

THE EAGLE

BROUGHT TO YOU BY DAVIES EYE CENTER

Can You Feel The Love?

Ahh...February--the month when Punxsutawney Phil, that world-famous groundhog, exits to check his shadow, and Cupid sightings increase at an alarming rate. Since we are in California and don't much care about a groundhog's shadow in Pennsylvania, I have set my sights on Cupid--or, is it the other way around? Perhaps it is, for...sigh...I'm in love!

One of my favorite authors and thinkers, C.S. Lewis, said the following about love:

“This is one of the miracles of love: It gives a power of seeing through its own enchantments and yet not being disenchanted.”

Life is never disenchanting to me. I feel greatly blessed to have a life filled with and surrounded by love. I am supported by the love of my wife and family and of many dear

-Continued on page 3



35 Years Of Marriage...

One would think that if I propose 25 times. I would NOT be dissuaded!). With the arrival of each of our 7 children and 5 grandchildren, I fell in love all over again. Have you seen their pictures? Who can blame me???

Yes, I am! After 35 years of marriage, my wife is still my sweetheart, and she's just as beautiful as the day we were married. (Yes, I really did



AMERICA'S LOVE AFFAIR:
Over 80 Million Strong! Are You In Love? Pg. 7



LISTEN UP! The Top 10 Listening Gaffes You Must Avoid To Maintain The Best Possible Relationships. Pg. 2



A VALENTINE'S DATE FOR TWO: Just Look What Happens When You Share The Love! Pg. 4



“All For The Love Of The Game”

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 5,300 patients strong.

Dear *Sherry*,

I was told by my optometrist that it is time for cataract surgery. When my mom had her procedure, she had to keep her head still and couldn't bend over or fly for a while. With so many restrictions, it'll be hard to find the time. I need surgery if I want to enjoy my golf game again...just how long will I be out?

Signed, *Gone Golfing*

Dear *Gone Golfing*,

Luckily, a lot has changed since your mother had cataract surgery. Technological advancements now allow doctors to work through a very small incision. Using ultrasound, the cataract is broken up and removed. The new lens is then implanted. These advances translate to very few restrictions for the patient after surgery. These restrictions may include: ocean or pool water in your eye and heavy lifting for about 10 days. For all of our active patients, golfing, tennis and yoga are still in the picture. In fact, when you leave on the day of surgery itself, we will tell you that you can take a walk, read or watch TV.

Don't put it off any longer. Dr. Davies can get you back on the course quickly...and maybe even take a few strokes off your game!

Signed, *Sherry*

Listen Up!

Listening is a skill—and a very important one! Being a good listener can make or break a relationship.

“The Top 10 Listening Gaffes”

1. **Interrupting**
2. **Avoiding eye contact**
3. **Rushing the speaker**
4. **Letting your attention wander**
5. **Rushing ahead and finishing the speaker's thoughts**
6. **Not responding when appropriate**
7. **Use of negating phrases such as “yes, but...”**
8. **Trying to top the speaker's story**
9. **Forgetting what the speaker has already told you**
10. **Asking about too many details**

Have A Question
For Sherry?

Write Dear Sherry at:
Sherry@davieseye.com
or 655 Laguna Drive Carlsbad, CA 92008



A Circle of Love...



Taylor (12), Kaden (10), Tanner (2), Lexie (5),
Tanner (7) With 'Abbi' & 'Abba'

I feel the sustaining love of our Creator. I awake each Monday through Friday to leave for the work I love doing, and it "loves me" right back!

A PASSION FOR FAMILY HISTORY

Those who have read this newsletter for a while have noticed that I am a family history aficionado. Digging into our family roots has been a source of fascination and adventure to me for many years.

Through the ever-increasing power of microprocessors and the internet, our ability to coordinate research and "find" our ancestors has exploded.

In recent months I have been able to break through barriers that have existed for years, and in the process have found more fascinating family links to our

nation's history. I have known for some years, for example, that my 9th great-grandfather was William Bradford who arrived at Plymouth in 1620. *(Did you know that over 3,000,000 Americans descend from him? Might you be one of his offspring without even knowing it? I was).* My 9th great grandparents, James Cole, Sr. and Mary, had a bit of a drinking problem, as recorded in the **Plymouth Colony Records:**

3 October 1665 : "James Cole, Senir, for suffering Richard Dwelley to bee drunke in his house, fine five shillings."

2 March 1668-9 : "James Cole, Senir, and Mary, his wife, fore that the said Mary Cole was taken selling strong liquors to an Indian, contrary to an order of Court prohibiting the same, was

fined the sume of five pounds to the use of the collonie."

"James Cole, Senir, and Mary, his wife, for that the said Mary Cole suffered divers psons after named to stay drinking on the Lords day, att her house, in the time of publicke worshipp, was fined the sume of three pounds.

When he wasn't selling "strong liquors to an Indian" he was fighting against the Pequot Indians in Prince Phillip's War. In fact, in my genealogical digging, I have also found relatives who fought in the Revolutionary War, the French and Indian War, the War of 1812, the Civil War, World Wars I and II, as well as the Korean and Vietnam Wars. My family loves America, and my family defends her.

If you notice that I get a bit heated about what some of our elected officials are attempting to do to our country, please try to put my displeasure in context: My family fought to build and protect this nation because we love it, and we will continue to fight for as long as it is necessary. That, dear patient, is our tradition.

Yes, I am in love with a lot of people, and with some noble ideals, and what better time to celebrate that love than February, the month of love?

I'd **love** to hear about your **LUCKY** family history breakthroughs. E-mail me at:
jdaviesmd@davieseye.com



William's Glasses Are Gone...Janet Is Next!

January Prize Results
"Dare To Share"
 2010 Patient Referral Program

Dinner For Two	\$75
Movie Tickets	\$22
Bouquet of Flowers	\$18
Box of Chocolates	\$11

**Outstanding Vision...
 Priceless!**

**RETIRED OCEANSIDE TRUCK DRIVER WINS
 FIRST 2010 'DARE TO SHARE' DRAWING!**

When asked what he loves most about his new vision, William said, "I no longer have to tell my granddaughters, Meredith (4) and Victoria (2), 'Wait till Papa gets his eyes fixed and then I can read to you.' I love it! I never was able to read much with my own kids because I was always on the road." He then said...

"My Vision Is Unbelievable!"

William was so pleased with his results that he referred his wife Janet to our office, who is scheduled for her vision correction procedure this month. As with every patient referral, he was entered into both our 2010 'Dare To Share' monthly and year end grand prize drawings. As you can see from the results above, sharing his experience at Davies Eye Center paid off quickly...and just in time for Valentine's Day!

To Dr. Lundquist & William we say...

**THANKS FOR
 SHARING THE LOVE!!**

To learn more about how you, too, can become a winner, simply go to:

www.davieseye.com/daretoshare

ABOUT WILLIAM

Name: William Boring

New Patient: 01/2010

Referred By: Dr. Lundquist

City: Oceanside

Age: 80

Profession: Retired Truck Driver

1st Referral: His wife, Janet.

Patient Spotlight

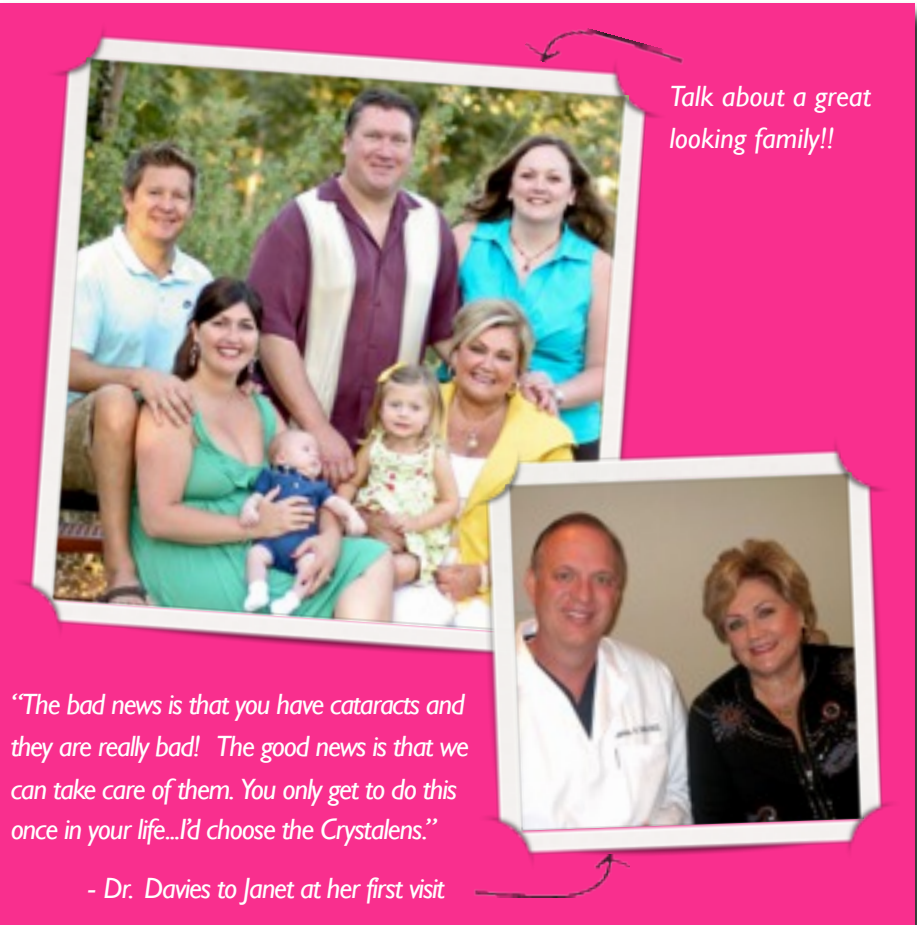


**JANET
LOJESKI**

A Relationship of Trust

...

Janet has been in the healthcare industry practically all her life. From the early HMO days to now helping clients navigate the insurance maze. "I've always wanted to have a career that would give back to the community." After hearing of Janet's key to success passed on from her



Talk about a great looking family!!

"The bad news is that you have cataracts and they are really bad! The good news is that we can take care of them. You only get to do this once in your life...I'd choose the Crystalens."

- Dr. Davies to Janet at her first visit

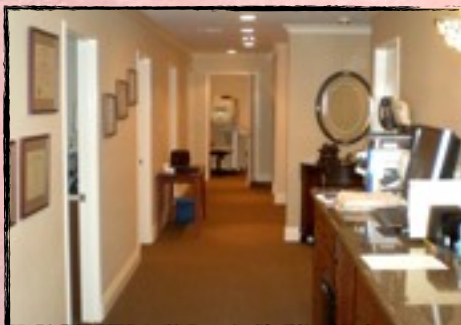
parents, "If you give people what they need, you will always have what you need," Dr. Davies knew he and Janet would fast become great friends. Janet was referred to Dr. Davies by his

dear friend, Stuart Cumming, the inventor of the Crystalens. Her path to her best vision is unique to her, yet it contains many commonalities with so many other patients...

For the Rest of Janet's Story...Go to www.davieseye.com/janetlojeski

We Hope You **adore** Our New Office Remodel...

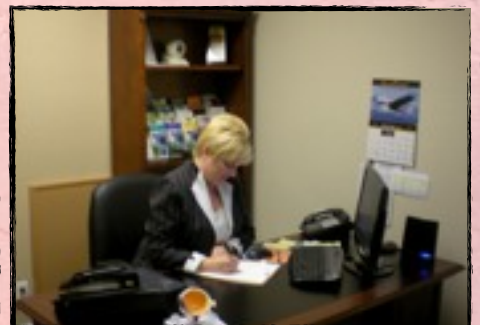
The Davies Eye Center Team Is Determined To Make Your Visit A Memorable One



Two new exam lanes to better accommodate our growing patient base and cut down on the wait time..



A brand new, state-of-the-art refraction system in it's own new room to help us serve more patients.



Sherry Bishop, our Surgical Counselor, working away in her new office.



5 Reasons To LOVE The New Crystalens AO

Only 2 Months Old...This New Generation of the Crystalens Intraocular Lens Implant is the Most Impressive!

High Success Rate



- 98.4 percent of the patients could read the Wall Street Journal & other newspapers.
- 100 percent of the patients could read their e-mail and other content on their computer monitors.

Painless Procedure



- Only two small incisions in to the eye are needed to remove the cataract and implant the Crystalens.
- The procedure takes between 15 & 30 minutes.

Fast Results



- Most patients will notice a dramatic change in vision the day after surgery.
- Colors are more vibrant, lights are brighter, the nuisance of halos and glare are eliminated.

Lifetime Durability



- Revolutionary breakthrough in vision enhancement designed with latest technology.
- Once implanted, you will not need to have the lens removed due to another cataract forming.

No More Glasses



- the Crystalens, is prescription lens that is specific to each individual.
- No more searching the house or your purse for your glasses.
- No more dry eye conditions associated with contact lens wear.

I have the opportunity each day to see Dr. Davies' surgical patients post operatively. The outcomes are truly transformational! Improvements in vision are immediate and continue over the twelve months following the procedure.

Patients are able to pass their DMV test with flying colors. Not only can they drive, but they are able to read signs that were just a blur before their procedure. They can read the newspaper, e-mail, medicine bottles and much more...all glasses-free!

No lens comes closer to mirroring the function of your natural lens. Your natural lens can only be replaced once, so careful considerations should be made when choosing a lens implant.

If you, a family member or a friend are not seeing the world with the precision and clarity you deserve, **come see us today!** We'll determine if you are a candidate for Dr. Davies' procedure with the *New Crystalens AO* intraocular lens implant.

Start Seeing Your World With New Focus!

LOVE AFFAIR?



Average American's Actual Daily Sugar Consumption:

22 Teaspoons

Average American's Recommended Daily Sugar Consumption:

6 Teaspoons - Women

9 Teaspoons - Men

Average American's Annual Sugar Consumption:

150 lbs.

'Very Concerned'

Nutrition Priority

49% - Fat Intake

18% Sugar Intake

America's Silent Killer

The Fastest Growing Disease In History!



IT'S HARDLY A ONE-PAGE TOPIC!

On a daily basis, I see patients in my office with diabetes. As a result of their diabetes...they suffer from **Diabetic Retinopathy** and the early onset of **Cataracts**. In this case, as in many other medical diseases, 'A spoonful of sugar does **NOT** help the medicine go down!'

Although gradual in their progression, these diseases are **preventable, treatable and reversible** a majority of the time.

Over the next few issues, I'll share:

- A very personal 'Wake Up Call.'
- Warning signs you should be aware of.
- Risk factors to avoid wherever possible.
- Available treatment if you or a family member or friend have been diagnosed.
- And, of course...some more stats to help us all avoid the 'tomorrow' temptation.

So tune in next month!

NUMBERS

Americans With Diabetes or Pre-Diabetes

80 Million

Spent Annually on Diabetes Treatment

\$174 B

*More Than AIDS & All Cancer Treatments Combined.

New Incidences of Diabetic Retinopathy Each Year

65,000

Dr. Davies' Orders

'Exercise is **NOT** negotiable!'

-Dr. Davies

Cardio Exercise 5x/Week For 30 Minutes

Resistance Weight Training 3x/Week For 30 Minutes

Establish a Routine For Eating Meals to Control Blood Sugars.

Eliminate Fried Foods. Bake, Grill & Steam instead!

Avoid "White" Foods

Dr. Jim's Joke

A young woman was taking an afternoon nap. After she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?"

"You'll know tonight!" he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it--only to find a book entitled, "The Meaning of Dreams."

Candid Feedback For This Newsletter?
Questions? Thoughts? Ideas?

Please Send It To:

publish@davieseye.com



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(760) 729-7101

CHECK OUT
WHAT'S NEW!

www.davieseye.com

Our All-New 2010 Patient Referral Program

Dare To Share

experience in our office the best ever...it just must be **'LOVABLE!'**

We are also excited to make our 2010 'Dare To Share' Patient Referral Program our biggest and best ever! It's our way of saying thank you!

**SAYING THANK YOU IS
SO MUCH FUN!!**

Here's The Reality:

...
In the history of Davies Eye Center, NO marketing we've ever done has produced better results than our annual patient referral program. The way we look at it, we get to spoil you even more for doing what you already do so well, and that is... **"SHARE THE LOVE!"** And we feel the love! Our goal is to continue to make your

We promise to NEVER take your referrals for granted...EVER!

So here they are:

**10 Exciting Gifts You Can Win
For Participating In Our 2010
'Dare To Share'
Patient Referral Program**

1. **Costco Cash**
2. **Royal Spa Treatment**
3. **Weekend Getaway**
4. **Harbor Dinner Cruise**
5. **Broadway Show Tickets**
6. **iPod**
7. **Dinner At Ruth Chris**
8. **Gas Card**
9. **Target Gift Card**
10. **The Grand Prize ???**