

HEALTH CHRONICLE

For Members of the Healthy Vision Association



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YOU CAN STOP RETINAL DISEASE FROM STEALING YOUR VISION

For decades, Glenroy Washington happily worked as a professional musician, a passion that led him around the world. Then while on tour in Europe, he noticed something was wrong with his eyesight, and that's when his life began to change.

Washington has diabetes and tried to keep his A1C, or blood sugar, under control even while on tour. However, his hectic travel schedule affected his ability to manage his diabetes and he experienced symptoms of diabetic retinopathy, a retinal condition that occurs when diabetes damages blood vessels in the eye.

Retinal conditions like diabetic retinopathy as well as age-related macular degeneration (AMD), a condition caused by a deterioration of the retina that leads to a loss of central vision, are among the leading causes of blindness and vision loss in the U.S. diabetic retinopathy affects 7.7 million Americans, a number projected to double by 2050. AMD impacts as many as 11 million Americans and is also expected to double by 2050 due to longer life expectancies.

Retinal disease can steal your vision, but it doesn't have to. The American Society of Retina Specialists (ASRS) launched the See for a Lifetime See a Retina Specialist campaign to elevate awareness of retinal disease as a major public health threat and prompt people at risk and their families to take action. More information and resources can be found at SeeforALifetime.org.



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“Incredible advances now allow us to successfully treat conditions that just a generation ago typically led to legal blindness,” said ASRS President Carl C. Awh, MD, FASRS. “The fact that we have these effective treatments makes it more important than ever to educate patients and their families about ways to recognize, prevent and treat retinal diseases. By doing so, we should be able to preserve, or even improve, the vision and quality of life of many.”

As part of the campaign, there are three important things America’s retina specialists want you to know:

1. Knowing retinal disease risk factors and symptoms can save your sight

Common adult symptoms of retinal disease include blurred central vision, distortion or straight lines appearing wavy, and sudden onset of floaters or flashes of light. Common risk factors for retinal disease include older age, family history, smoking, and high blood pressure and cholesterol, or diabetes. Seek care immediately if you experience sudden changes in vision.

2. Early detection is a game changer

Many retinal diseases have few noticeable symptoms in their early stages. With regular dilated retina exams, your eye physician can help preserve your sight by detecting signs of a retinal condition early, before extensive damage occurs. During a dilated retina exam, your eye physician takes a very close look at the back of your eye to check for any problems and will refer you to a retina specialist if there are signs of a retinal condition.

3. Retina specialists can help

Innovative treatments developed and delivered by retina specialists can prevent vision loss, allowing patients to maintain active, independent lives. Retina specialists are among the most extensively trained and highly skilled eye care providers, with mastery of the newest and most sophisticated tools and surgical techniques available to diagnose and treat retinal diseases. With the right screening, and ongoing monitoring and treatment, almost all patients with retinal diseases can avoid significant vision loss.

If you’re at risk for retinal disease because of family history or underlying conditions such as diabetes, or if you experience symptoms of a retinal condition, see a retina specialist as soon as possible. That’s what Washington did. After returning to the states, he met with a retina specialist who determined that diabetic retinopathy had affected both of his eyes.

She immediately developed a personalized treatment plan to improve his vision that included laser treatments and intravitreal injections, also known as eye injections. With ongoing treatment, Washington is back to performing, driving, and can read even small text, which is helping him as he works on his next two albums and travels for shows.

“If you have a family history of retinal conditions or experience symptoms, make an appointment with a retina specialist right away because delaying care can lead to vision loss,” said ASRS Foundation President Timothy G. Murray, MD, MBA, FASRS. “Your retina specialist will use advanced retinal imaging and early treatment, if needed, to help preserve your vision.”

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of the Healthy Vision Association will be held at 16493 Wild Horse Creek Road, Chesterfield, Missouri, on Wednesday, December 8, 2021 at 5:00 p.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY Healthy Vision Association December 8, 2021 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF HEALTHY VISION ASSOCIATION

The undersigned member of the Healthy Vision Association does hereby constitute and appoint the President of the Healthy Vision Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of the Healthy Vision Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Richard Schindehette, Steven Tilley, Thomas Lohse, Beth Petti, and Joseph Gira.
Please visit www.healthyvisionassociation.com for more information about our board members.
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2021

Signature _____

Name (please print) _____

Please date and sign and return promptly to 1630 Des Peres Road, Suite 140, St. Louis, Missouri 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri
November 15, 2021
Date

5 EXPERT TIPS FOR TACKLING DRY EYE SYMPTOMS

Do you sometimes experience gritty, scratchy, watery eyes, or even blurry vision? If so, you could be one of the 30 million Americans with dry eye disease. Unfortunately, spending more time on your phone, TV, computer or other electronic devices may increase those symptoms.

Dry eye has a number of causes, including increased screen time, age, underlying medical conditions or medication use, ocular surgery, aqueous deficiency and Meibomian Gland Dysfunction (MGD) - a condition where the glands in your eyelid that produce oils that help to protect your eyes become clogged. Other conditions that can exacerbate your dry eye symptoms include wearing contact lenses and your environment.

“Dry eye has always been a serious issue for those who experience its symptoms, but it has become more and more of a problem due to increased screen time and usage of face masks due to the pandemic,” said Dr. Walt Whitley, optometrist and ‘Dry Eye Coach.’ “The use of face masks paired together with prolonged use of digital devices is giving rise to increased reports of dry eyes in a large number of patients.”

Here are some tips for relieving dry eye symptoms, and when you should talk to your eye doctor.

1. Schedule frequent eye breaks. Try following the 20/20/20 rule: Every 20 minutes, look at something 20 feet away for at least 20 seconds.
2. Use over-the-counter eye drops for relief. Over-the-counter dry eye drops are a great option to replenish the eye’s natural moisture. One example, SYSTANE® COMPLETE, can be used for the temporary relief of burning and irritation, and it provides fast relief from all major types of dry eye. This soothing and protective eye drop uses nano-droplet technology to deliver moisture over the entire surface of the eye. These eye drops can be a convenient option because you can take them with you and alleviate your symptoms quickly, no matter where you are. If you are having persistent



or worsening symptoms, talk to your eye doctor.

3. Protect your eyes outdoors. Taking care of your eyes in a variety of ways can help minimize dry eye symptoms. Small changes like wearing wraparound sunglasses when you’re outdoors to reduce exposure to wind and the sun can help, especially on windy days.

In addition, try to stay indoors when the air quality is especially poor. According to the American Academy of Ophthalmology, people living in areas with a higher level of air pollution may be more likely to suffer from dry eye symptoms.

4. Care for your eyes indoors. Regular practices such as these can help safeguard your eyes while you’re inside:
 - Use a humidifier to keep the air from drying out
 - Avoid smoking or being near smoke, as it can dry out eyes
 - Apply a clean, warm compress on your eyes to help unclog the eyelid’s glands
 - Gently clean your eyelids every day to remove makeup and other potential irritants
 - Stay hydrated to help reduce dry eye symptoms, as your body needs moisture to create tears

Visit [Systane.com](https://www.systane.com) today to learn more about how to prevent and relieve your dry eye symptoms.



HVA Sponsors Unite For Sight

As a global health delivery organization, Unite For Sight partners with local eye clinics in Ghana, Honduras, and India to identify community-specific barriers that impede effective eye care delivery. We work with the local clinics to develop strategies to overcome the barriers through sustainable systems of care.

We believe in the social entrepreneurial vision and commitment of local medical professionals, and we work with existing profitable clinics to develop a unique outreach infrastructure. In addition to providing eye care for their regular paying patients, these eye clinics concurrently develop an outreach division with Unite For Sight's support. The local eye clinics possess unsurpassed experience and knowledge of their immediate surroundings and needs, and Unite For Sight develops a powerful synergy by harnessing the entrepreneurial talent of local leaders with support in the form of human and financial resources.

Unite For Sight cultivates and invests in the talent of local eye care leaders who have the determination and skill to create social enterprises that serve their community's poorest people. Importantly, the care is provided by local clinicians, who routinely visit each of the outreach locations to ensure continuity of care. Unite For Sight supports the outreach work of our partner clinics through donations, nearly 100% of which are used to provide eyecare to people living in extreme poverty, and through our volunteer program, the Global Impact Corps.

To date, Unite For Sight has provided eye care to more than 2.9 million people worldwide, including more than 109,000 sight-restoring surgeries.



HVA SUPPORTS HEALTHY VISION AROUND THE WORLD

Every year, Healthy Vision Association sponsors a variety of charitable organizations. Here is a list of the organizations we currently, and are continuing to, sponsor.

HVA is very fortunate to have an extremely impressive board of directors. Their real world success and experience and their overall commitment and care have been pivotal to the growth and success of HVA.

Prevent Blindness
www.preventblindness.org

Mercy Ships
www.mercyships.org

Optometry Giving Sight
www.givingsight.org

Delta Gamma Center for Children with Visual Impairments
www.dgckids.org

America's VetDogs
www.vetdogs.org

Kids Vision for Life St. Louis
www.kidsvisionforlifestlouis.com

Himalayan Cataract Project
www.cureblindness.org

Unite for Sight
www.uniteforsight.org

The Seeing Eye
www.seeingeye.org

United in Stride
www.unitedinstride.com

United States Association of Blind Athletes (USABA)
www.usaba.org

St. Louis Blues Blind Hockey Club
www.stlbbhc.org

Eye Thrive
www.eccoma.org

NY Metro Blind Hockey Team
www.nymbh.org

Support Sight
www.mvrf.org

Team Activities for Special Kids (TASK)
www.tasksports.org

Children's Center for the Visually Impaired (CCVI)
www.ccvl.org

Veterans Community Project Vision Initiative

Guiding Eyes for the Blind
www.guidingeyes.org

MUOT Tiger OT Low Vision Program

Thompson Center for Autism - University of Missouri Autism and Visual Impairment Outreach

Nominate your favorite vision charity for an HVA sponsorship!

Do you know of a worthy organization that promotes healthy vision? Tell us about it!

We'd like suggestions from you, the HVA members, about additional organizations who could benefit from a sponsorship from our association. Please fill in the information below and mail this page along with your completed proxy on the other side.

Thank you!

Suggestion for a Healthy Vision Association sponsorship

As an HVA member, I would like to suggest the following vision organization for an HVA sponsorship:

Name of organization: _____

Website address or phone number: _____

Your (HVA member's) name: _____

Your email or phone number: _____

Healthy Vision Association (HVA) continues to support students attending Optometry Schools nationwide who are members of the Association.

For more information regarding scholarships please visit
www.healthyvisionassociation.com



We have teamed up with TravNow to give you the gift of travel, plus access to additional ways to save on dining, shopping, and fun.

TravNow is an online booking website comparable to Expedia, Priceline, and other online travel agencies. The BIG difference is that TravNow offers Member Only prices. You can take advantage of those discounts immediately by visiting www.travnow.com and using the discount code assigned specifically for Healthy Vision Association members (HVA500). With TravNow you can visit loved-ones, replace that lost vacation, or book a spontaneous romantic getaway.

Members gain exclusive access to hotels and resorts worldwide including favorites like Marriott, Holiday Inn, Sheraton, and more. To increase user confidence, TravNow offers a 110% Price Match Guarantee.

TravNow VIP Membership provides savings at your fingertips with access to exclusive discounts for dining, shopping, and fun not available to the general public. TravNow is affiliated with thousands of leading retailers, offering unique deals on apparel, electronics, jewelry, furniture, various service providers, theme parks, attractions, museums and 57,000 restaurants. Enjoy brands like Steak-n-Shake, Olive Garden, and local restaurants too.

Healthy Vision Association **TravNow**
TravNow Membership Card

Save \$500 or More on
Hotels*Resorts
Dining*Shopping

HVA500
Activation Code

Activate at www.travnow.com

PRICE MATCH

FIND A LOWER HOTEL PRICE
AND WE'LL MATCH IT +10%



Membership Services Office
1630 Des Peres Road, Suite 140
St. Louis, MO 63131

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For information regarding your membership
and association services, call or write:

**Membership Services Office
Healthy Vision Association
1630 Des Peres Road, Suite 140
St. Louis, MO 63131**

1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative,
enlightening, and helpful to you. While all information contained
herein is meant to be completely factual, it is always subject to
change. Articles are not intended to provide medical advice,
diagnosis or treatment.

Consult your doctor before starting any exercise program.

Benefits may not be available in all membership levels.
For more information, or to upgrade your membership, please call
1-800-387-9027.

The Healthy Vision Association is
dedicated to helping its members see
well and be healthy by providing access
that might not be available through
employers to products, services and
information that promote vision and
overall health.

As a Healthy Vision Association member,
you'll enjoy discounts and savings on
health, travel and other services that can
save you hundreds of dollars each year.
And, you'll have the opportunity to enroll
in premium vision plans offered by VSP®
Vision Care to Association members
(plans offered may vary by state). A
portion of your annual enrollment
fees will be used to sponsor charitable
organizations that support vision and
overall health and wellness.

