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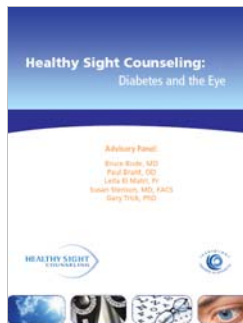
EDITORIAL BACKGROUND

HEALTHY SIGHT INSTITUTE EDUCATIONAL PUBLICATIONS

Providing education is the cornerstone of the Healthy Sight Institute. This learning resource for health and vision care professionals worldwide, supported by Transitions Optical, was established with the mission to promote healthy sight through education and awareness of eye health and wellness and enhanced visual quality.

The depth of the Healthy Sight Institute's resources can be accessed through its official Web site at **www.healthysightinstitute.org**. This includes courses and papers for continuing education, links to related sites for additional resources, and public health tools that can be shared with patients and in communities to raise awareness of a multitude of eye health issues. All materials can be downloaded free of charge as part of the Healthy Sight Institute's commitment to education.

Healthy Sight Institute White Papers



Healthy Sight Counseling: Diabetes and the Eye

Contributors: Bruce Bode, MD; Paul Brant, OD; Leila El Matri Pr.; Susan Stenson MD; Gary Trick PhD
2008

Diabetes is rapidly approaching epidemic proportions worldwide, and the eye is one of the principal target organs of the diabetes disease process. This white paper provides an overview of diabetes with an emphasis on the importance of Healthy Sight Counseling for the patient with diabetes or at risk for diabetes. In addition to covering topics directly related to diabetic eye disease, this paper also provides a useful review of diabetes, the systemic disease, for vision care professionals, bringing them up-to-date on current trends in diagnosis and management.

Clinical and Review Publications from Transitions Optical, Inc. and the Healthy Sight Institute



Healthy Sight Counseling: An Integrated Approach to Healthy Sight

Susan Stenson, MD
2005

This clinical white paper explores the meaning of Healthy Sight and how it can best be achieved through Healthy Sight Counseling. It stresses the importance of quality as well as quantity of vision correction and preventative eye care in providing good vision and long-term ocular wellness. The role of eyeglass lens enhancements—including fixed tint and photochromic lenses, anti-reflective (AR) coatings, and polarizing lenses—in promoting good vision and eye protection is emphasized, along with the use of the customized eyeglass prescription to go beyond 20/20 in vision correction.



Healthy Sight Counseling: A Ten-Point Checklist for Your Practice

2008

When incorporating Healthy Sight Counseling into the busy vision care practice, the vision care professional and other members of the practice may want to review each patient encounter to ensure that the best possible vision care and vision wear have been provided and prescribed. This simple ten-point checklist makes it easy to integrate the components of Healthy Sight Counseling into the exam and the entire practice.



Healthy Sight Report Card

2008

This simple take-home document educates the patient about things to remember to assure a lifetime of Healthy Sight.



Healthy Sight Counseling In Practice Workshop: Participant's Workbook

2008

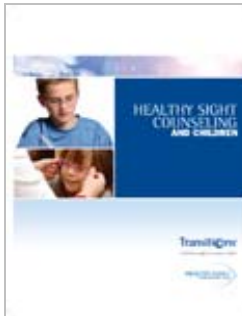
This workbook is provided at Healthy Sight Counseling In Practice Workshops, and is also a useful stand-alone reference and resource for vision care practitioners who want to learn more about Healthy Sight Counseling.



Beyond 20/20: Contrast Sensitivity, Glare, and Quality of Vision

Susan Stenson, MD, FACS, and Denis Fisk
2004

This paper addresses the question of what truly constitutes good vision and how this might differ from “normal” vision as commonly defined by Snellen acuity. Both quantity and quality of vision are explored, emphasizing the importance of contrast sensitivity and glare in determining the visual experience.



Healthy Sight Counseling and Children

Contributors: Siret D. Jaanus, PhD; Mark J. Lustig, MD, PhD; Madeline Romeu, OD; Susan Stenson, MD, FACS; Sol S. Zimmerman, MD
2007

If Healthy Sight Counseling is all about achieving Healthy Sight, then the lifetime of Healthy Sight that begins in childhood must be a special concern. This clinical review paper focuses on special risk factors for Healthy Sight in children, including unrecognized/uncorrected refractive errors, strabismus and amblyopia, trauma, and ultraviolet radiation (UVR) protection. The paper represents a collaborative effort on the part of a panel of experts in vision and child care—including an ophthalmologist, a pediatric ophthalmologist, an optometrist, a pediatrician, and an ophthalmic educator.



A Focus on Children's Quality of Vision: Factors Affecting Eyeglass Lens Preferences

Madeline Romeu, OD; Susan Stenson, MD, FACS
2004

This paper presents the findings of a community-based study that explored the preferences of children for clear versus photochromic lenses in their vision correction. Vision-related quality of life—using a specially designed pediatric survey, with an emphasis on tolerance to eyeglass use and peer acceptance—was assessed, and parents’ feedback on their children’s eyeglass-wearing experience elicited. Overall nearly 9 out of 10 children were found to prefer Transitions lenses over clear lenses.



The Benefits of Early Ocular UV Protection in Children: An Overview

Steven Lichtenstein, MD
2004

Because an estimated 80 percent of lifetime ultraviolet radiation (UVR) exposure occurs during childhood and potential vision-threatening adverse effects of UVR on the eye are cumulative, ocular UVR protection is a priority in the pediatric patient. This white paper explores the risk of UVR exposure in the young eye and offers suggestions on how best to provide UVR protection for the child and adolescent to promote a lifetime of Healthy Sight.



Ocular Effects Associated With Medications

Siret D. Jaanus, PhD
2006

The growing number of individuals taking an ever-increasing variety of prescription and non-prescription medications has led to a dramatic increase in the incidence of drug-related ocular side effects. This clinical review paper, developed by ocular pharmacologist, Siret D. Janus, PhD, in collaboration with an Editorial Advisory Board composed of optometrists and ophthalmologists, explores the spectrum of ocular side effects of commonly used topical and systemic agents.



Factors Impacting Vision Care and Vision Wear of Culturally Diverse Groups: Focus on Hispanics

Caleb R. Arias, Latino Health Access; Liany Elba Arroyo, National Council of La Raza; Emilio Balius, OD; Robert Feinfeld, MD; Reyna Hernandez, OD; Lloyd Holness, optician; Madeline Romeu, OD, FAAO; Hector Santiago, OD, PhD, FAAO
2007

This consensus paper addresses obstacles to providing quality vision care and vision wear to the United States Hispanic population. It summarizes discussions held at a professional roundtable event supported by Transitions Optical, Inc., in 2007. The authors share practical tips for overcoming language barriers, and advice for how to better relate to Hispanic patients on a culturally acceptable and clinically informed level. The paper suggests useful strategies that vision care professionals and the industry can embrace to make a positive change in the eye health of Hispanics.



Addressing the Need for Education on the Value of Vision Care Plans

Matt Cockrell; Susan Cox; Bill Hately, OD; Todd Kimball, OD; John Lahr, OD; Bernard Rubin, OD; Robert Stein, MA; John Thorp
2007

This consensus paper summarizes the discussions from the National Association of Vision Care Plans (NAVCP) Member Medical Advisor roundtable, sponsored by Transitions Optical, Inc., in 2007. The paper explores the challenge of educating consumers on the value of vision care plans, reinforcing the need to emphasize vision care as an important aspect of overall health and wellness. An overview of the presentations delivered during the roundtable—highlighting participant observations—is followed by recommendations for achieving a higher level of awareness.



The Effects of Ultraviolet and Visible Light on the Eye

Paula Newsome, OD; Madeline Romeu, OD; Mary Seguiti, optician; Susan Stenson, MD, FACS; and Wael Yassein, optician
2004

This paper explores the potential threat posed by ultraviolet radiation (UVR) to Healthy Sight, its effect on quality of vision, and how to best protect the eyes from its adverse effects. The important relationship between cutaneous and ocular complications of UVR and visible light exposure are stressed, along with the need to provide adequate skin and eye protection.



Enhancements to Quality of Vision With Photochromic Lenses and Anti-reflective Coating

Kenneth Scherick, OD
2004

This paper presents the findings of a clinical user study exploring adult patient preferences for clear versus photochromic lenses with antireflective (AR) coatings in providing visual comfort and convenience. A specially-designed Transitions Vision-Related Quality of Life instrument was used to assess subject preferences. The majority of subjects who completed the trial preferred photochromic over clear lenses.



A Multidisciplinary Approach Challenging Current Thinking on UV and Glare

Stephen Brunton, MD; Kenji Hamada, OD; Adelaide Hebert, MD; Richard Judelson, MD; Steven Lichtenstein, MD; Paula Newsome, OD; Knut Stamnes, PhD; Susan Stenson, MD, FACS
2003

This consensus paper is the result of a multidisciplinary roundtable convened by Transitions Optical, Inc. that included both vision care professionals (including ophthalmologists, optometrists, and a pediatric ophthalmologist) and a wide range of medical professionals (including a pediatrician, a family practitioner, and a dermatologist), plus vision and basic science researchers. Among the topics discussed are the cutaneous and ocular risks of both UVR exposure, environmental factors exacerbating the threat posed by both UVR and visible light (specifically ozone depletion), UVR-related ocular diseases (including skin and ocular surface burns and neoplasia, photokeratitis, solar retinopathy, pinguecula, pterygium, cataract, and age-related macular degeneration), and effective ways to protect the skin and the eyes from the development of UVR-related disease.



Light, Sight and Photochromics

Christopher Baldy, PhD; Vivienne Greenstein, PhD; Karen Holopigian, PhD; William Seiple, PhD; Susan Stenson, MD, FACS
2002

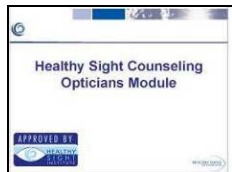
This monograph explores the sometimes complex relationship between light and vision and discusses how best to control and modulate light to maximize the visual experience. Quantity and quality of vision are differentiated, and the appropriate use of eyeglass lens enhancements to maintain contrast and decrease glare is outlined.

Healthy Sight Counseling Learning Modules



Healthy Sight Counseling: Prescriber Module

A practice-focused module for prescribers about implementing Healthy Sight Counseling.



Healthy Sight Counseling Optician's Module

A practice-focused module for opticians about implementing Healthy Sight Counseling.



Healthy Sight Counseling In-Store Dispensing Module

Education about integrating Healthy Sight Counseling into the dispensary.



Healthy Sight Counseling for Children: Integrating Healthy Sight Counseling into the Practice (for Prescribers)

A practice-focused module for prescribers about providing Healthy Sight Counseling to young patients.



Healthy Sight Counseling for Children: A Guide for the Optician

A practice-focused module for opticians about providing Healthy Sight Counseling to young patients.



Healthy Sight Counseling: Ocular Effects of Medications

Understanding how medications can impact Healthy Sight is an important component of Healthy Sight Counseling.



Healthy Sight Counseling: Diabetes and the Eye

Diabetes impacts vision and sight in many ways, and is an important consideration for Healthy Sight Counseling.



Healthy Sight Counseling Education Program

The Healthy Sight Counseling Education Program provides vision care professionals and allied professionals with a background in Healthy Sight Counseling. The program was developed for worldwide use by Transitions Optical, Inc. There are two levels of this presentation available.

Public Health Materials



Patient Education Checklists: Healthy Sight Counseling

These checklists encourage patients to take an active role in the process of Healthy Sight Counseling.



Patient Education Posters: Healthy Sight Counseling

Colorful and provocative posters that show patients that Healthy Sight is much more than obtaining a prescription.



Patient Education Posters: Diabetes and Vision

These posters educate patients about the importance of eye care for individuals with diabetes.



Patient Education Posters: UVR Education

These clever and thought-provoking posters educate patients about the potential threat to Healthy Sight from ultraviolet radiation (UVR) and the need to protect their eyes from the sun's harmful rays.

About the Healthy Sight Institute

The Healthy Sight Institute is an educational and learning resource for health and vision care professionals worldwide. Supported by Transitions Optical, the Healthy Sight Institute is dedicated to the protection and preservation of healthy sight for all people.

As a dynamic knowledge center for professionals, the Healthy Sight Institute makes available a range of information and resources, including clinical papers, professional education courses and public education tools. Drawing on the expertise of its geographically diverse and multidisciplinary steering committee, the Healthy Sight Institute also provides a forum to educate and collaborate with health and vision care professionals, optical industry leaders, policy makers, and the public for a wider understanding of proactive and preventive eye care choices.

The depth of the Healthy Sight Institute's resources can be accessed through its official Web site at www.healthysightinstitute.org.

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