyesafe program will apply to the BC Safety Eyewear

Program except Professional Fees will not be included.

Please contact Eyesafe for an agreement, once signed your practice will be issued a set of unique login codes which will allow you to generate a "Job Ticket" and complete the order.

Contacting Eyesafe is the first step in promoting Eye safety for your patients and help maximize second pair sales. ■

Contact Eyesafe

Phone: (604) 737-9947

Toll Free: 1-866-687-2226

Email: info@eyesafebc.ca

2019 BCDO Children's Vision Program Eye See... Eye Learn[®]

Hello!
My name is
Opie



About ESEL

Eye See ... Eye Learn® (ESEL) is a children's vision program created by the BC Doctor of Optometry (BCDO) in 2014. Your involvement as an ESEL clinic means that you will be part of our mission in detecting, diagnosing and treating kindergarten children with vision problems so that every child in kindergarten can see and learn to the best of their ability.

ESEL provides kindergarten students from a participating school district with a comprehensive eye exam from a participating BC Doctor of Optometry at no cost to the family. If needed, kindergarten students will receive one pair of eyeglasses free of charge.

ESEL Frame Kits

ESEL clinics will be responsible for the maintenance of the ESEL frame kit and the ordering and dispensing of eyeglasses for patients. As an ESEL clinic, you will also be provided with materials and resources to help you in your efforts to promote ESEL in your practice or in your community.

Program Duration

ESEL runs alongside the school calendar, though the program is available for one full year. The official start date of the program is on September 1 and the end date is on August 31 of the following year. For example, the 2019/2020 program will run from September 1, 2019 until August 31, 2020.

Program Eligibility

Interested in becoming a participating ESEL clinic? Here are 3 easy steps:

1. Contact the BC Doctors of Optometry office either by phone **(604-737-9907)** or email us at **esel@optometrists.bc.ca** to let us know you are interested in becoming a ESEL clinic.
2. Fill out the ESEL Doctors Agreement Form.
3. Access the online portal to submit reports and order forms.

By becoming an ESEL clinic you will help us in detecting, diagnosing, and treating kindergarten children with vision problems so that every child in kindergarten can see and learn to the best of their ability! ■



BCDO Events

New Grad Bootcamp

New Grad Bootcamp provides recent graduates with a better understanding of the optometric profession in British Columbia. The one-day seminar provides practical tools, information, and advice to ensure new ODs get the most out of their profession for years to come. This event is geared towards New Grads within their first 3 years of practice after graduation, but all are welcome to attend!

Date: Sunday, September 8, 2019

Time: 9:00 am – 4:30 pm

Location: Terminal City Club - 837 W Hastings Vancouver, BC

Total COPE CE credits: 4.5 (COPE approval pending)

This event is supported by unrestricted education grants from Alcon and Luxottica

Visit the BC Doctors of Optometry website at bc.doctorsofoptometry.ca/events/ for more information

GVOS/FVOA

Regional Meeting & CE

Come and network with OD's in your area, while gaining CE credits! Join us at the Delta Hotel Conference Centre for a presentation by Dr. Alfonso Iovieno: From one solution to many: Making sense of Corneal Lamellar Surgery. Obsidian Health will also present on practice management. Don't miss out on this opportunity to enjoy good food, meet fellow professionals, and learn.

Date: Tuesday, September 24, 2019

Time: 6:30 pm – 9:30 pm

Location: Delta Hotels Burnaby Conference Centre - 4331 Dominion Street Burnaby, BC

Total COPE CE credits: 2 (COPE approval pending)

This event is supported by an unrestricted education grant from Allergan

Visit the BC Doctors of Optometry website at bc.doctorsofoptometry.ca/events/ for more information



Vancouver Island Regional Meeting & CE

Mark your calendars and register for BCDO's Vancouver Island Regional Meeting! In the morning, take the opportunity to enjoy the Cowichan Valley. Then, have lunch and network with fellow optometrists at the Vancouver Island Motorsport Circuit, and learn about developments in optometric practice through courses presented by Dr. Darren Behn. Also, BCDO President, Dr. Johnathan Lam, will be presenting on the new MSP Agreement for BC Optometrists. Don't miss this opportunity to learn about the exciting, new changes to the Agreement.

Date: Sunday, September 29, 2019

Time: 12:00 pm to 4:30 pm

Location: Vancouver Island Motorsport Circuit - 4063 Cowichan Valley Hwy Cowichan, BC

Total COPE CE credits: 4 (COPE approval pending)

This event is supported by an unrestricted education grant from Allergan

Visit the BC Doctors of Optometry website at bc.doctorsofoptometry.ca/events/ for more information



Optometry

Giving Back

Lili Liang, OD

About Lili Liang

I am an optometrist practicing in Vancouver. When I am not connecting with my patients learning their stories, I am guilty of doing everything a Vancouvrite would do: yoga, spending time on the sea wall, and trying to eat healthy. I love connecting with people, being creative and learning things outside of our optometry world.

I was born in Taiwan and moved to White Rock when I was 13 to start a new chapter of my life as a highschooler in Canada. I went to McGill University for my undergraduate BSc degree in neuroscience. After McGill, I came back to Vancouver for one year before heading off to PCO for optometry school in Philadelphia. I graduated in 2016 with Doctor of Optometry and Master of Public Health. I moved back to Vancouver to practice. I was lucky to have found an optical partner where we have a location in Gastown and another on Main Street.

The Eyeglasses Project is founded in Vancouver with the mandate to make eyesight accessible. The Project works as a fundraiser and liaison between those communities in need and eye care providers to bring vision care and glasses to those who don't normally have access. They have served the communities of Coastal Mental Health and the Downtown East Side.

Career Path

What inspired you to go into optometry?

Just like many other science students, I thought I wanted to go to medical school. I actually thought that the entire time I was in undergrad until I worked at a hospital as a research assistant in an epidemiology clinic. I was working closely with the physicians and patients. While I appreciate the medical care aspect, I did not like the work environment of the hospital and

the work-life balance that the physicians had. I started looking into other fields in healthcare. Luckily, I had a good friend at that time who had her mind set on a career in optometry since she was little who also was already accepted into optometry school at the time. She introduced me to the field. I reached out to shadow an optometrist. I loved the versatility of optometry. You can be as academic, as medical or as retail as you want. You have greater control and autonomy over your work environment and schedule. The dash of fashion in optometry also doesn't hurt, of course. I knew that was it. Optometry was for me.

What are some of your professional goals for the future?

I feel truly lucky to have found the optical team and partner that I have now. Our unique culture, brand and devotion to quality in eyewear and customer service is something that I treasure. We are finding a way to revolutionize the OD-optical relationship and the formula to represent both aspects in harmony. A lot of premium optical boutiques don't have a good OD presence whereas a lot of OD offices are unable to create a unique shopping experience. I want to offer other ODs the opportunity to be a business owner like I am without the headache to coming up with branding, marketing and merchandising while still be able to enjoy providing quality eyecare. We would like to invite other like-minded ODs and opticians who identify with our culture to grow with us as partners.

As a practicing Optometrist in BC, how does the BCDO help you?

BCDO has been very helpful in networking and making connections for me. As a new graduate, BCDO events have been instrumental in allowing me to meet other ODs and people

in the optical industry. The BCDO Annual conference, Optofair and regional meetings/CE sessions have helped me to learn from others as well as being connected.

Giving back

What were your early introductions to volunteering?

It started when I was doing my undergraduate degree at McGill. I started a student campus chapter of a grassroots organization based in Liberia helping children in post-conflict areas. During my year off between undergrad and optometry school, I was able to go to Liberia and develop a Malaria prevention program for the organization. That's when I witness the impact of health care on a population. It ignited my interest in public health which felt natural to me to combine my interest in health and social economics. During optometry school, I did a rotation in Mzuzu, Malawi where I worked at the central hospital, also as a part of my MPH. Mzuzu University has the first optometry program in Southern Africa established by the Brien Holden Vision Institute. That gave me a whole new perspective on sustainable health development. I have also done a VOSH mission trip to Haiti and a mission trip to Peru with TWECS serving the different communities around Lima.

How do you balance work, family and giving back?

When you are passionate about something, you can always find time. I am passionate about my work, my family and public health. I do have to remind myself from time to time what is truly important to me and check in with my motivations. I need to remind myself to not get caught up with the frustrations that everyone

experiences as a working professional, a business owner, a partner, and as a daughter/son. I don't think there is such a thing as the perfect balance. Luckily, with practice, we can get better at it.

Tell us a bit more about how you got involved as a volunteer with The Eyeglasses Project

When I graduated in 2016, I wanted to further my passion in global health. After moving back to Vancouver, I realized that there is just as much of a public health need locally right in the heart of Vancouver. At the BCDO annual conference this year, I met another OD who has already been working with The Eyeglasses Project. Knowing my interest, he introduced me to the founder of the Project. Since then, we've been planning events and future opportunities.

What advice would you give to Optometrists who are looking to give back either on a global and/or local level?

If you have made it to be an optometrist, you were mostly likely very active in extracurriculars as a student. It may feel that once we are out of the school there are no more opportunities for us to get involved. I would say there are always people doing something. It's just a matter of taking the first step to look for them. I took that step when I attended the BCDO conference and just introduced myself to people. Another unconventional platform to connect with like minded people is through social media. There are a lot of eye care professionals showcasing what they are doing and it's amazing to discover that. I have made connections with people in the industry through social media that I don't think I would have the chance to otherwise.



Advice for New Grads

What is one piece of advice you have for New Grads entering their careers in BC?

Be open-minded with exploring career choices, practice settings and the people you meet. When we graduate, we may have an idea of where and how we want to practice. It is also very exciting to just expose yourself and let the industry and the field surprise you with opportunities that you didn't even know were possible or available. Don't be afraid to be the first to pave the way. If you are too set in your own mindset or unwilling to explore, the game changers can pass you by.

What are some ways New Grads can give back to their community? Understanding that they are in the beginning stages of their careers

Volunteering with organizations like The Eyeglasses projects for the pop up clinics here and there is a great start. TWECS also has short term mission trips, like the one I went on in Peru, if you want to give back abroad. It is important to find something that resonates with you and there is really no right or wrong way of giving back. Sometimes, just by providing the best care you can to certain patients that struggle is the greatest thing you can do. ■

SECO Membership

BC Doctors of Optometry and SECO University are working together to help you succeed. When you enroll in SECO University, not only will you have access to SECO's growing library of online education, you will also be supporting BCDO.

When you subscribe at the \$299 USD annual rate, a full 50% (\$149.50 USD) goes to the BCDO to support its yearly continuing education activities. With enough support from our member optometrists, this can represent a significant secondary income stream for our association. No matter how you look at it, it's a win-win for you and the BCDO, while helping SECO continue to provide the finest education in the profession.

SECO University subscription fees can be claimed through the Continuing Education Fund. The CE Fund form can be downloaded from the BC Doctors of Optometry website at bc.doctorsofoptometry.ca/doctors/continuing-education



Ophthalmic Drugs Market 2019-2023: Key Findings, Regional Study, Industry Growth, Top Key Players Profiles and Future Prospects

Ophthalmic Drugs Market Highlights:

Due to the rising incidences of eye diseases, the demand for effective treatment methodologies has been significantly increasing. Over the years, various new and existing players have been seen coming up with effective drugs in the market. There has been a massive demand noticed among the consumers for ophthalmic drugs.

The global Ophthalmic Drugs Market is projected to grow at a compound annual pace of 6% during the forecast period of 2017 to 2023.

Various key factors like growing awareness about the drugs, rising prevalence of eye-based diseases, unmet medical needs, huge research funding in ophthalmology, improving regulatory framework, rising competition among the players in the market, increasing support and assistance from the government, and an aging population are some of the primal growth factors driving the global market. However, the

high cost of diagnosing eye diseases, lack of healthcare insurance, and possible side effects can be some of the biggest constraints of the global market.

Competitive Landscape:

The global ophthalmic drugs market hosts a number of key and emerging players. These players are trying to make a market in the market with their consistent efforts and strategic planning. The leading players are willing to edge past their immediate competition to lead the ophthalmic drugs market. Whereas, the new entrants and potential players in the market are putting-in efforts to cement their name as one of the key players.

Some of the key players identified in the market are as follows: Santen Pharmaceutical Co., Ltd., Bausch & Lomb Inc., Regeneron Pharmaceuticals, Inc., Actavis Generics, Teva Pharmaceutical Industries Ltd., Genentech, Inc., Merck & Co., Sun Pharmaceutical Industries Limited, Allergan Plc, Inc., Valeant Pharmaceuticals International, Inc., Pfizer Inc., Shire Plc, and others.

June 2019, Sun Pharma, one of the largest drug manufacturers in India, mentioned that it has agreed upon an exclusive deal with a subsidiary company of China Medical System Holdings (CMS) for the development as well as the commercialization of specialty medications Cyclosporine eye drops and other drugs.

Regional Analysis:

The global ophthalmic drugs market covers the following regional territories: Americas, Europe, Asia Pacific, and the Middle East & Africa.

The Americas hold the dominant share in the global ophthalmic drugs market. The regional market is expected to lead the standings in the forthcoming years as well. The presence of a huge patient population, established and developed technologies, high expenditure associated with healthcare, rising prevalence of eye diseases, and the presence of various leading market players are some of the key drivers of growth for the region.

Europe holds the second largest position in the global ophthalmic drugs market. The market is expected to garner considerable support from the government in terms of research and development expenditure, amendments in reimbursement policies in the healthcare domain, and surging competition among marketers. All these and more are anticipated to drive the growth of the global ophthalmic drugs market over the forecast period.

Asia Pacific is the fastest growing region in the ophthalmic drugs market. The regional market is growing at a rapid pace due to the presence of a huge patient pool, development in healthcare technology, and increasing demand for the drugs.

The Middle East & Africa region holds the lowest share percentage in the global ophthalmic drugs market. This is due to the lack of techni-

cal knowledge and expertise, low level of development, and poor medical facilities herein.

Ophthalmic Drugs Market Segmentation:

The global ophthalmic drugs market has been segmented in terms of drug class, distribution channel, type of dosage, indication, and product.

- By indication, the market narrows down into uveitis, glaucoma, retinal disorders, dry eye, allergies, inflammation/infection, and others.
- By drug class, the market segments into anti-VEGF agents, anti-allergy, anti-inflammatory, antiglaucoma, and others. The anti-inflammatory class is branched down further into steroidal drugs and nonsteroidal drugs.
- By dosage, the market breaks down into ointments, eye drops, capsules and tablets, eye solutions, and gels.
- By product, the market includes OTC drugs and prescription drugs.
- By distribution channel, the market comprises drug stores, hospital pharmacies, online pharmacies, and others.

About Market Research Future:

At Market Research Future (MRF), we enable our customers to unravel the complexity of various industries through our Cooked Research Report (CRR), Half-Cooked Research Reports (HCRR), Raw Research Reports (RR), Continuous-Feed Research (CFR), and Market Research & Consulting Services. ■

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1. www.lubbocks969thebull.com/story/40846131/ophthalmic-drugs-market-2019-2023-key-findings-regional-study-industry-growth-top-key-players-profiles-and-future-prospects



Contact Lens Market, Global Forecast by Segments (Corrective Lens, Cosmetic & Lifestyle oriented Lens, Others), Materials, Design, Companies

"Global contact lens market is expected to surpass US\$ 12 Billion by the year-end of 2025"

Contact Lens Market, Global Forecast by Segments (Corrective Lens, Cosmetic & Lifestyle oriented Lens, Others) Materials (Silicone hydrogel Soft Contact Lens, Methacrylate hydrogel Soft Contact Lens, Gas-Permeable Contact Lens, Others) Design (Multifocal, Spherical, Toric, Others) Region (North America, Europe, Asia-Pacific, Rest of the World) Companies (Alcon Laboratories, Inc., Valeant Pharmaceutical International Inc., Cooper Vision and Johnson & Johnson Services, Inc.)

Contact lens is one of the essential treatments for the number of visual deficiencies like myopia, hypermetropia, presbyopia and various other refractive problems. The major factors that fuel the market growth are; rising per capita income, increasing disposable income, increasing awareness about eye care treatment, growing ageing population, technological advancement, increasing research and development in the field of eye care, positive government initiatives, etc. Moreover, growing cases of the visual problem across the world will further propel the global contact lens market. Global contact lens market is expected to surpass US\$ 12 Billion by the year-end of 2025.

Cosmetic contact lens plays a significant role in driving the market, although it is related to appearance or aesthetic only. Contact lens comes up with different variety like daily, weekly, monthly and yearly disposable basis. Contact lens is made up of various materials like Silicone Hydrogel, Methacrylate Hydrogel, and many others, but Silicone Hydrogel is most selling contact lens across the world. Improved design of the contact lens and an increasing number of product launch will further boost the global contact lens market.

A new report compiled by Renub Research

titled "Contact Lens Market, Global Forecast by Segments (Corrective Lens, Cosmetic & Lifestyle oriented Lens, Others) Materials (Silicone hydrogel Soft Contact Lens, Methacrylate hydrogel Soft Contact Lens, Gas-Permeable Contact Lens, Others) Design (Multifocal, Spherical, Toric, Others) Region (North America, Europe, Asia-Pacific, Rest of the World) Companies (Alcon Laboratories, Inc., Valeant Pharmaceutical International Inc., Cooper Vision and Johnson & Johnson Services, Inc.)" studies the Global Contact Lens.

Segment Insights – Cosmetic Lens is the Fastest Growing Segment

In this report, the contact lens market is fragmented into three parts; Corrective Lens, Cosmetic and Lifestyle Oriented Lenses and Others. Corrective lenses are used for visual inaccuracies, whereas cosmetic lens are used for appearance and aesthetic only. In this report, the segment is studied under various perspectives to identify the future trend that will drive the global contact lens market.

Material Insights - Silicone Hydrogel Soft Contacts Lens is one of the most Selling Product across the World

Here the market is categorized by materials into 4 parts; Silicone Hydrogel Soft Contact, Methacrylate Hydrogel Soft Contacts, Gas-Permeable Contact Lenses and Others. In this report, we have done a multi-factor analysis of each material to identify the competitive landscape, historical trend, future prospects, and growth and restraint factors.

Design Insights – Toric Design

is one of the Most Expensive Products of Contact Lens

Contact lens to come up with numerous design, here we try to showcase the market based on the design of contact lens into 4 parts; Multifocal, Toric, Spherical and Others. Spherical is one of the most selling design of contact lens, whereas toric is one of the most expensive contact lens design.

Regional Insights – North America Captured Significant Market Share of Global Contact Lens

In this segment, the contact lens market is divided into four regions; North America, Europe, Asia Pacific, Rest of the World (ROW). North America is one of the most significant regions for contact lens market.

All the 4 Companies Studied in the Report have been Studied from 4 Points

- Company Overview
- Business Strategy
- Mergers & Acquisition
- Financial Insight

Key players Insight

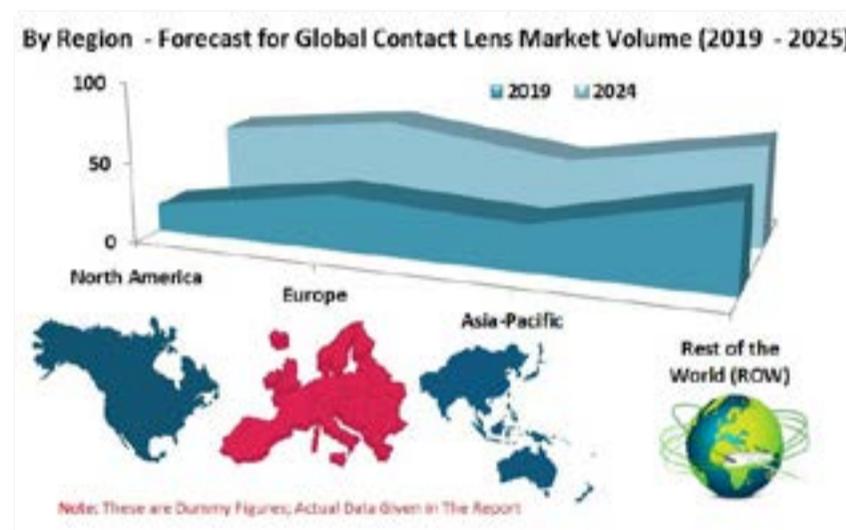
All these companies are doing various Research & Development work in the field of eye care to improve the quality and design of the contact lens. In this report, the most important key players of contact lens are

- Alcon Laboratories
- Cooper Vision
- Valeant Pharmaceuticals International Inc.
- Johnson & Johnson Services Inc.

Contact Lens Market & Volume – By Region

- North America
- Europe
- Asia-Pacific
- Rest of the World (ROW)

Contact Lens Market – By Segment



- Corrective Lens
- Cosmetic & LifeStyle Oriented Lens
- Others

Contact Lens Market – By Materials

- Silicone Hydrogel Soft Contact Lens
- Methacrylate Hydrogel Soft Contact Lens
- Gas-Permeable Rigid Contact Lens
- Others

Contact Lens Market – By Design

- Spherical Contact Lens
- Toric Contact Lens
- Multifocal Contact Lens
- Others ■

References:

1. <http://www.digitaljournal.com/pr/4406515#ixzz5w8bqmq21>

Summer & Autumn in the Province: What's there to do!

Vancouver is vibrant in the summer with tourist attractions in full effect, beaches packed with sunbathers, parks at their prime and festivals everywhere. Our province has a plethora of things to offer when it comes to summer and early fall activities. From the sandy ocean shores to the majestic mountain peaks, there are

dozens of places worth visiting, whether you're travelling alone or off on a family vacation. We have compiled a list of outdoor events and activities, from a Marathon on West Hastings to the Haney Farmers Market, that span from summer to early fall, so you can get outside and enjoy the beautiful summer season!

Greater Vancouver & Fraser Valley

Richmond World Festival 2019

Dates: August 30, 2019 - August 31, 2019

Address: 7191 Granville Avenue, Richmond, BC

Phone: 604.276.4000

Website: <http://www.richmondworldfestival.com/>

Pop-Up Craft: Free Workshops Summer 2019

Dates: Ongoing - September 30, 2019

Address: 1386 Cartwright St, Vancouver, BC

Phone: 604.687.7270

Website: <https://craftcouncilofbc.wpcomstaging.com/popupcraft/>

Vancouver's Richmond Night Market

Dates: Ongoing - October 14, 2019

Address: 8351 River Rd, Richmond, BC

Phone: 604.244.8448

Website: www.richmondnightmarket.com/

Harvest Haus



Dates: October 10 - October 19, 2019

Address: 2901 East Hastings Street, Vancouver

Phone: 604.253.2311

Website: www.pne.ca/event/harvest-haus

Haney Farmers Market

Dates: Ongoing - November 9, 2019

Address: 11995 Haney Place, Maple Ridge, BC

Phone: 604-467-7433 Ext 2

Website: www.haneyfarmersmarket.org

Vancouver Coast & Mountains

2019 5 Peaks Trail Running Series

Dates: August 24, 2019

Address: 4545 Blackcomb Way, Whistler, BC

Website: raceroster.com/events/2019/19963/2019-5-peaks-trail-running-series-whistler-blackcomb

Lower & Upper Vancouver Island

Clayoquot Salmon Festival

Dates: August 31, 2019

Address: Arnet Rd, Tofino, BC 43XV+7P

Phone: 250.725.4218

Website: www.focs.ca/salmonfestival

Victoria International Wine Festival 2019

Dates: September 19, 2019 - September 21, 2019

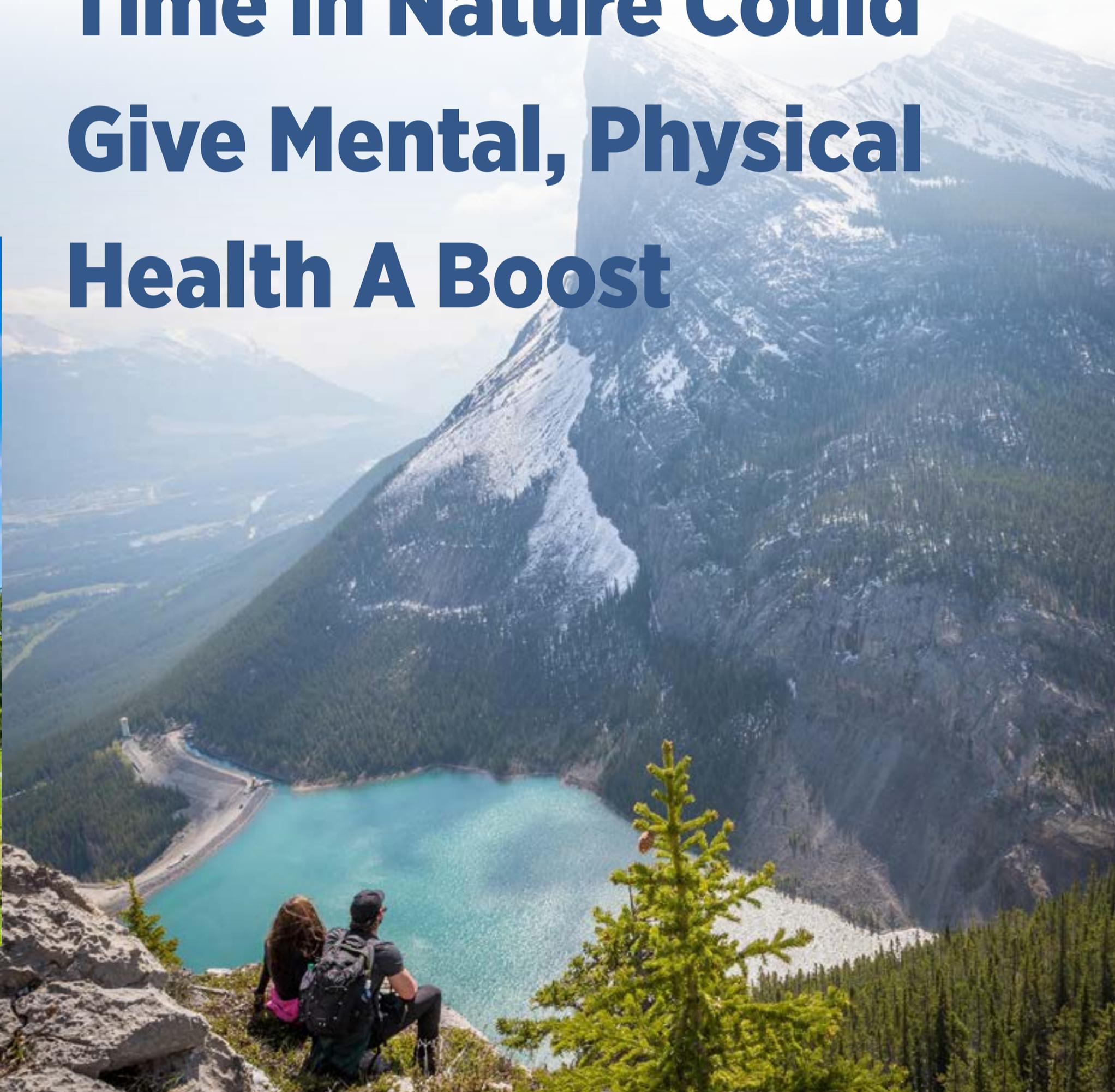
Address: 810 Humboldt St, Victoria, BC

Email: info@vicwf.com

Website: vicwf.com



Study: Spending Time In Nature Could Give Mental, Physical Health A Boost



A recent study published in Scientific Reports this summer found that people who spend more time in nature had greater life satisfaction and fewer health issues than those who spend little to no time in nature.

The study, which was spearheaded by researchers at the University of Exeter, analyzed data from almost 20,000 people in the United Kingdom.

The results found that people who spent at least 120 minutes per week in greenspace (an area containing non-urban elements such as vegetation and trees) reported significantly greater life satisfaction and fewer health ailments than those who spent little time in greenspace.

"I can certainly see the health benefits for sure," said Aiken State Park Manager Aaron Chavous. "I would certainly say there's plethora of health benefits, both mental and physical, to spending time outside. In such a electronics-based age, it's good to disconnect."

Chavous said spending time in nature is "good for the mind and good for the spirit," a sentiment echoed by Lori Comshaw, a personal trainer who lives in Aiken.

"I totally agree with it (the study) 100%," said Comshaw. "Having a sense of being in nature and community is really important."

Comshaw expressed concerns that children today do not get to experience the benefits of being outside or in greenspace as frequently as they used to, given the ease and distraction of electronics.

The study says that "living in greener urban areas" was associated with lower risks of cardiovascular disease, obesity, diabetes and mental stress in adults, among other things. Spending time outdoors also was associated with lower

risks of obesity and myopia in children, according to the study. However, studies that examine the potential connection between greenspace and health benefits are still rarely done.

In the study, around 25% of people who spent little to no time outdoors self-reported having poor health and nearly half of them reported low life satisfaction.

However, of the group that spent at least two hours a week in nature, roughly 14%, reported having poor health and about one-third reported low life satisfaction.

These results were strongly consistent for all the study participants, regardless of their age or gender.

While being in greenspace can have a positive impact, Comshaw said there are other ways for people to get similar benefits when hazardous weather conditions strike, particularly long-term issues like heat waves.

"Going to fitness rooms is a great alternative to being outside when you can't be outside," Comshaw said.

Comshaw works primarily with senior citizens at the H. Odell Weeks Activities Center.

"I find for them (seniors) that having purpose and having a place to go ... being in control, taking some ownership in their health is extraordinarily valuable," Comshaw said. ■

References:

1. https://www.aikenstandard.com/news/study-spending-time-in-nature-could-give-mental-physical-health/article_6b5ae480-ae27-11e9-bc9a-f3d0eb57f59a.html