



THE EAGLE

NEWS & TIPS FOR PATIENTS & FRIENDS OF DAVIES EYE CENTER

Afraid of Heights?

Have you ever been to Havasu Falls on the Havasupai Indian reservation? It is located deep in a canyon that feeds into the Grand Canyon in northern Arizona, and is one of the prettiest spots on earth. The falls spill over a sandstone cliff, and the high mineral content of the water creates beautiful emerald green pools. The river then winds through a twisting canyon, creating many beautiful vistas along the way with more plateaus, waterfalls, and emerald pools. There are three ways to get to the falls– 1. a rigorous eight mile hike, 2. ride a pack horse or 3. by helicopter. I have hiked down each time we've made the trip, but let the horses carry my pack out for me while I took a lighter day-pack and water bottles.

You can also add to the list one exciting trip back down the canyon in a helicopter on a search and rescue mission for one of our missing Scouts. Fortunately, we found him—quite dehydrated and a bit delirious, but otherwise fine.



Dr. Davies, son Jake and Dr. Aude Ambresin of Switzerland on a Recent Hike Through Eagle's Landing

One "must do" of a Havasu hike is a bit of cliff jumping. There are plenty of opportunities to do so, but be very careful to choose your spots well as this can be a dangerous activity. On one such adventure with four other couples, we took a hike that required multiple river crossings along the way. I foolishly decided that I would take my hiking boots off before crossing the river as I didn't want to get them wet. Bad idea! Not only did it slow us down as I had to keep removing them and putting them on again, but on one bootless crossing my foot slipped on a rock, painfully jamming my toe against another rock. Yes, it was broken, and yes, I kept my boots on from that point forward. We still had about a mile to hike, and about 5 miles back to camp so I decided to press on to the objective. Oh, was it ever worth the trip! Alongside a cascading waterfall there was a large ledge...

-Continued on page 3



EYE SAFETY 101
6 Tips To Keep 'Em Safe!

- See Pg. 5



YOU DON'T "SPA" ME!
There's Nothing Scarey
About This Treat

- See Pg. 6



OUR NEWEST ADDITION...
He Makes 6...Who Is He?

- See Pg. 7



"I'm Shaking In My Boots"

ALLERGY SEASON SNIFFLES

Dear Sherry

Dear Sherry is written by Sherry Bishop, also known as 'Mother Hen' here at Davies Eye. She is the proud mother of five children and four grandchildren. Dear Sherry has become a very popular column within the Davies Eye family, now over 6,100 patients strong.

Dear Sherry,

My optometrist told me two years ago that changing my glasses prescription wasn't going to help much. What I needed was to have my cataracts removed. To tell you the truth, I've been dragging my feet because I'm just plain old afraid! Now I can't drive at night because of the glare and I have blurry vision even with my glasses on. Do you have any suggestions? How I can overcome this fear of having cataract surgery?

Signed,

Shaking In My Boots

You may have thought recently that your allergies are getting worse. Actually, they probably are. Male plants are the main irritant-releasing culprits. They are also the plants that produce the showiest blooms and foliage, therefore, landscape specialists choose male plants for their clients' gardens.

So now, besides the usual irritant producers such as ragweed and other fall blooming plants, we are inundated with allergens that we planted around our houses. Besides blooming plants in the fall, we have to deal with mold and dust mites that trigger our allergy response system.

Dear Shaking In My Boots,

People are always afraid of the unknown. Some get anxious whenever they are in a hospital or dental office; just the smells will set them off. My mother-in law was in your same situation about 12 years ago. She loved to drive up the canyon in Utah, where she lived to enjoy the beautiful scenery and to spot deer on the mountains. She went up the canyon once or twice a week until she just couldn't enjoy the scenery anymore. Then she still waited because of her fear of doctors and needles and such. When she couldn't stand it anymore, about 5 years, she went in, had cataract surgery; then called me. She said, "This is like a miracle. I can't believe I waited so long. There was nothing to it. I could have been seeing like this five years earlier; what a waste!" After that she always referred to her eyes as "my new eyes."

Most patients will find that the anticipation is much worse than the actual event. Stop thinking so much about it and just schedule the cataract evaluation. Times a wasting!!

Signed, *Sherry*



About three quarters of people who suffer from spring allergies also deal with allergy symptoms in the fall. Some of those symptoms can be:

- ✔ **Runny Nose & Sniffles**
- ✔ **Watery or Sometimes Itchy Eyes**
- ✔ **Sneezing & Coughing**

In order to be sure these symptoms are allergy related, see an allergist. He or she may test for your sensitivity by either a skin or a blood test called a radioallergosorbent test (RAST). It detects antibody levels to a particular allergen.

" Meanwhile, keep a box of tissues handy!"

Write Dear Sherry at:

Sherry@davieseye.com

or 655 Laguna Drive Carlsbad, CA 92008



-Continued from page 1

about 40 feet above a deep emerald pool. Nine of us stood on that ledge searching for the courage to make the leap, and nine of us jumped. There was one who didn't jump that day--my wife. She is *much* smarter and more sensible than me. I mean, how sensible is it to jump off a cliff (without hiking boots, thank you very much) when you have a broken toe? As for my wife, she didn't feel she had anything to prove to herself or anyone else, so why put your life in peril? As for me, after the pain of the hike, I wasn't about to miss out on the reward at the end of the trek. That would be worse than skipping dessert! It was a brief, frightening, yet exhilarating trip through the Arizona sky. I had visions of my toe coming off completely as I struck the water, but all was well; the ligaments held, the toe remained attached, though somewhat bent, and we had a great time the rest of the way. Three cheers for ibuprofen! (Or, as I like to say, "*better living through pharmaceuticals.*")

Take the 'Leap of Faith'

So what's the point of the Havasupai hiking and jumping story? Sometimes it makes sense to make that leap of faith--as long as you have checked out the road ahead and know that the results will likely be very good. I often see situations where our patients are afraid to take that 'leap of faith' and go through with a recommended treatment or surgery. They may have a friend or neighbor who had a problem with a treatment performed and are fearful that they will have a bad result themselves. Sometimes it's just the fear of the unknown, but if you've done your due diligence by checking the water below (in a manner of speaking) and have



24 Years..Still Don't Like Cataract Canyon!

watched and talked to others who have made the same jump, and jumped *correctly* (no belly-flops), it should be a smooth and enjoyable experience!

What Scares The Doctor?

Yes, there are a few things that give me the "heebie-jeebies." One of those things is patients who assume they're doing fine and don't come in for regular evaluations. It's one thing if you're 30 and haven't seen your doctor for a while, but if you're in your 60s or 70s, there can be a real problem that we can no longer help you with. Unfortunately, my new patient today (last exam 10 years ago) is a perfect example. We diagnosed glaucoma, but the pressure is so high his optic nerve cannot recover, even if the pressure returns to a normal level with treatment. So PLEASE get regular check-ups! (And please don't scare your doctor. Those guys in Washington are already doing enough of that!)



"I love my new eyes! Can't wait to get back on the tennis court. Fun! Fun!"

NEW PATIENT METER

101 New Patients in September!

No Tricks...Just A Real Treat!

"Welcome to the D.E.C. family!"

See page 6 to learn how you can win great prizes and help your friends at the same time!





Charlene Yingling: Giving To Give

This month's spotlight...a very busy lady, Charlene Yingling, who is anxiously engaged serving others.

Charlene loves to paint, crochet, knit, read, volunteer and spend time with her six-year-old grandson, Billy. Charlene recently made baby blankets for two of Dr. Davies' staff members.



A Charlene Yingling Original

Charlene moved to the area 14 years ago to be closer to her daughter's family. Just two months after their move from Ohio, she was widowed. Charlene adapted by keeping busy. After all, she had to learn to drive on the freeway, take care of the car, and pump her own gas. She also began her volunteer career. One of her loves is volunteering at the Camp Pendleton Thrift Shop. Charlene and her friend Kathy volunteer together, beginning at 8 a.m. and finishing after a very busy day at 4 p.m.

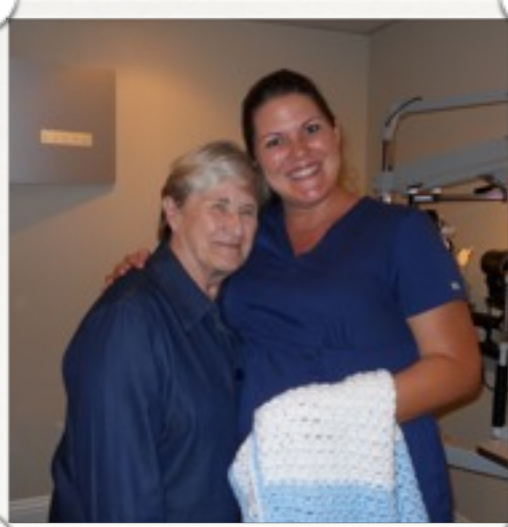
Charlene also volunteers at the Rancho Santa Fe Senior House and twice a week at the Rancho Santa Fe Library. She catalogs donated books. Before her procedure, she needed reading glasses to allow her to gather the books' information, *now she doesn't need glasses for anything.*

It wasn't that easy for Charlene to get her sight back so she could stop wearing glasses.

"I had been to five different ophthalmologists and was still having problems. So I had my surgery. A month or two later I could not see out of that eye," said Charlene. "Years went by. I continued to have to have these painful injections.



PATIENT SPOTLIGHT



Charlene Presents Gina's New Baby Quilt

'It feels like family'

No one ever told me that when the IOL lens was implanted it could become dislodged! I was at my dentist and I was telling the receptionist, Sue, 'I'm just beside myself. This has been going on for years and I still can't see!'

I still could not see. I could hardly drive at night and here I am alone. I did not want to be housebound. I knew that there had to be an answer. Sue asked me, 'Have you ever seen Dr. Davies?' I had not. I made an appointment right away. Dr. Davies exchanged that IOL. I had the Crystalens implant in my other eye. What a difference!

My first surgery was in a hospital and you had to go through a non-personal experience. But when you come in here and everyone is so friendly, that's what I like. It feels like family. I feel like I know all of you."

Everything is handled in such a caring and professional way. You just don't think anything about it. I did not have any discomfort at all. I did not even know that I had already had the surgery! I have to say I really appreciate the coffee and those rolls! You are so hungry. I think I inhaled them after my surgery. Afterwards, I was worried about that I might have forgotten my manners!"

Eye Safety Month

6 Tips To Avoid Hidden Dangers To Your Vision This Halloween

Before your little goblin, or even you yourself goes out for trick-or-treating...remember these simple words of eye safety advice:

- ✓ Be aware of sharp objects included in your costumes that can harm you or other trick or treaters, including swords, wands, etc.
- ✓ If considering cosmetic contact lenses, please see your local optometrist for a comprehensive examinations and contact lens fitting. Remember contact lenses are medical devices that need a valid prescription. An improper fit can lead to corneal abrasion, ulcer, and/or infections. Only purchase contact lenses from a reliable, well-recognized source.
- ✓ Avoid wearing costumes that can block or inhibit vision. Instead, try wearing make-up or face paint. This will allow you to see curbs, steps, and other decorative props that may be in your way.
- ✓ Wear bright colored clothing at night so that you are made visible while crossing the street. You can also wear a reflective material sewn



onto your costume. Carry a bright flashlight to improve visibility.

- ✓ Cosmetics should never be shared, especially eye cosmetics.
- ✓ Do not dye eyelashes or eyebrows. No color additives have been approved by the FDA for permanent dyeing or tinting of eyelashes or eyebrows.

This Halloween keep yourself and your little goblins safe by becoming aware of Halloween's eye dangers...and using a little common sense, too, or course.

Did You Know?

The National Retail Federation estimates that the total Halloween spending for 2010 would reach \$5.8 billion. Approximately four out of 10 people plan on dressing in costume and will spend more than \$23 on their ensemble.

'...went off without a hitch!'



"The entire procedure from the first call to making an appointment to walking out after my last check up went off without a hitch!

You folks are a pleasure to deal with!!"

Martin Topper,
Oceanside, CA



'I am relieved and happy...'



"Your goal has been reached with my experiences as your eye care patient; you and your staff provided unsurpassed care and attention. I am relieved and happy with my surgery results. I also enjoyed the surprise cookies and balloons! Thank you!"

Shirley Jordan,
San Marcos, CA





Ready To Get Pampered Sandy?

CONGRATULATIONS SANDY BOLMER!!

This Month's
"Dare To Share"
Prize

Royal Spa
Treatment

Sandra Scores a Spa Day!!

Sandra "Sandy" Bolmer won a Royal Spa visit for helping her friend find Davies Eye Center. Thank you, Sandy!!

"I never win anything!" said Sandy. "I love facials... this will be great!"

She is currently involved in the Assistance League of the North Coast. It has as its mission statement: Assistance League North Coast is dedicated to serving the needs, primarily of children, in the communities of Carlsbad, Oceanside and Vista. Keep up the good work, Sandy!

Sandy has worn glasses since she was five years old and contacts for 40 years, until they recently became too difficult to put in.

"Jane Knapp told me about Dr. Davies. It had been about a year and a half since my last eye exam," said Sandy.

"Just two weeks after my surgery I saw individual leaves on the trees instead of the green blur that had been there."

ABOUT SANDY BOLMER

Patient Since:	March 2009
Procedure:	Cataract/ Crystalens
City:	Carlsbad, CA
Age:	70
Profession:	Volunteer
1st Referral:	Janice Tate, friend
Favorite Hobby:	Collecting watercolors

Now she does not need glasses at all, except for a pair of +1.25 lenses for occasional reading of very fine print.

Sandy was referred...Thank you, Jane! And now Sandy has told her friends about the Davies Eye Center and won a day at the spa for helping them. A **BIG** thank you to you, Sandy!

Get All The "Dare To Share" Details:

www.davieseye.com/daretoshare

And Now...A Warm Welcome For Our Newest Grandson

It was three years ago, on the 5th of September, 2007, that I worked through the day eager to rush down to Scripps Memorial Hospital to see our daughter and her new son, our fifth grandchild. He was born earlier in the day so when I arrived around 5:00 p.m. the rest of the family had left, and it was just the three of us. What a sweet experience. Shortly after I arrived, the New Hampshire Republican Presidential debate began. Since my sister's husband, Mitt Romney, was in the thick of things, I held my new grandson, Callen James Tollestrup, and watched the candidates have at each other. What a contrast in feelings and emotions between that hospital room and the debate hall!

After the debate my daughter and I spoke tenderly about the wonder of life and the blessing of children when she caught me off guard with a statement. "Dad" she said softly, "I'm not finished." "Really?" came my reply. "You just gave birth hours ago and already you know there's another to come?"

"Yes," she said, "I know there's at least one more."

I have long been amazed by our daughter and her wonderful husband. They are great parents, and their children are all fabulous. (Now, this is, of course, a completely unbiased opinion). Rachel is very spiritually in tune and has the ability to feel things that many of us miss. That was one of those occasions.

That "other one" arrived this week. Kaleb Timothy Tollestrup (8lbs 3 oz 19 1/4 inches) joined the family, much to the delight of his three brothers and



Does He Look Like Me?

two sisters--and a host of others. Like the children before him, he will be smothered with love and taught well.

When I am moved by an experience I will frequently sit down at our piano and let my fingers express the emotions. Yes, I have



Kaleb Timothy Tollestrup

long loved music, in spite of the fact that Mrs. Gray, my piano teacher from Czechoslovakia, "fired" me ("You bad boy, Jimmy Davies, I'm quit you now") when she discovered, after two years of lessons, that I couldn't read music. I was playing everything by ear and didn't realize, at age nine, that I was doing anything wrong. Apparently the scarring wasn't permanent and I have gone on to be a much less than famous performer in singing (lead singer for the Immortals--we weren't, lasting only 10 months) and composition. Each of our seven children has a "Dad song" they call their own. In seeking inspiration on this newborn child I re-read some remarks I gave at the funeral of a friend, and was struck by the thought that both the entering and leaving this world are sacred experiences.

"In the "Bluebird" (fairy tale), the author, Maeterlinck pictures unborn children summoned to earth life. As one group approaches the earth the voices of the children earthward tending are heard in the distance to cry: The earth! The earth! I can see it; how beautiful it is!

Then, following these cries of ecstasy, there issued from out of the depth of the abyss a sweet song of gentleness and expectancy, in reference to which the author says: 'It is the song of the mothers coming out to meet them.'

Maeterlinck's fairy play is not all fantasy or imagination; neither is Wordsworth's 'Ode on Intimations of Immortality' wherein he says:

*Our birth is but a sleep and a forgetting,
The soul that rises with us, our life's Star,
Hath had elsewhere its setting,
And cometh from afar;
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come,
From God who is our home.*

- Wordsworth

As I pondered these words and looked at pictures of Kaleb, his song popped into my head and flowed out my fingers. For some reason his Gaelic and Celtic heritage seemed to be the theme that came to mind. So join with us in welcoming Kaleb Timothy Tollestrup to the world.

Dr. Jim's Jokes

Q. What do goblins and ghosts drink when they are hot and thirsty on Halloween? A. Ghoul-aid!

Q. What is a Mummie's favorite type of music? A. Wrap!

Q. Why do demons and ghouls hang out together? A. Because demons are a ghouls best friend!

Q. Why did the Vampire read the Wall Street Journal? A. He heard it had great circulation.

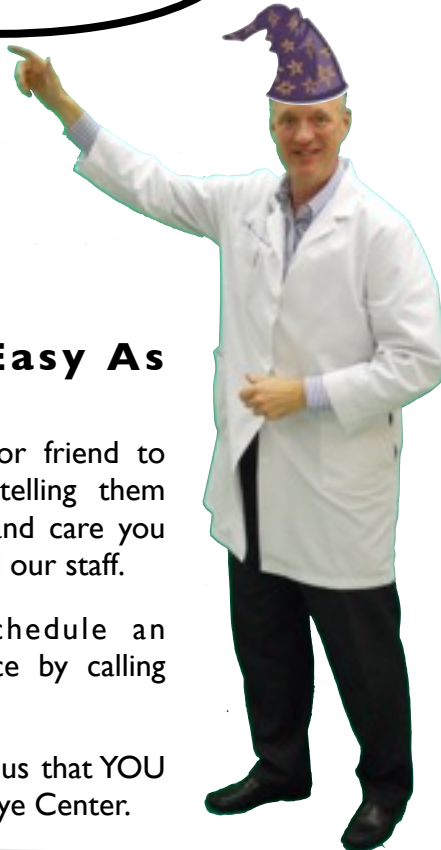
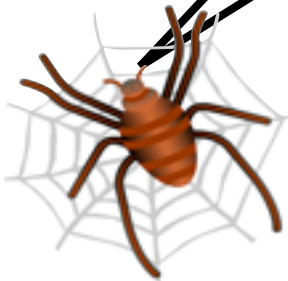
Q. Where does a ghost go on Saturday night? A. Anywhere where he can boo-gie.



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DARE TO SHARE
Patient Referral Program

Next Drawing: Friday,
October 29 at 4:30 p.m.



**Winning Is As Easy As
1 - 2 - 3!**

- 1 Refer a family member or friend to Davies Eye Center by telling them about the great service and care you received by Dr. Davies and our staff.
- 2 Have that person schedule an appointment in our office by calling (760) 729 - 7101.
- 3 Be sure that person tells us that YOU referred them to Davies Eye Center.

Are You The Next Winner?
4 Amazing Prizes Still Remain

Deluxe Dinner Package

Costco Cash Card

Dinner For Two At
Ruth's Chris Steak House

Chevron Gas Card

Harbor Dinner Cruise

Broadway Show Tickets

iPod Touch

Royal Spa Treatment

Weekend Giveaway

Golf Shop Shopping Spree

Target Gift Card

Grand Prize - Cruise For 2

Last Month's Winner Details Pg. 6