



# CLEAR VISION

FALL 2008

 **Dr. Flowers**  
VISION INSTITUTE  
A Medical Group Inc

*“A commitment to excellence in every aspect of the laser vision correction process has allowed us to consistently exceed patient expectations.”*

*says Drs. Flowers*

DR. FLOWERS VISION INSTITUTE  
10145 PACIFIC HEIGHTS BLVD.,  
SUITE 700  
SAN DIEGO, CA 92121

**1.800.456-LASER**

**[WWW.FLOWERSVISION.COM](http://WWW.FLOWERSVISION.COM)**

## BEST QUALITY OF VISION

For every patient is our goal at the Flowers Vision Institute. By investing in proven technology that delivers superior visual outcomes, Dr. Flowers is relentless in his quest to achieve stellar results for his patients. With a dedicated and well trained staff, the Flowers Vision Institute insures that every patient is cared for in a compassionate manner at every step of the vision correction process. Patient's often commend us on how well the staff eased their fears and made the entire experience enjoyable.

Moreover, a continuous quality improvement program is implemented in which patient outcomes, patient care systems, and work flow processes are monitored & analyzed, so that visual outcomes continually improve.

Don't delay; contact our office today if you desire to reduce your dependence on contact lenses and glasses.

## Outdoor activity may benefit vision in children

A recent study published in the American Journal of Ophthalmology reported that outdoor activity appears to have a protective effect against the development of nearsightedness (myopia) in children. Researchers at the University of Sydney in Sydney Australia evaluated 4,132 school-aged children from 2003 to 2005. During the study period, all children underwent comprehensive eye exams and parents completed extensive activity questionnaires. Based on their investigation, researchers found that high levels of total time spent outdoors, irrespective of sport, appeared to have a protective effect against the development of nearsightedness in children. Children who combined high levels of near-work with low levels of outdoor activity were more likely to

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If you'd like to refer a friend or relative who might benefit from laser vision correction, please call our referral line at 1-800-456-LASER

## OUTDOOR ACTIVITY & VISION IN CHILDREN

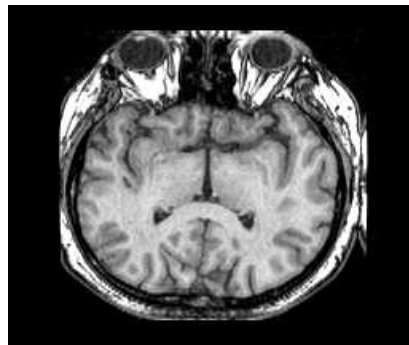


become nearsighted. Whereas, children who had high levels of outdoor activity were least likely to develop nearsightedness irrespective of the level of near-work activity they engaged in. It is important to note that the researchers did make adjustments in their analysis to eliminate parental influences on the study results.

The results of this study have been corroborated by several previous studies and thus, it appears that this phenomenon is real. To explain the apparent protective effect of outdoor activity on vision in children, the researchers postulate that high light intensity from outdoor sunlight may be the key factor inducing this effect. Some studies have shown that high amounts of light causes the release of certain protective biochemical factors within the eye.

Based on these study findings, it is clear that encouraging parents and families to engage their children in a variety of outdoor pursuits, including sports is a must. Moreover, school curricula should also be modified to increase more outdoor learning activities.

## NEW VISION



### New therapy may help stroke and traumatic brain injury patients regain vision

A novel therapy recently approved by the FDA may help to restore vision in patients who have sustained visual loss as a result of strokes or traumatic brain injuries. Vision Restoration Therapy (VRT) patented by Nova Vision, of Boca Raton, Fla. is an at home computer-based vision therapy method. Several studies have shown promising results with VRT and the U.S. military is now using it in soldiers who sustain traumatic brain injuries during battle.

VRT is rooted in the principle of neuroplasticity: The brain is able to adapt and compensate for injury due to trauma by forming new connections. VRT is designed to stimulate the neurons in the brain responsible for vision. VRT is non-invasive, and thus, patients regain vision without the use of drugs or surgery.



### Congratulations!!!

Myra Moreno was the Fall winner of our free LASIK drawing. Myra now enjoys 20/20 vision thanks to Dr. Flowers and Staff.



### Omega-3s & dry eye

Omega-3 essential fatty acids found in salmon, flaxseed & walnuts have been shown in numerous studies to provide relief from dry eye disease. Patients with dry eye typically complain of chronic sandy, gritty irritation and burning of the eyes. The burning tends to be worse in the evenings. Based on study reports, Omega-3s appear to provide relief from these symptoms all day long.

### ANNUAL EYE EXAMS

If you are more than a year out from your original LASIK procedure, you should undergo annual eye health exams. These exams allow Dr. Flowers to monitor the health of your eyes and the stability of your laser surgery.

Call our office today to schedule your eye exam.