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The Gentle Vision Shaping System™ (GVSS™)

The Gentle Vision Shaping System uses specially designed vision retainers to gently and gradually reshape the front surface of the eye (the cornea) to eliminate or reduce nearsightedness (myopia) or astigmatism. The principle is similar to the use of a dental retainer used by an orthodontist to realign crooked teeth. The vision retainers are similar to contact lenses and are only worn at night while sleeping. They are then removed upon awakening to provide clear vision without using glasses or contact lenses! The retainers are comfortable and very easy to care for.

The main purpose of GVSS is to be free from both contact lenses and eyeglasses during waking hours. GVSS is ideal for sports enthusiasts or those who work in dusty or dirty environments. For others, GVSS offers the appeal of being free from corrective lenses during the day. GVSS also offers relief from the problems sometimes associated with full time contact lens wear like drying and things getting on or under the lenses. Additionally, ongoing research is showing that for most patients, the progression of nearsightedness can be stopped or significantly slowed down by using GVSS. Neither eyeglasses nor contact lenses have been shown to have as strong a tendency towards controlling myopia as GVSS.

GVSS is less than half the cost of Laser Surgery, and does not involve any post-operative pain. Also, the hazy post-operative vision that can be associated with laser surgery does not occur with GVSS. Both eyes can easily be done at the same time with GVSS. Prescription changes are easy to deal with using GVSS. There are no strong steroids or antibiotic drugs needed with GVSS as there are during the post-operative period for laser surgery and, unlike laser surgery, GVSS is reversible.



The procedure works best on mild to moderate amounts of nearsightedness or astigmatism. More severe cases can have their vision improved, but will still need some vision correction. The procedure also does not work well on certain shaped corneas. The speed of GVSS varies with each patient. Generally, but not always, less nearsighted patients respond faster than more nearsighted ones. There are no age barriers for GVSS. It is safe for children and adults and is an excellent alternative for children who are just first becoming nearsighted, as GVSS can help prevent further nearsightedness! Also, while success rates are very high, success cannot be guaranteed due to factors like the inability to wear the vision retainer for physiological reasons or other systemic health problems that may reduce wearing time. Contact Eye Care Hawaii for more information to see if GVSS is right for you!



E KOMO MAI!

Welcome to Eye Care Hawaii - where our primary goal is giving you a clearer, brighter outlook on life. As dedicated as we are to your eye care and good vision, we also understand that your eyes are only one part of the whole you. With that in mind, I thought I would devote some space to letting you know a little more about myself and what I do to keep focus in my life. One aspect of my life which helps keep things in focus is maintaining my overall health in ways that enrich the mind as well as the body. I regularly practice Yoga and find that the relaxation, stress relief and balance it provides carries over to my daily life. I certainly feel it physically and emotionally when I skimp on practicing. To balance out the soft, nurturing practice of Yoga, I actively train in Martial Arts through Muay Thai, a style of kickboxing originating in Thailand, and the Crazy Monkey Defense Program, an international Mixed Martial Arts program. I find this hard and soft balance really puts life in perspective and keeps me seeing things clearly.

- Grant T. Miyashiro, O.D.

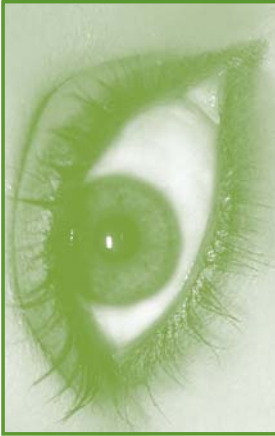
Exercise Those Eyes: Sudoku

Object of the game:
 To fill every box in the grid so that every 3 x 3 square (indicated by the bold lines) every column and every row contains digits 1 through 9. Good luck!

	1	9				2
9	8		3	1	4	7
	2	8			4	
5	8		1		2	9
	4			2	8	
3	6	9	1		8	
8		5	7	6		9
7				9	2	

Turn upside down for answers

9	8	2	6	5	3	4	1	7
3	1	6	7	9	7	5	2	8
4	7	5	8	2	1	6	9	3
1	3	8	2	7	5	9	4	6
6	2	9	3	1	4	7	8	5
5	4	7	9	6	8	2	3	1
8	6	1	7	4	9	3	5	2
7	5	4	1	3	2	8	6	9
2	9	3	5	8	6	1	7	4



DAILY DISPOSABLE CONTACT LENSES & YOU

Disposable contact lenses have been around for more than twenty years and are now the most common type of contact lenses used. They are preferred by eye care practitioners and consumers due to their convenience and health benefits. "Disposable" contact lenses fall into two categories. Those that are changed daily or weekly are referred to as true disposable lenses and those that are changed monthly or quarterly are referred to as frequent replacement lenses.

The more frequently your contact lenses are replaced the more comfortable and healthy your eyes will be. Naturally occurring tears contain substances like calcium, lipids and proteins. Over time, these substances build up on lenses and make them uncomfortable. The buildup can also make your eyes more prone to infection. With traditional contact lenses, the only solution was daily cleaning to remove the buildup of these substances. This approached helped, but over time, buildup remained a problem, meaning the lenses still needed to be replaced at least yearly.

Daily disposable lenses offer the best of both worlds for contact lens users. Since the lenses are discarded at the end of the day and replaced with a new pair, daily cleaning is eliminated. Also, since there is not buildup of deposits, occasionally sleeping in your contacts does not increase the risk of eye infections.

Most types of prescriptions are available with daily disposable lenses including lenses for people suffering from astigmatism or those needing bifocals. Even lenses that change the color of your eyes are available in daily disposables. Daily disposable lenses are also very affordable. While costs vary by prescription most people can expect to spend around one dollar per day for daily disposables. The costs of cleaning and storage products are eliminated as well as the cost of replacing traditional contact lenses if they are lost or torn.

Check with Eye Care Hawaii to see if daily disposable contact lenses are right for you and if they are, we'd be happy to give you a five day complimentary demonstration.

HIGH TECHNOLOGY CORNER



PASCAL Dynamic Contour Tonometer (DCT)

The PASCAL Dynamic Contour Tonometer (DCT) is a third-generation, digital, contact tonometer for ophthalmological applications. A tonometer is a diagnostic device that determines intraocular-pressure (IOP), the fluid pressure inside the eye. Unlike applanation tonometers, which are influenced by corneal thickness and other characteristics of the cornea, and hence may produce misleading estimates of IOP, the PASCAL provides an accurate, direct measurement of true IOP which is independent of inter-individual variations in corneal properties and biomechanics, even on post-LASIK eyes. PASCAL detects and accurately measures the dynamic fluctuations in IOP and thus permits a more detailed assessment of the pressure range to which the eye is subjected due to ocular blood flow. Multiple studies have concluded that the PASCAL DCT is the most accurate tonometer currently available.

The PASCAL DCT is a valuable tool in the early detection of Glaucoma. Glaucoma is the disorder of the eye associated with a buildup of pressure in the eye. Glaucoma is not a single disease, but is a combination of diseases which can lead to damage to the optic nerve and vision loss. An estimated two million Americans are affected by Glaucoma, with half of those unaware that they have the disease. Additionally, between five and ten million Americans have elevated pressure in the eye, putting them at high risk for the disease. If left untreated Glaucoma usually leads to permanent loss of vision which can progress to complete blindness. An estimated eighty thousand cases of blindness are caused by Glaucoma in the US. Because glaucoma patients are typically without symptoms until late in the disease, early diagnosis is critical.

Eye Care Hawaii was the first practice in Hawaii to incorporate the Pascal DCT!

DIABETES & EYECARE

Diabetes is a disease where the body cannot use or store sugar properly. Another American is diagnosed with diabetes every 24 seconds, with 1.3 million new cases per year. When blood sugar rises too high, it can cause damage to the tiny blood vessels throughout the body resulting in diabetic nerve, kidney, or eye disease. Damage in the eye is called diabetic retinopathy. The risk of this disease diabetic retinopathy increases the longer someone has diabetes. Another American becomes legally blind from diabetic retinopathy every 30 minutes.

Diabetic retinopathy can cause bleeding, swelling and deposits formation in the retina. The retina is the "film" in the back of the eye that captures light information and allows us to see. If swelling, deposits, or bleeding occur in the macula which is the center and most light sensitive part of the retina, vision may be permanently affected. These signs are an early form of diabetic retinopathy referred to as background or non proliferative retinopathy.



In proliferative retinopathy, a later and worse stage, new blood vessels grow on the surface of the retina and can cause tissue to develop which pull the retina away from the back of the eye. This is known as a retinal detachment and is a serious condition that can lead to blindness if left untreated. Longstanding, high blood sugar also increases the risk of cataracts, corneal disease, ocular nerve disease, and retinal blood vessel "stroke".

Fortunately you can greatly reduce your risk of diabetic retinopathy and diabetic eye disease by taking care of yourself and using good common sense. First, have your eyes examined at least once a year. Keep your blood sugar, blood pressure and cholesterol under control. Eat a healthy diet, exercise regularly and take all medications as instructed.

At Eye Care Hawaii, we will examine your eyes and determine if any diabetic retinopathy or diabetic eye disease exists and at what stage. Referral to a vitreoretinal surgeon is indicated if any macular swelling or proliferative diabetic retinopathy exists.

QUICK FACTS: WHAT YOU SHOULD KNOW ABOUT DIABETES & THE EYES

- Diabetic retinopathy is a condition in which high blood sugar causes retinal blood vessels to swell and leak blood and deposits. Fluctuating blood sugar levels lead to an increased risk of this disease, as does long-term diabetes. Most people don't develop diabetic retinopathy until they've had diabetes for at least 10 years. Everyone who has diabetes is at risk for developing diabetic retinopathy, but not all diabetics develop it.
- People with diabetes are 25 times more likely to lose vision than those who are not diabetic.
- In the early stages of diabetic retinopathy, you might have no symptoms at all, or you might have blurred vision. In the later stages, you develop cloudy vision, blind spots or floaters.
- Keeping your blood sugar at an even level can help prevent diabetic retinopathy. Even controlled diabetes can lead to diabetic retinopathy, so you should have your eyes examined at least once a year so any needed treatment can begin as soon as possible.

- Diabetic retinopathy is not curable. Early treatment can slow the progression of diabetic retinopathy, but can't reverse any vision loss. The best treatment is to keep your diabetes under control and see your eye doctor regularly.
- Eye Care Hawaii can see you for your diabetic retinopathy evaluations. We routinely see patients with diabetes and, if necessary, can make the necessary referrals if surgery or other treatments are needed.
- Eye Care Hawaii has presented "Diabetes and the Eye" at Ke Anuenue for the last two years. Ke Anuenue's mission is "to improve the health of the under served through education." See <http://luunui.lectuenuemue.org/> for additional information.

