

www.westoneyecenter.com

Office Calendar

Sept 1 - Cheryl Winden is celebrating her 8 year work anniversary today.
Sept 9 - The retina specialists will be in our office today.
Sept 10 - Angie Griffin is celebrating her 2 year work anniversary today.
Sept 14 - Shantelle Weakley is celebrating her 20 year work anniversary today.
Sept 15 - We are closed this afternoon for our monthly staff meeting.
Sept 20 - Nancy Ronk is celebrating her birthday today.
Sept 21 - Laura Sterner is celebrating her birthday today.
Sept 23 - The retina specialists will be in our office today.
Sept 28 - Donna Hunt is celebrating her birthday today.
Sept 29 - Pam Bellis is celebrating her birthday today.

LOW VISION AROUND THE HOUSE

Low vision can be a significant obstacle for older people trying to maintain their independence. A common condition among seniors, low vision can make everyday activities difficult, increasing reliance on loved ones and caregivers while increasing the risk of falls and depression. However, here are a few simple adjustments around the home that can lessen this dependency for those with less severe forms of low vision.

Make it Bright Brighter lighting can help with reading and activities such as sewing or cooking. Provide plenty of floor lamps and table lamps to enhance overhead

lighting. Remove mirrors that reflect lights to create a glare. Use window coverings that can allow natural light through.

Embrace Technology There are a variety of technology-based tools for smartphones and tablets designed to aid people with low vision. One example is Spotlight Text, which can be configured to help people with particular patterns of low vision read with greater comfort.

Get Rid of Hazards Use non-glare products to clean floors instead of wax. Tape down area rugs and remove electrical cords from pathways to decrease risk of falling and injury.

Keep Up With Eye Exams Several



diseases that cause low vision, such as macular degeneration and glaucoma, are progressive and can get worse without proper monitoring and treatment. During a comprehensive eye exam, your doctor can identify the type of vision loss, and in some cases refer patients to low vision rehabilitation.

Having low vision can be challenging, but it doesn't have to mean giving up your independence. Just a few adjustments around the house can make a big difference in maintaining comfort and strengthening your ability to accomplish your normal daily activities with partial sight.



Q: If I have macular degeneration, are my children at more of a risk to get it?

A: Macular degeneration is a broad diagnosis and includes a wide variety of conditions that affect your central retina (back of your eye). An individual with a type of macular degeneration that is diagnosed at a younger age is more likely to have a genetic or heritable cause (as opposed to AMD or age-related macular degeneration). The risk of passing this on to a child is dependent on the diagnosis and type of genetic inheritance for the specific condition. I encourage the patient to talk with their retina specialist to get a more specific diagnosis and then to ask about the genetic risk.



Fall
Special

15% DISCOUNT OFF ANTI-REFLECTIVE COATING ON A PAIR OF LENSES

- Increases visibility by 8%
- Reduces glare from overhead lights
- Helps reduce halos around headlights

SPEAK WITH OUR OPTICAL DEPARTMENT FOR MORE DETAILS



Club Carefree 50

Dr. Weston and Umpqua Bank are sponsoring the movie of the month for Club Carefree 50. Since it is a first-run movie, the exact film will not be determined until four days prior to the screening. It will be showing at Roseburg Cinema on 1750 NW Hughes St. on September 16, the third Wednesday of the month. We are no longer operating under summer hours. Doors open at 10 a.m., door prizes will be handed out shortly thereafter, and the movie starts at 11 a.m.

Apple Cider

Ingredients:

- 8 cups fresh apple cider or apple juice
- 2 tsp ground cinnamon or 2 cinnamon sticks
- 1/8 tsp grated nutmeg -4 whole cloves
- 1 orange, cut into slices -8 cinnamon sticks
- 1 cup sweetened whipped cream

Directions:

1. Heat the cider, cinnamon, nutmeg, cloves, and orange slices in a 3-quart saucepan. Cook over medium heat for 5 minutes or until the mixture is hot, stirring occasionally.
2. Strain the cider into a heatproof pitcher or individual mugs. Garnish with cinnamon sticks and whipped cream, if desired.



COMMUNICATING MADE EASY!

With your busy life, it can be hard to stay on top of your health care, even though it's important. Our online patient portal allows you to communicate with us easily and safely according to your schedule. Using your own secure password, you can log in to the online patient portal 24 hours a day, 7 days a week from the comfort and privacy of your home or office. Please follow the directions below to set up your secure patient profile, and if you have any questions call our office at 541-672-2020 and ask to speak with Debbie or Shantelle.

Directions for Web Portal:

I. Go to www.mysecurehealthdata.com.

2. Click on **Go to Portal**.
3. The portal login page will come up. If you are a new member, your username is your email address that you gave to your physician. Type that email address in the User Name box and click **Log In**.
4. A validation email is then sent to the email address you entered with the subject: Validation of User on MySecureHealthData.com. You must click on the Validation link in this email to return to the portal and continue the registration process. You will enter your last name, first name, new password (a combination of letters and numbers, at least 8 characters long), secret question, and answer to secret question. Then click **Save Changes**.



5. At this point you will be directed to your secure portal. Click on the Send Message button on the top of the portal page. In the Subject box and Message box type "yes" and click Send Message, or you may send any other type of message to our office if you have a question or a comment.

6. **You are now registered for the Web Portal and are entered into our monthly drawing for a ***\$25 Gift card***.**

MAJOR FALL ALLERGY TRIGGER

WEEDS

AUGUST SEPTEMBER OCTOBER

TRIGGER: MOLD
Damp leaf piles are a breeding ground for mold.

TRIGGER: DUST MITES
Dust mites are stirred into the air the first time you turn on your heater and bring out your winter clothes.

HEATER WINTER CLOTHES DUST MITES

3 of 4 ALLERGY SUFFERERS SUFFER DURING THE SPRING & FALL

SYMPTOMS OF FALL ALLERGIES:
RUNNY NOSE, WATERY EYES, SNEEZING, COUGHING, ITCHY EYES, NOSE & DARK CIRCLES UNDER THE EYES

CLEANING YOUR INDOOR AIR WITH AN AIR PURIFIER HELPS KEEP YOUR ALLERGIES UNDER CONTROL.

75% of ALLERGISTS recommend air purifiers to their patients as part of an overall allergy and asthma treatment plan.