President’s Letter

Greetings All,

School is out and summer activities are in full force. It seems like summer has been here for months already, with spring and summer temperatures arriving so early this year. We are seeing lots of kindergarten exams already and plan for the back-to-school rush to come early. I attended a special events class in Kansas City and learned that many offices do something special during the summer and fall months. One office had a special day for kids and had an ice cream truck, a bounce house and carnival games. They used the outdoor activities to promote Transition lenses and educated parents on the importance of kids sunwear. Someone else went to the schools once a month for eye glass adjustments. What great ideas! If you have something that you do for back-to-school, please like our NOA Para Section Facebook page and share!

The Para Board is getting excited for the upcoming Fall Convention. We have our classes lined up with some great speakers. Something new this year is an optician panel, where area opticians will share their expertise and experience and will be available for questions. So if you are looking for some day-to-day tips be sure to attend this class. The NOA has sent out hotel room reservation information so be sure to book your room early. A reminder that the location of the convention is at the Younes Center in Kearney.

Our Para Section Facebook activity has been great in the last couple months. We have been posting some questions and images to challenge your knowledge and skills. If you are studying to take any of the certification levels you’ll want to watch out for more questions to come.

I hope your summer is going well. Stay cool, hydrated and healthy!

Warm Regards,
Rhonda Gregory
NOA Para President
Enter Your School Vision Evaluation Data

By Dr. Jeff Klein, NFCV Board Member

The Nebraska Foundation for Children’s Vision (NFCV) and NOA are once again asking for our members help in collecting data on school vision evaluations in Nebraska. Our goal is to collect enough data to gain supporting evidence that the school evaluation law in Nebraska should be enhanced.

Please take the time to help us with this project. Details on entering the information can be found here: (http://conta.cc/Jurft4)

This information can help us ensure that the children of Nebraska have healthy vision for a lifetime.

SAVE THE DATE
2012 NOA Fall Convention

Save the Date!

The 2012 NOA Fall Convention will be held on September 21-23 at the Younes Conference Center in Kearney, Nebraska. Registration information will be sent in a few weeks, but you can make your hotel reservations now. You will find hotel information listed below. All three hotels are adjacent to the Younes Conference Center.

Deadline for NOA Group Reservations should be made by phone in order to get the group rate. Mention NOA Convention.

Hotel Reservation Information:

**Fairfield Inn**
510 Talmadge Rd
Kearney, NE
PH: 308.236.4200
Price: $97.95
Suites: $149.95

**Hampton Inn**
118 3rd Avenue
Kearney, NE
PH: 308.234.3400
Price: $87.95

**Wingate by Wyndham**
108 3rd Avenue
Kearney, NE
PH: 308.237.4400
Price: $84.95
Suites: $119.95
Paraoptometric Certification Examination Schedule

The Commission on Paraoptometric Certification (CPC) has announced the schedule for the 2012 regional examinations as well as the potential dates and locations for the Certified Paraoptometric Technician (CPOT™) Practical Examination. The CPO™, CPOA™, CPOT™, and CPOC™ examinations are administered during an established two-week testing period four times yearly, Monday through Saturday excluding holidays, at computer-based testing facilities managed by PSI, in addition to a paper/pencil administration annually conducted at Optometry’s Meeting® in June.

<table>
<thead>
<tr>
<th>Examination Dates</th>
<th>Practical Exam Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 11-25, 2012</td>
<td>Jun 30, 2012 Optometry’s Meeting® in Chicago, IL</td>
</tr>
<tr>
<td>Nov 3-17, 2012</td>
<td>Nov TBD 2012 in Wilmington, NC</td>
</tr>
<tr>
<td>Application Deadline</td>
<td>Application Deadline</td>
</tr>
<tr>
<td>Jul 13, 2012</td>
<td>May 18, 2012</td>
</tr>
<tr>
<td>Oct 12, 2012</td>
<td></td>
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</tbody>
</table>

Instructions for finding a PSI testing location

- To find a testing site, select this link [www.ptcny.com/cbt/sites.htm](http://www.ptcny.com/cbt/sites.htm).
- Click on “Certification/Professional Associations” link.
- Select the sponsor of the examination you are taking from list (AOA/CPC).
- Click on “Test Centers” under Information Links section on right.
- Select the sponsor of the examination again (AOA/CPC).
- Fill out the form to see up to 20 Testing Centers matching your specified criteria.

To see “Testing Software Demo”

- Go to [http://www.psiexams.com](http://www.psiexams.com).
- Click on “Certification/Professional Associations” link.
- Select the Sponsor of examination you are taking from list.
- Click on “Testing Software Demo” under Information Links section on right.
- Select “Software Demo” in the window.
- Press “Start Online Demo Test” button.

Need Help Studying for Your Para Certification Exam?

Sign up for one of the Review Sessions at Fall Convention.

- CPO Review - Jill Luebbert, ABO, CPOT
- CPOA Review - Dr. Joseph Shetler
- CPOT Review - Dr. Darren Wright

Watch for details in the Fall Convention registration form in the coming weeks.
Keeping our vision Healthy!
¡Manteniendo nuestra Visión saludable!

From a personal perspective, we as patients seem to wait until our vision seems bad or different from what we consider usual to go and visit a doctor. When it comes to vision, many symptoms arrive and many other diseases occur. That is why it is important for regular eye exams and eye evaluations. Since these aid in an early discovery of any problems that may make a difference between good vision and a loss of sight. The following is a list of vocabulary related to symptoms that we have to keep on eye on and diseases that may follow if no exam is arranged.

<table>
<thead>
<tr>
<th>Infección-infection</th>
<th>Claro-Clear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ojos Rojos-redness</td>
<td>Osouro-dark</td>
</tr>
<tr>
<td>La razón por lo cual usted tiene sus ojos rojos es una infección. The reason for the redness in your eyes is an infection.</td>
<td>¿Con estos lentes puede diferenciar bien cuando están claros y oscuros? With these glasses, are you able to differentiate when they are clear and dark?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Borroso-Blur</th>
<th>Ardor-Burning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Desde hace días veo muy borroso especialmente en mi ojo derecho. Since days ago, I have been seeing blurry especially in my right eye.</td>
<td>No, no he tenido ningún síntoma como el ardor en ninguno de mis ojos. No, I have not had any symptom like burning in any of my eyes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ver Doble-to see Double</th>
<th>Picazón-Itchiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ver Manchas- to see Spots</td>
<td>Yo creo que el problema más frecuente que yo he tenido ha sido una picazón en ambos ojos. I believe that my most frequent problem has been itchiness in both eyes.</td>
</tr>
<tr>
<td>¿Además de estos síntomas no ve doble o manchas? Besides these symptoms do you see double or see spots?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lagrima-tear</th>
<th>Glaucoma-Glaucoma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Después que le ponga estas gotas sus ojos se van a sentir un poco lagrimosos. After I put in these drops, your eyes are going to feel a little teary.</td>
<td>Cuando un paciente tiene alta presión en la visión puede ser a causa del glaucoma. When a patient has a high eye pressure, it may be the cause of glaucoma.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diabetes-Diabetes Cataratas-Cataract</th>
<th>Astigmatismo-Astigmatism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aunque la diabetes no causa cataratas puede ser una de las razones. Although diabetes is not a cause of cataracts, it may be one of the reasons.</td>
<td>Vision borroso y vision distorsionada puede ser a causa del astigmatismo. Blurry vision and distorted vision can be a cause of astigmatism.</td>
</tr>
</tbody>
</table>

Marisol Fernandez
marysolojos@hotmail.com
Letter from Iowa Para Past President

Kris VanSickle, Past Para President, IOAA

Hello, let me introduce myself. My name is Kris VanSickle. I have served on the Iowa Optometric Assistance association (IOAA) for the past five years. I currently hold the position of past president.

We are a nine-member board whose main job is to plan our annual convention. The different positions on our board are vice president, president elect, president, past president, continuing education, membership, treasurer, secretary, and newsletter.

Our next convention will be held April 5 -6, 2013, in downtown Des Moines at the Savory Hotel. We will offer approximately 20 hours of continuing education. Our classes vary from front desk to contact lenses to anatomy. We also offer lab tours and CPR classes.

Our membership consists of opticians, CPO's, CPOA's and CPOT's, contact lens techs and receptionists. We have approximately 300 members. The IOAA was started by a very dedicated group of women who felt it was important to keep Paras educated. We still feel it is important that Paras come together to further their education.

We know it can be difficult to find education so we would love to extend an invitation to you to join us in April. If you would like to be on our mailing list, please let me know. We can e-mail you our registration packet. You may contact me at vansicklekris@hotmail.com.

I look forward to hearing from you,

Kris K. VanSickle CPOT
West Union Eye Clinic
104 N. Walnut St.
West Union, IA  52175
563-422-6085

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UV Ray Dangers

The following top five tips from the American Optometric Association can help prevent eye damage from exposure to UV radiation:

1. Wear protective eyewear any time the eyes are exposed to UV rays, even on cloudy days and during the winter.
2. Look for quality sunglasses or contact lenses that offer good protection. Sunglasses or protective contact lenses should block out 99 to 100 percent of UV-A and UV-B radiation and screen out 75 to 90 percent of visible light.
3. Check to make sure sunglass lenses are perfectly matched in color and free of distortions or imperfections.
4. Purchase gray-colored lenses because they reduce light intensity without altering the color of objects to provide the most natural color vision.
5. Don’t forget protection for young children and teenagers, who typically spend more time in the sun than adults and thus are at greater risk for damage.

Additionally, be sure to schedule periodic comprehensive eye exams with an eye doctor. It’s a good way to monitor eye health, maintain good vision, and keep up-to-date on the latest in UV radiation protection.

According to the AOA’s 2008 American Eye-Q® survey, which identified Americans’ attitudes and behaviors regarding eye care and related issues, only 49 percent of Americans said UV protection was the most important factor when purchasing sunglasses. Respondents said that the price and style of sunglasses were among the most important factors to them.

“Overexposure to UV rays has been linked to a variety of problems, including age-related cataracts and degeneration of the cornea,” said Gregory W. Good, O.D., PhD, optometrist and AOA’s UV Protection Expert. “Other disorders that can occur are abnormal growths on the eye’s surface and even sunburn of the eyes. These conditions can cause blurred vision, irritation, redness, tearing, temporary vision loss and, in some instances, blindness.”

According to Dr. Good, the effects of solar radiation are cumulative; therefore optometrists recommend parents purchase proper eyewear for young children and teenagers. The longer the eyes are exposed to solar radiation, the greater risk a person has for developing conditions later in life such as cataracts or macular degeneration.

Courtesy of the AOA. www.aoa.org
Pech Pro lenses are available in:

DIGITAL PROGRESSIVES

Pech Elite lenses are available in three categories:

ELITE SINGLE VISION

ELITE PERFORMANCE
(Task Specific)

DIGITAL PROGRESSIVES
Elite, Elite Advanced, Elite Ultimate

Contact customer service at 800-831-2352 for pricing and additional information!

PECH OPTICAL CORP.
Phone: 800-831-2352  •  Fax: 800-227-3081  •  Web: www.pechoptical.com
NFCV Offers Children’s Vision & Infant Vision Simulator Cards for Sale to OD Practices

In the next few days, the Nebraska Foundation for Children’s Vision (NFCV) will be mailing samples of our newly customized Infant Vision Simulator Card and Children’s Vision Simulator Card to all NOA member practices.

The cards, originally developed by the Ohio Optometric Association, are now customized with the NFCV logo and contact information. These can be powerful tools in your practice. Hand them out to parents who visit your office, give them at health fairs, share them with school nurses, etc.

The Infant’s Vision Simulator card is designed to “simulate” how an infant views the world. They also feature statistics that emphasize the importance of eye exams for infants.

The Children’s Vision Simulator card is designed to “simulate” what vision would be like with far-sightedness, nearsightedness, astigmatism, and information about dyslexia. They also feature a diagram of the eye, an explanation of the process of sight and information on the importance of eye exams for children.

If you would like to order the cards for your practice, simply fill in the information below, and fax, email or mail it to NFCV.

Vision Simulator Card Order Form

Children’s Vision Simulator Cards
- 50 cards $35.00
- 100 cards $60.00

Infant Vision Simulator Cards
- 50 cards $35.00
- 100 cards $60.00

Total Due: __________

Attn: __________________________
Company _______________________
Address _________________________
City _____________________________
State __________ Zip _____________
Email __________________________
Phone __________________________

Send payment to: NFCV, 1633 Normandy Ct., Suite A Lincoln, NE 68512
Fax: (402) 476-6547
Email: nfcv@assocoffice.net

When you provide a check as payment, you authorize us either to use the information from your check to make an electronic fund transfer from your account or to process the payment as a check transaction. If we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day we receive your payment, and you will not receive your check back from your financial institution.
2012 Calendar of Events

**NOA-Nebraska Optometric Association**
September 21-23, 2012
2012 NOA Fall Convention
Younes Conference Center, Kearney, NE