



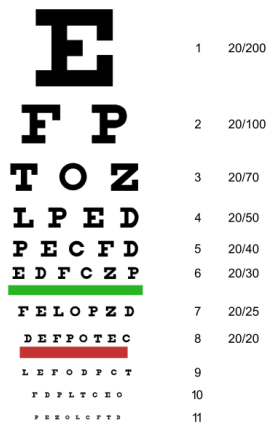
River City Eye

Winter Newsletter: February 2020

20/20 in 2020

It is a new year! We all have new goals. Our goal is to continue to improve at providing high quality, friendly eye care and, of course, work to get you excellent vision—ideally 20/20!!!!

20/20...or 20-something?



The ubiquitous triangular (or sometimes diamond-shaped) eye chart. Every ophthalmologist has one. Every optometrist has one. Most pediatric offices have one. We see reprints of it on T-shirts, socks, and mugs. The chart, with its progressively shrinking letters, numbers, and figures, has become the quintessential, universal symbol of eye exams. It is a simple, effective device. And, indeed, most of us, even those with healthy eyes, have methodically announced each of the assorted images until they become irritatingly blurred and each “o” and “c” becomes indistinguishable.

Honestly, those charts intimidate me. Why? Well, it is because I feel as though it’s some sort of mid-term exam with a pass/fail grade assignment. A few of you may relate. If you are like me, you apologize for the inability to identify anything on the last line. In fact, if you are like me, you may even desperately rattle off “answers” for the remaining blobs out of a desire to “complete” the chart. Or maybe it’s just me. Either way, when it is done, I am ready for the verdict. Do I have the coveted 20/20 vision? Then, in almost breathless anticipation, we hear the numbers. If you are like me, it is one of two answers—20/20 or something else. That’s all my brain really comprehends. Either it’s perfect vision or, well, it’s not. Since I have been blessed with excellent vision, I have never heard “something else” besides 20/20. But my children did not inherit my vision. A few years ago, one of my daughters was unable to read a sign in the distance. We realized her vision needed

Vision charts are called Snellen Charts. They are named after Dr. Herman Snellen, a dutch physician who created the charts in the 1890s to assess visual acuity. Source: eyesmart.org. Image Source: wikipedia.org.



Right or Left?

OD (*Oculus Dexter*): RIGHT EYE

OS (*Oculus Sinister*): LEFT EYE

to be evaluated. A few days later, I am watching my daughter rattle off letters on that triangular chart. Unbeknownst to her, that chart would be an important part of her life for the next several years. She was definitely not 20/20. In fact, she got her first glasses prescription that day. And that prescription would become stronger as the years passed. That chart assessment continues to provide the feedback we need to maintain her ability to see. She can barely function without her glasses—something that is completely foreign to me. Recently, to my complete shock, I learned that her visual acuity is 20/200 without her glasses. She is 20/200! It left me wondering—what does that mean (other than she is not 20/20)? What do those numbers really mean? What is the difference between 20/40 and 20/200?

It is actually a simple distance comparison.

The vision assessment is based on what the average person can see at 20 feet away. The chart is set at 20 feet from the viewer (which is why the top number is always 20). If your vision is normal, you will see images at 20 feet exactly as those with healthy eyes see at 20 feet. If your assessment is 20/40, however, it means that you can only see images at 20 feet that the average person with normal vision sees at 40 feet. In essence, you can use this to get an idea of what the numbers mean: “An individual with healthy eyes can see at _____ feet what I see at 20 feet.” You would fill in the blank line with the second number of your visual acuity (so for 20/40, you would put 40 in the blank). Knowing what it means may not help you see better, but at least now you will have a greater understanding of the difference between 20/20...and 20/something. -Tiffany

NOW...EVEN BETTER!!!

In our last newsletter, we announced the addition of our new Patient Education resources on our website. We have added **EVEN MORE** features. Now you can find 1-3 minute videos on a variety of ophthalmology topics at Rivercityeyetx.com.

River City Eye Associates

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What To Expect During An Eye Exam 00:00 / 01:37

Spotlight on the Staff!

JOEY

Where were you born?

Lufkin, TX

Where have you lived most of your life?

East Texas

Do you have any children (and grandchildren)? If so, how many?

We have 2 children and 4 grandchildren.

What are your favorite hobbies?

Fishing with family, hiking, sports with family and grandchildren, & traveling

Can you tell us something unique about yourself?

I enjoy making people comfortable and laugh.

If you could choose to visit any place in the world, what would it be?

Australia

How many years have you been in ophthalmology?

36 years

If you could have chosen a different career path other than eye care, what would you have chosen?

Mission Work



Look for more "Spotlight on the Staff" articles in future newsletters!!!!

FUN FACT: Joey's wife, Lillie, recently started a coffee business. To find out more or to try a "cup of Joe" see the information below.



Lillie's Coffee Secret is a service on the go! Housed in a motor coach makes it easy to serve the public by meeting them where they are located.

We travel to events or you can find us at the Justice Center in Lockhart Texas.

Opening day was January 10th with celebrating "Friends and Family" day. We served more than 60 beverages in 3 hours. It was an exciting day. Hours 7:30 am to 6:00 pm most days, depending on the weather.

I tell customers that this is my retirement job from being an RN and Substance Abuse Counselor. It is a pleasure to serve people in a different way and love it.

Joey helps with ensuring that the motor coach is supplied with water, ice and generators are functioning properly for the next day.

Come, taste and see!

-Lillie Horton, Owner



**Find us on Facebook:
Lillie's Coffee Secret**

Contact: 512.537.2499