

Angela M. Bernardo, O.D.  
Stephanie Coates, O.D.

Spring/Summer2009

Volume I, Issue I

Trinity Professional Place  
10751 Maple Creek Drive  
Suite 104  
Trinity, FL 34655  
727.375.8442 PHONE  
727.375.0942 FAX  
[www.trinity-eyecare.com](http://www.trinity-eyecare.com)

# Trinity Eye Care Newsletter

## GRAND OPENING NEWS —

*Dr. Angela Bernardo takes the practice to the next level*

### In This Issue:

- Grand Opening [Page 1]
- Healthy Site, Healthy Life [Page 1—3]
- Ocular Health & Wellness [Page 3]
- Digital Retinal Imaging [Page 4]
- Saving Your Peepers During Allergy Season [Page 5]
- Spring 2009 Eyewear Trends [Page 6]



*Expanded optical showroom within the practice's new 2,000+ sq. ft. facility unveiled to patients in Dec '08, located in the heart of Trinity.*



**Trinity, Florida**— Trinity Eye Care has been fortunate to have captured the loyalty and business of the communities we serve, all of which have played an integral role in the growth of our practice since I established ownership in 2004. As an optometrist practicing in the Tampa Bay area for ten years, it brings me tremendous pride to offer our loyal patients and customers several new amenities in our expanded location. For instance, a newly built 2,000+ sq. ft. facility in an ever-growing city and a newly expanded optical showroom featuring designer lines such as

Christian Dior, Versace, Sean John, Coach, and Banana Republic, to name a few. While we are excited to offer such enhancements to our patients, we've always remained committed to delivering superior patient care and expertise, personalized service and competitive pricing. Our practice also provides a full range of eye care services including comprehensive eye exams, pediatric vision care, diagnosis and treatment of eye conditions, refractive surgery consultation and management, digital retinal imaging, as well as emergency services. We have also recently added even more insurance plans and encourage you to stop in and see why Trinity Eye Care is the perfect fit for the whole family. Call us at 727-375-8442 to schedule an appointment and visit us at [www.trinity-eyecare.com](http://www.trinity-eyecare.com).

Dr. Angela Bernardo completed her studies in 1999 from the New England College of Optometry in Boston, MA, followed by a residency in Primary Care at Nova Southeastern University in Ft. Lauderdale, FL. She has practiced in the Tampa Bay area since 2000, and has remained an avid member of the American Optometric Association, Florida Optometric Association and Cornea and Contact Lens Section of the AOA.



## Healthy Sight Institute: "Healthy Sight, Healthy Life"

The eye may be a very small tree in the forest that is the body, but it is an important one, and, in Healthy Sight Counseling, both the trees and the forest are concerns. Many systemic diseases manifest themselves in the eye and carry the potential to produce serious vision-threatening ocular sequelae. Conversely, certain eye disorders may serve as harbingers of disease elsewhere in the body, so that recognizing and treating them early can avoid both ocular and systemic complications.

Diabetes mellitus is a prime example of both possibilities. While Healthy Sight is first and foremost about good vision and long-term ocular well-being, Healthy Sight Counseling takes into account that ocular health is closely linked to systemic health.

Turn to **page 2** for more information on achieving healthy sight to a fuller, healthier life.

## ***“Healthy Sight, Healthy Life”***

**Overall Health and Ocular Health are Affected by Just About Everything YOU ARE, Including:**

- *General health and fitness*
- *Medications—prescription and non-prescription*
- *Chronic diseases*
- *Allergies/sensitivities*
- *Age*
- *Gender*
- *Family history*
- *Race, ethnicity, and demographic characteristics that are associated with increased risk (eg, African Americans, Hispanics, and Pima Indians are at increased risk for diabetes and retinopathy)*
- *Income*
- *Access to healthcare*
- *Educational background*
- *Access to information*
- *Medical history*
- *Environment (including everything from climate and geographic locale that may result in heightened ultraviolet radiation [UVR] exposure to indoor lighting that may produce eyestrain)*

**...As Well as Just About Everything YOU DO, Including:**

- *Occupation*
- *Workplace environment*
- *Computer use*
- *Sports and recreational activities*
- *Diet and nutrition*
- *Exercise*
- *Smoking (or choosing not to smoke)*
- *Alcohol consumption*
- *Clothing choices*
- *Eyewear choices*
- *Work habits*



**Source:** Healthy Sight Institute. “Healthy Sight and Wellness”; [http://www.healthysightinstitute.com/HealthyLife/1.1.0.0\\_maintenance.htm](http://www.healthysightinstitute.com/HealthyLife/1.1.0.0_maintenance.htm). March 2009

# Ocular Health = Total Health & Wellness



Source Image: [HealthyLivingNow.org](http://HealthyLivingNow.org)

## Obesity and Healthy Sight

Communicating the health risks of obesity is an important component of Healthy Sight Counseling. Maintaining a normal body weight can be helpful in decreasing the risk for developing diabetes, cardiovascular disease, arthritis, and a number of other chronic conditions with potential ocular comorbidities.

Numerous population-based and prospective studies support an association between obesity and risk of age-related cataract. In one notable prospective cohort study of over 17,000 healthy men, higher body mass index was a determinant of cataract. The leanest men had the lowest rates, consistent with experimental evidence that restriction of energy intake slows development of cataract. This association was judged to be independent of age, smoking, and diagnosed diabetes. The precise nature and strength of association between obesity and cataracts, particularly with regard to different cataract subtypes, remains unclear.

The relationship between body mass index and AMD has also been studied prospectively, and it has been demonstrated that obesity is a risk factor for visually significant AMD in men, in particular for dry AMD. (Although it should be noted that the very leanest individuals also appear to be at some increased risk.) In addition, obesity is associated with elevated IOP, although to date there are no convincing data to support a direct association between obesity and glaucomatous optic neuropathy.

## Diet, Exercise, and Ocular Health

Increased consumption of fruits and vegetables and other foods rich in antioxidants have been linked to reduced incidence of macular degeneration and other ocular conditions. Using data from the landmark Women's Health Initiative, researchers have demonstrated associations between diet (emphasizing the specific antioxidants lutein and zeaxanthin) and age-related nuclear cataract, as well as AMD. Individuals who consume more of these antioxidants in their diets tend to be at lower risk for ocular disease.

In addition, following a healthy diet and a program of physical exercise can reduce the incidence of systemic hypertension, which is linked to the development of retinopathy (ie, hypertensive retinopathy), and is especially important in diabetic patients already suffering from the microvascular complications of their disease.

## Exercise May Benefit the Ocular System Directly

Numerous studies have shown that exercise is associated with decreased intraocular pressure (IOP), both immediately after exercise, and over extended periods in individuals who exercise regularly. The precise physiologic mechanism for the acute and long-term IOP reductions associated with exercise have not been fully elucidated, but it is widely assumed that there is more than one mechanism behind the change.

IOP is reduced as a result of both aerobic exercises including jogging, bicycling, or swimming, as well as anaerobic exercises involving short bursts of exertion followed by short periods of rest, such as weight lifting. However, isometric exercise, in which the shape of the muscles does not change (pushing against a stationary object, for example) may have a lesser effect on intraocular pressure than isotonic (dynamic) exercise.

Exercise may have additional direct benefits particularly in the elderly, potentially leading to enhanced balance, coordination, and physical strength. Physical exercise may lead to increased self-confidence, encourage participation in recreational and intrapersonal activities, and improve quality of life. Recent studies have demonstrated that regular physical activity in the elderly may improve ocular function, being associated with enhanced vestibular-ocular reflex, gaze, and posture control.



- *This new technology combines retinal photography with computerized imaging to allow instant viewing of the retina and optic nerve in great detail. Both the doctor and the patient see the images on a computer monitor.*
- *This method of examining and documenting the retina promotes earlier diagnosis of abnormal conditions, which could allow us to prevent permanent vision loss.*
- *An additional benefit of retinal imaging is that we store the pictures permanently and compare them against any changes in the future. We are very excited about the results of this new technology.*
- *It is known that early prevention of these diseases can delay and in many cases prevent loss of vision.*



Image of Healthy Retina

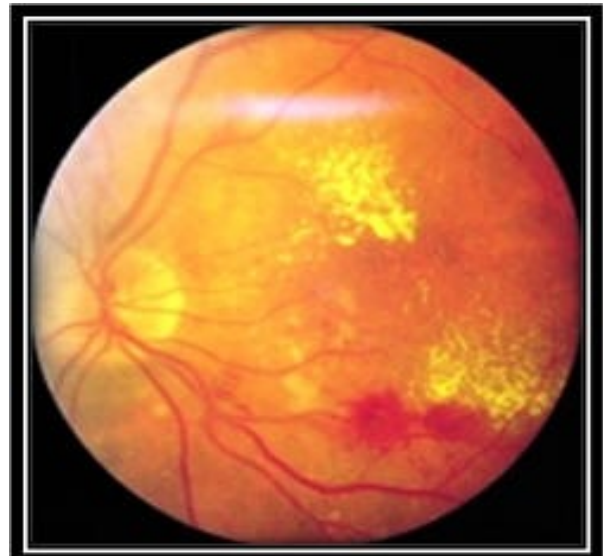


Image of Diabetic Retina

***Ask us about Digital Retinal Imaging on your next visit!***



## Protecting Your Peepers During Allergy Season

**Optometric Management\***—By Richard Mark Kirkner

Up to 50 million people have some type of allergy, and 20% of adults have allergic rhinitis, reports the American Academy of Asthma, Allergy and Immunology. Also on any given day, 10,000 children miss school because of allergic rhinitis. “The typical allergy sufferer is twice as likely to have ocular symptoms than nasal symptoms alone,” says Leonard Bielory, M.D., co-director of the immune-ophthalmology service at the University of Medicine and Dentistry, New Jersey.

Many doctors are transitioning from a seasonal allergy approach to a 360-day-a-year allergy approach because of the overwhelming onset of environmental allergies. For contact lens wearers, spring is when seasonal allergies may overlap with their chronic dry eye problems. With the contact lens patient, doctors need to be extra vigilant and aware that many patients with seasonal allergies also have year-round allergies, whether its dust in the house or pets.

Patients today are more likely to self-medicate than they were even a decade ago, thanks to the availability of over-the-counter (OTC) allergy medications. According to Mary Jo Stiegemeier, O.D., of Cleveland, “that’s worth following up on during the history. A lot of times if they’re [the patient] taking an over-the-counter allergy medication such as Allegra or Zyrtec, they may not even mention it in their history,” she explains. “If I see on their medical form that they take Allegra, I ask, ‘What are you taking the Allegra for? What kind of symptoms do you have?’”

### **Just The Facts.... OCULAR HEALTH & ALLERGY SEASON**

**Optometric Management\*\***—By John Rumpakis, O.D., M.B.A.

Based on current data, ocular allergy affects about 42% of the U.S. population, and that about 12% of allergy sufferers complain of watery, itchy eyes—the third most common symptom. When it comes to ocular allergies, patients may not be spending their dollars wisely. According to a Harris Interactive Poll conducted on behalf of the Asthma and Allergy Foundation of America, it has been found that 67% used oral medications and 27% used nasal sprays. A mere 2% of allergy sufferers used eye drops—a far cry from the 12% who complained about watery, itchy eyes. What’s more, oral antihistamines most likely exacerbated ocular symptoms for many patients due to their drying effects and because they concentrate allergens.

When patients suffer with allergies, the optometrist often isn't their first choice. What is most important to patients? Fast relief. About 83% of patients say they want something that relieves symptoms within 30 minutes. Topical eye medications fall well within that margin, offering extremely rapid relief. From a patients perspective, a doctor who prescribes a medication that works this quickly is addressing their issues and improving their lifestyle.

**Talk to Dr. Angela Bernardo or Dr. Stephanie Coates if you are one of the millions of Americans that suffer from allergies today!**

(Excerpt from Original Sources) : Optometric Management. \*\*Rumpakis, John O.D. M.B.A. February 2009.

\*Kirkner, Richard Mark. "Prepare for Allergy Season" February 2009.



# Spring 2009 Eyewear Trends

Spring/Summer2009

Volume I, Issue I

**Women's Eyewear** trends go bold this season with intense colors and attention-getting details. Top looks include:

- Oversized sunglasses
- Graphic black and white frames
- Electric colors
- Round shapes
- Inset temple patterns

**Men's Eyewear** provides the perfect accent to any look.

Whether it's pulling together a spicy suit or adding a touch of class to a cultured look, this season features:

- Aviators and shields
- Leather, wood and bamboo details
- Mirrored lenses
- Cool blues and earth tones
- Two-toned frames



Source: Vision Expo East 2009

Trinity Eye Care is proud to announce the expansion of their optical showroom, offering extensive collections among top designers such as **Coach, Versace, Christian Dior, Banana Republic, Nike, Sean John, Nine West, BCBG Max Azria, Maui Jim, Cosmopolitan, Barbie, Wiley X, Oakley, and many more!**

Our Licensed Opticians are committed to helping you select the best eyewear for you based on your individual needs and style. Our selection is consistently on trend, unique and fashion forward and we encourage you to take advantage of our new offerings.



Stop in and ask for either Laura ([lkurish@trinity-eyecare.com](mailto:lkurish@trinity-eyecare.com)) or Rosalie ([rstewart@trinity-eyecare.com](mailto:rstewart@trinity-eyecare.com)) and come SEE why Trinity Eye Care is the perfect fit for the entire family.

## About Trinity Eye Care.....

### *Serving the Greater Tampa Bay Region*

#### **Our Mission**

The primary mission of Trinity Eye Care is to provide high quality eye care, vision care and optical products to each individual patient, in a caring and family practice atmosphere. We are committed to practice growth through a strong emphasis on patient satisfaction. We are committed to continuous improvements in quality through technological advancements and continuing education. We are committed to providing a pleasant work environment for all of our staff members, and we strive to treat co-workers with fairness and respect

#### **Our Vision**

Our vision is to lead the way to a healthier community for our patients. By carrying out this vision at every level of our practice, we will be recognized by our employees and patients as the best private optometric practice in our community, resulting in value for all

We will achieve this by being accountable for:

- Making trust, quality, integrity and patient satisfaction hallmarks of the way we do business
- Attracting, developing and motivating our people
- Continually growing and improving our business
- Demonstrating efficiency in how we utilize our resources and make decisions



#### **Our Values**

Quality, Integrity, Respect for Patients and Leadership in the Community

**Angela M. Bernardo, O.D.—Optometrist, Owner**

**Stephanie R. Coates, O.D.—Optometrist**

**Maria Bernardo, M.B.A.—Managing Director**

**Laura Kurish—Licensed Optician**

**Rosalie Stewart—Licensed Optician**

**Christine Hattaway—Associate Patient Care Manager**

**Erica Perez—Patient Care Specialist**

**Donna Shaner—Patient Billing Specialist**

the perfect fit  
for the whole family.



eyewear • exams • personal service

- Expanded Optical Showroom
- Expanded Designer Eyewear Selection
- Expanded Hours of Operation

SUNGLASSES & FRAMES BY:

BCBG / MAUI JIM / NIKE / COACH  
CHRISTIAN DIOR / TRANSITIONS  
CRIZAL AND MUCH MORE

Angela M. Bernardo, O.D.

**727.375.8442**

Trinity Professional Place  
10751 Maple Creek Dr. Ste. 104  
[www.trinity-eyecare.com](http://www.trinity-eyecare.com)