

Englund, staff attend lens symposium

Dr. Gary L. Englund, who has practices in Los Osos and Paso Robles, and three of his contact lens technicians Betsy Field, Cynthia Renner and Christine Certain, recently attended three days of educational classes at the 1988 Pacific Coast Contact Lens Symposium.

The symposium was held in Santa Clara, and sponsored by the California Optometric Association. Dr. Englund is a member of the California Optometric Association, as well as the American Optometric Association, the Tri-Countries Optometric Association, and is a charter member of the American Optometric Association's Contact Lens Section.

Major topics of discussion at the symposium were fitting and managing extended wear contact lens patients, contamination of contact lens solutions, and the exciting benefits of the new Acuvue disposable, extended wear contact lens which recently received approval by the Food and Drug Administration.

Many fascinating facts and new information has been uncovered in the last year in the contact lens world.



Ryan Fields, 9, pauses between the sessions designed to correct his eye teaming problem. Tony Hertz/Telegram-Tribune

Video game: The eyes have it

Los Osos optometrist develops aid for children's eyes

By Ann Fairbanks
Telegram-Tribune

A Los Osos optometrist uses Eyeman — a clone of video game star Pacman — to help keep children's eyes on track.

Dr. Douglas L. Major developed the video training program while a student last year at Southern California College of Optometry in Fullerton, from which he graduated cum laude.

The computer technique has captured two national research awards and was the subject of the cover story in a recent edition of "Optometry Times."

It's designed for people with "eye teaming problems" that prevent the paired eyes and their muscles from working as a team.

"Some are very obvious, like crossed or walleyes," Major said. Other "convergence" problems aren't as obvious, but can lead to headaches, complaints of seeing double and eye squinting.

Three to seven out of every 100 children have crossed or walleyes, Major said. About 10 to 20 percent of the general population has some convergence problems "at one time or another."

Many skills necessary for academic, professional and athletic performance hinge on eye-teaming abilities. "For instance, a child with poor eye-teaming skills has no three-dimensional vision and cannot be a pilot," Major said.

"It's also been shown that a vast majority of major league professional players have a high degree of three-dimensional vision and eye-teaming skills."

While most people think you either have eye-teaming problems or you don't, Major said, it's really a "continuum of different problems."



Dr. Douglas L. Major
... Eyeman creator

His computer program "helps people re-learn the neurological and muscular pathways that allow both eyes to work together efficiently and comfortably," Major said.

To make it attractive to children — "mainly because most people realize they have binocularity problems when they're a child" — the program features Eyeman, arcade-like beeps, a joy stick and digital scores.

Illustrating how it works, Major placed "Coke bottle" prism glasses on two of his young patients, Eric and Ryan Fields.

The two brothers — both of whom have crossed eyes that have been controlled with glasses — sat in front of the video display terminals, which are split into four images by the special glasses.

As they moved closer to the screen, the two middle Eyeman images fused into one. When they had reached the correct distance, their right eye was focused on one part of the screen, their left eye on another part and they concentrated on hitting the middle target using the joy stick.

"It trains the eyes to converge or cross gradually or diverge or straighten depending on the patient's need," Major said.

"When they reach the limit of their eye-teaming abilities, the targets will double and the patient pushes the fire button on the stick."

That produces a score so the patients can chart their progress.

A more standard eye-teaming practice, Major said, would be to have patients repeatedly push a pencil toward their noses while following it with their eyes.

"What usually happens is that people give up after a few times because it's so boring," Major said.

His computer program isn't boring — and it can be carried home in the form of a floppy disk for the patient's home computer.

Depending on the patient's problem, Major said, treatment can range from two months for people with bifocals to six months or a year for people with crossed eyes.

"There is a big push for non-surgical approach" to eye-teaming problems, Major said.

"Children with eyes turned in have surgery done and often it doesn't correct the problem," Major said. "It's not a muscle problem ... the brain has not been correctly stimulated."

Children born with crossed eyes usually do require surgery first, he said, "and then this."

"It's non-invasive," Major said, "so there's nothing lost."

in Los Osos

ng vacation cruise
Caribbean, Ron
zanne Russell are

ed out of Miami
lagship, M.S. Jubi-
Cozumel, Mexico;
Island and Ocho

ly at Victors

and Norman Ler-
ly famous photog-
ed the Cal Poly
is summer, were
; a recent Photo
rk Mountain vine-
r. and Mrs. Don

is a holiday for
the Central Coast
ers in the many
to talk, relax, sip
d munch hors

: commercial and
apher, Lerner has
amour, GQ, Good
ok, Boy's Life and

Kauffman made a
cover of Eleanor
e was 17-years-old,
eginning of a life-
Time-Life, which
ington, D.C., Par-
ghai and Chicago
staffer.

g were Carly and
red of Cal
l Amarel, Cal Poly
les Jennings, head
Art Department;
hoto instructor at
O'Connor, wedding
tographer of San
i Pat and Robert
Poly Art Depart-

ricson, dean of the
rts Department;
Bez, commercial
of San Luis Obis-
Charles Poalillo,
l public relations
Paso Robles; Joan
color photography
uis Obispo; Donna
ins of Atascadero,
r Mid-State Fair;
Rush, from a com-
n Hollywood; and
hard Giachetto of
trait and wedding

s prey

ading the morning
an Luis Obispo for

vice president. Bill
d to a second term
Jerry Schuetze

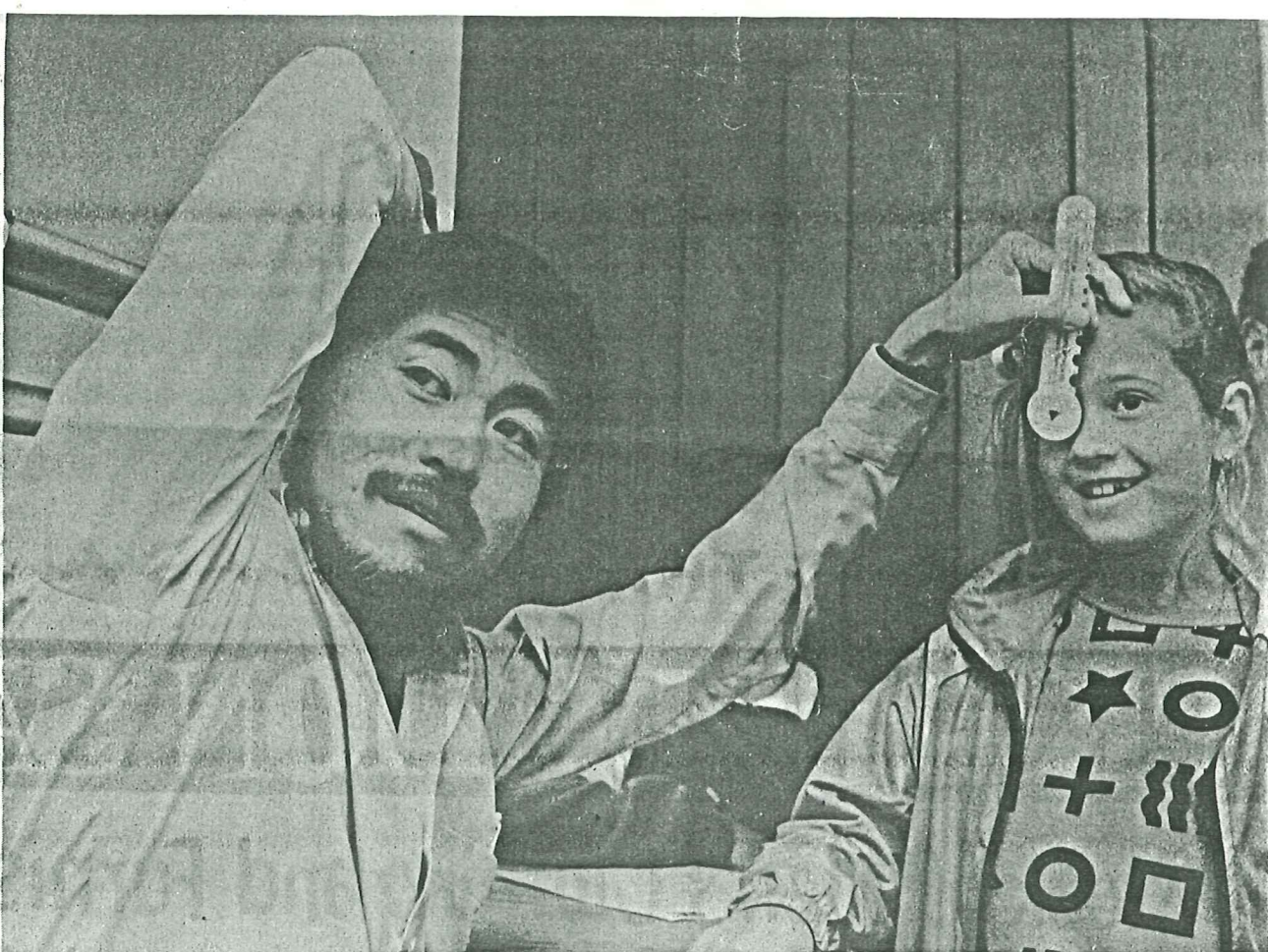
in 17 years ago.
tive in community
l support county
Hospice, YMCA,
nd Special Olym-

at 7:15 a.m. Tues-
Johnson's Restau-
)bispo.

community who like
1 community serv-
or breakfast, said
call Hair, 544-1441.

ning PLOT

from Pismo Light
have found some



David Middlecamp/Telegram-Tribun

Dr. Steve Jio tests a smiling Brie Furnis-Lawrence for visual acuity and binocular vision. The exams take 2 minutes or less.

Lions Club helps school children see well

San Luis Obispo Lions Club members have been in business as usual this fall — helping to save or improve the sight of numerous youngsters.

It's a job the club has had since 1939.

All 80-plus members spent Oct. 2-4 walking the streets of San Luis Obispo and selling tiny white canes.

They raised \$3,800 which helped pay for the organization's major project — sight conservation screenings conducted from Oct. 13 to 24 in San Luis Obispo, Morro Bay, Los Osos and Baywood elementary schools.

"We provide the funding and the optometrists screen first, third and fifth graders for obvious defects, such as near-sightedness, far-sightedness and other problems which should be referred for testing," said Lion Jim Thornburg.

As a result, said Thornburg, each year "10 to 15 percent of the youngsters do have some problem the optometrists feel need further testing or evaluation."

Some need glasses or other corrections and in many cases, the expense is also borne by the club.

This year, an estimated 1,850 San Luis Coastal students went through the screening. Thornburg said the doctors charge the club only a minimal fee.

Thornburg coordinated the use of a trailer from Atascadero Lions Club and Ed Page arranged to have the trailer moved from school to school for the testing.

Lion Charles Thomas is Sight Committee Chairman.

Dr. Doug Major coordinated the



Third graders await their turn to undergo eye screening.

optometrists' schedules.

Major stressed it is important for parents to seek a full vision examination if their child is referred.

"The screening criteria used have been shown to be more than 90 percent accurate," he said.

Last year, of almost 7,000 children screened countywide, 621 were referred for further testing. "Unfortunately," said Major, "about 200 of those kids received no further care. This year, efforts have been made for better follow-up."

"Parents need to be aware of the impact visual skills have on classroom performance," said Major. "This screening program allows for less than two minutes per child, and should not take the place of a complete vision exam."

He said the American Optometric Association recommends complete

visual exams at age 3 and 5 and every year thereafter throughout school.

Other doctors participating in the Lions screenings were Greg Kaiser, Steve Jio, Gary Englund, Mike Jacobs, Bob Cheung, Reggie Baldwin, and Bill Limon.

School nurses and secretaries coordinated students at the schools. Assisting were Anne Brown, who coordinated students for Bellevue, Santa Fe, Bishop's Peak, Hawthorne, Los Ranchos, Pacheco, Sinsheimer and C.L. Smith.

Linda Adamski did the same for Baywood, Morro Elementary and Sunnyside; Carol Gross, Chris Jespersen; Jan Bassi, Mission; and Carol Fairbanks, Teach School.

A checklist describes signs of eye trouble

Doug Major, the Los Osos optometrist who coordinated his colleagues' schedules for the Lions Club Eye Screening Project this fall, sent along this checklist of signs of vision problems in young children:

- Headaches in forehead or temples when studying.
- When reading, head turns to follow lines of print across the page instead of moving eyes.
- Requires a finger or marker to keep place while reading.
- Displays short attention span while reading or copying.
- Repeatedly omits reading small words.
- Orients drawings poorly on page.
- Extreme tilting of head while working at desk.
- Must touch objects in order to interpret them.
- Writes crookedly, poorly spaced; cannot stay on ruled lines.
- Repeatedly confuses left and right directions.
- Unable to describe what he has just read.
- Whispers to self for reinforcement while reading silently.
- Comprehension declines with prolonged reading; loses interest quickly.