

THE EAGLE

NEWS & TIPS FOR PATIENTS & FRIENDS OF DAVIES EYE CENTER

What A Heritage Is Ours!

I love the study of history. In discovering that many of my ancestors were in New England during the formation of our country and fought in the Revolutionary War, my interest has deepened. I am amazed at the remarkable collection of leaders of unusual skill and capacity--men like George Washington, John Adams, James Madison, Benjamin Franklin and so many others. Without these men, and the incredible women behind them, our nation could never have been born. Thankfully, by the hand of Providence (as George Washington would say), they were there, and the nation was born.

If you haven't done so, I would encourage the reading of some wonderful books about this period in American history. Some of my personal favorites include *John Adams and 1776* by David McCullough, *The Mayflower* by Nathaniel Philbrick, and from the American Classic Series, *The Real George Washington*, *The Real Thomas Jefferson* and *The Real Benjamin Franklin*. There are many others, but



Dr. Davies, Becky and Children (Josh, Jessica & Natalie)
At Josh's Eagle Scout Court of Honor

this is a good start! As we celebrate the independence of our truly unique nation, may we consider the strengths and virtues that have made us great, and look for leaders who embody the virtues of our Founding Fathers. Unless we learn the lessons they taught, we are doomed to failure. The sacrifices made will certainly lose their significance. In that vein, I believe that many of the virtues embodied by our Founding Fathers can be found in a great American organization, the Boy Scouts of America.

In his book, *The Last Lecture*, Randy Pausch wrote, "When I

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BURNING FOR RELIEF

Carlsbad Biochemist Revolutionizes Burn Care Industry.

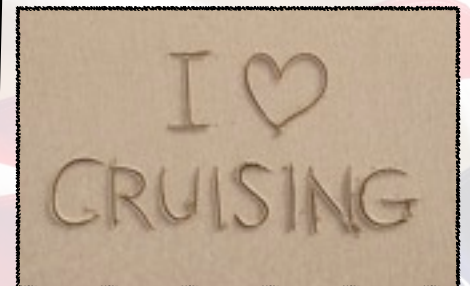
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5 TIPS REVEAL...

How To Stay On Track With Your Summer Diet.

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PUNCH YOUR TICKET!

'Dare To Share' Heats Up! What Did Eleanor Win?

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HOT, SUMMER DAYS... WATCH OUT FOR THOSE RAYS!

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 5,900 patients strong.

Dear *Sherry*,

I have heard so many things about the harmful rays of the sun these days that I've become afraid to venture out. Now that summer is here, my daughter and grandkids are coming to visit. Of course, they'll want to go to the beaches, the fair and theme parks and they'll expect me to go with them. I always use sunscreen when I'm outside but what can I do to protect my eyes?

Signed, *Afraid to Venture Out*

July 4th BBQ Idea

Delicious Bacon Wrapped Grilled Teriyaki Chicken

- ✓ 8 boneless skinless chicken thighs (or enough for your family)
- ✓ 1 can of pineapple rings
- ✓ 1 package maple bacon
- ✓ Toothpicks
- ✓ Yoshida sauce

- Put thawed chicken thighs in a large bowl.
- Pour enough Yoshida marinade over top to cover the chicken and marinate overnight.
- When ready to prepare the chicken, drain the marinade.
- Place a pineapple ring on each chicken thigh, wrap around with a piece of maple bacon and secure with a toothpick.
- Place them on a grill and cook on low for 8-12 minutes on each side or until done.

Remember: Chicken thighs are a dark meat so it won't be white in the middle when it's done.

Dear *Afraid To Venture Out*,

You just need to *be careful*, not afraid. I say 'Be careful,' as Dr. Davies cautions all our patients that the cumulative effects of spending long hours in the sun (or tanning beds!!) without adequate eye protection can increase the likelihood of developing cataracts, corneal burn, pterygium, skin cancer around the eyelids and severe dry eye.

Let me tell you that you can **DECLARE YOUR INDEPENDENCE** from the harmful effects the sun can have on your eyes by following these simple precautions:

- Wear sunglasses that block 99%-100% of UVA and UVB rays.
- Wear sunglasses whenever you're outside.
- Don't be fooled by a cloudy day-wear sunglasses.
- Wear a wide brimmed hat.
- Even if you wear contact lenses with UV protection, wear sunglasses.
- When swimming, wear goggles.

Keep Those Eyes Shaded!

So on this July 4th...go ahead and enjoy the beach, BBQ, sun and fireworks with your grandkids!

Signed, *Sherry*

Have A Question
For Sherry?

Write Dear Sherry at:

Sherry@davieseye.com

or 655 Laguna Drive Carlsbad, CA 92008



think of someone who is earnest, I think of a Boy Scout who works hard and becomes an Eagle Scout. When I was interviewing people to work for me and I came upon a candidate who had been an Eagle Scout, I'd almost always try to hire him. Think about it. Becoming an Eagle Scout is just about the only thing you can put on your resume at age fifty that you did at age fourteen and it still impresses."

As we look forward to the celebration of our independence from the British, we need to remember that one great British Citizen, Lord Baden Powell, gave America a gift that keeps on giving--the Boy Scout organization (now Boy Scouts of America). This is a movement that embodies all that is great about America. For example, the Scout Oath and Law instill solid values in each boy who participates in Scouting.

Scout Oath

On my honor I will do my best
To do my duty to God and my country
and to obey the Scout Law;
To help other people at all times;
To keep myself physically strong,
mentally awake, and morally straight.

Scout Law

A Scout is trustworthy, loyal, helpful, friendly,
courteous, kind, obedient, cheerful, thrifty,
brave, clean, and reverent.

We recently attended the Eagle Court of Honor for our third and youngest son Joshua. He follows in the footsteps of his two older brothers, Trevor and Jacob. We are quite proud of our sons and of their accomplishment in achieving this rank.



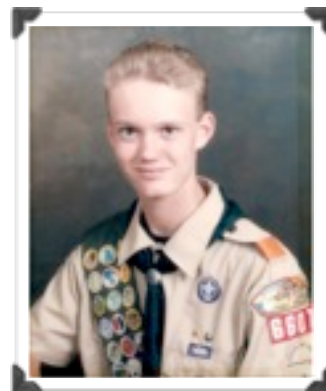
Dr. Davies & His Son, Trevor, Now 20

The rank of Eagle Scout was first awarded in 1912 and has since been bestowed upon just over two million young men. In addition to receiving rank advancements and a multitude of required merit badges, each Eagle candidate must organize and lead a Scout-approved service project. This project is the opportunity for a Scout to demonstrate leadership of others while performing a project for the benefit of his community. This is the culmination of the Eagle Scout candidate's leadership training and requires a significant effort.

Both Joshua and Trevor assisted Mothers Without Borders, an international relief agency, by collecting first aid and other medical supplies (Joshua) and collecting tools to be placed in toolboxes built by volunteers (Trevor). These supplies went to impoverished villages in Africa ravaged by the AIDS epidemic.

"I See The Face Of An Angel"

Our eldest son, Jacob, organized a surgical service for citizens of Tecate, Mexico, who could not otherwise afford treatment. He coordinated with the Flying Samaritans medical relief team to identify patients in need and with the Border Patrol to allow Mexican citizens to pass



Jacob at 14, Now 30

through the checkpoint early in the morning for the round-trip to our Carlsbad surgery center. Of the 13 patients brought to the office, our volunteer team was able to provide sight-restoring vision to 11.

The morning after the surgery, Jacob and I drove to a medical clinic in Tecate to render post-op care. Each of the patients knew that this young 14 year old boy had been the impetus behind their surgery, but most were unable to see him because their vision was so poor. I will never forget the moment when I removed the eye patch from one elderly woman. She immediately began to cry, and through her tears said "Miro, miro" ("I see, I see!"). Then, looking past me to Jacob she said "Miro la cara de un angel!" ("I see the face of an angel!"). What a wonderful moment that was for both of us, and in particular, that very impressionable 14 year old Eagle Scout to-be.

In a distant day, as my sons brush up their resume, I hope they will remember to include the fact that they are Eagle Scouts, an honor they can remember with great satisfaction.

Retirement?!

What's That?

Carlsbad Biochemist's "Bucket List" Prompts Action

Since 1970, Dr. Aubrey Woodroof has been developing medical devices that save lives. In 1978, he started Woodroof Laboratories. He tested over 50 different types of temporary wound dressings that he created. From the results of his research and several patents, he invented Biobrane®, which was the *first* bilaminate, biosynthetic, temporary wound dressing. Biobrane® revolutionized the burn care industry and helped burn survivors around the world to heal better and faster. Biobrane® continues to play a key role in burn management to this day, 30 years later. *"I've been very fortunate,"* says Dr. Woodroof. *"I've been to burn meetings around the world and I've had people come up to me and tell me that I saved their lives."*

At the end of 2007, Dr. Woodroof's bucket list still included a strong desire to make another significant contribution. This prompted him out of retirement. He formed Aubrey, Inc. and created AWBAT™ Plus, the next generation of advanced wound care technology. His goal is to have AWBAT™ Plus recognized as the very best product in the world at healing a variety of burns and wounds, including chronic wounds. In the past, the classical approach to burn wounds was an anti-microbial cream that was changed twice a day which was extremely painful. The concept of AWBAT™ Plus is to go in and clean the wound under local or general anesthetic. The AWBAT™ Plus is then put in place, wrapping the wound up with absorbent dressing. It adheres, and that's it. No more dressing changes!

Dr. Woodroof celebrated 48 years of marriage this year to his wife, Nancy. They enjoy spending time with family. This year also marks the 43rd year for their annual family reunion...200 plus relatives from all over are expected to attend

PATIENT SPOTLIGHT



Dr. E. Aubrey Woodroof

"They've Gotten Worse!"

Dr. Woodroof's optometrist, Dr. Williams, had been treating his cataracts and told him, "They've gotten worse. A new glasses prescription is not going to help. It's time to see a specialist...Dr. Davies."

Dr. Woodroof describes his first visit to Davies Eye Center as *"a team of people who are dedicated to what they do. A level of expertise that you quickly respect."*

"I was fortunate to recently receive the benefit Dr. Davies has delivered to hundreds of thousands of people who needed surgery on their eyes to see better. My eyes suffered from cataracts which severely limited my eyesight. Now I can see as well as when I was a young boy. I am forever indebted to Dr. Davies for proving the highest level of surgical skills available anywhere in the world and lucky for me, right here in Carlsbad! Appreciation is expressed not only to Dr. Davies but to his entire staff."

To Learn More About Dr. Aubrey Woodroof And His Products Go To www.aubreyinc.com.

DIABETIC RETINOPATHY: STAY ON TOP OF IT!

Understanding Diabetes and It's Effects

Diabetes mellitus is a group of metabolic diseases characterized by high blood sugar levels that result from defects in insulin secretion, or action, or both.

Type 1 Diabetes

Characterized by insulin resistance with an insulin-secretory defect that varies in severity.

Type 2 Diabetes

The body does not produce insulin, and is typically diagnosed in children and young adults.

There are 23.6 million children and adults in the United States, or 7.8% of the population, who have diabetes. Approximately 10% have type 1 and the rest have type 2. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, **5.7 million people are unaware that they have the disease.**

Over time, diabetes can lead to **blindness**, kidney failure, nerve damage, as well as fuel the hardening and narrowing of arteries leading to strokes, coronary heart disease, and other large blood vessel diseases.



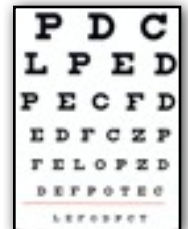
How Does Diabetes Affect Your Vision?

Approximately 45 percent of adults diagnosed with diabetes in the United States have some degree of **diabetic retinopathy** or **damage to the retina.**

Diabetes causes change to the blood vessels of the retina which in turn leak fluid and cause swelling of the macula, where sharp vision occurs. In some patients, new blood vessels can grow on the retina which can leak blood and even cause a retinal detachment. The longer you have diabetes, both type 1 and type 2, the more likely you are to develop some stage of diabetic retinopathy.

Diabetics & Vision Check Ups

Every diabetic should have a yearly dilated eye exam with their eye doctor to ensure optimal ocular health. Call your optometrist or schedule an appointment with Dr. Kleman today for your annual dilated eye exam.



Call (760) 729-7101 Today!

HOW TO SURVIVE A 4TH OF JULY BBQ WITHOUT WRECKING YOUR DIET



- ✓ Eat something light before you go to the BBQ.
- ✓ Stay hydrated: Summer is **HOT!** Thirst is often mistaken for hunger.
- ✓ Eat a meal rather than grazing.
- ✓ Avoid using a large plate.
- ✓ Socialize: Don't hover around the food table.

↖ We hope these tips help and hope you have a safe and wonderful **Fourth of July!!!**

CONGRATULATIONS, ELEANOR!!



Have a Great Time On Your Cruise, Eleanor!

This Month's Prize Results
"Dare To Share"
 2010 Patient Referral Program

**Harbor Dinner
 Cruise**

A celebration of freedom and fun!

"A Whole New Vision World"

Eleanor Edwards was our latest **winner** in our "Dare To Share" referral program. Earning an entry in our monthly and year end grand prize drawing for referring her friend Margaret, Eleanor was so excited to win. *"I should be sending all of you a huge thank you for making my world vision perfect."* We just love seeing the excitement in all of our patients when we tell them they are our next winner.

Dr. Percy, Eleanor's local optometrist, recently diagnosed her with cataracts. Dr. Percy personally

"Dr. Davies was the first Doctor in my entire life that sent me a, "Thank You" card. I can't say enough kind words about Dr. Davies and the whole staff."

recommended seeing Dr. Davies to correct her vision and remove her cataracts. After her procedure she shared, *"It is so wonderful to be able to pick up a newspaper or open your mail and not have to run for and look your glasses. It's just been a whole new world. It's just opened up a whole new vision world.... if I can put it that way."*

ABOUT ELEANOR

Patient Since:	Feb 2010
Procedure:	Crystalens
City:	Oceanside, CA
Age:	82
Profession:	Real Estate
1st Referral:	Her Friend Margaret
Favorite Hobby:	Walking With Husband



"Thanks for the kind words, Eleanor!"

Get All The
"Dare To Share"
 Details At:

[www.davieseye.com/
 daretoshare](http://www.davieseye.com/daretoshare)

What I Learned On My Path To Eagle Scout

- By Josh Davies



Josh Davies As A New Eagle Scout

"Scouting has taught me a myriad of life lessons that would have otherwise take a lifetime to accumulate, from financial planning to first aid; from being a good community citizen to being a good American. Scouting has laid a foundation in my life on which I can base my career, my family, and my dealings with those around me."

Earning my Eagle Scout has also taught me a new lesson in being interdependent. I have learned how to work well on my own, but more importantly, I have learned to work well with others. There were times when I felt I could do something on my own, only to find out that I really needed the love and support of my friends and family to see me through."

It is said that every Eagle Scout has a very hard-working and dedicated mother behind them. My Mom was the one who inspired and pushed me to accomplish above and beyond my own abilities."



Eagle Scout Mother's Pin

My Dad was also a great example of leadership. He is one of the greatest examples of true success in my life. Without my parents, I would not be where I am. I love them and the support they have given and will continue to give."

Dr. Davies & Staff Participate in the Drew Brees' Annual Celebrity Golf Event



Justin & Dr. Davies Snap A Photo With Kurt Bevacqua & daughter in-law, Kiersten



Davies Eye Tech, Rosie & Ray Romano



Margery Awarding iPad drawing winner Donna Meinhardt



Davies Eye Tech, Andrea & Bruce Jenner

DR. JIM'S JOKE

The Fourth of July weekend was coming up, and the nursery school teacher took the opportunity to tell her class about patriotism. "We live in a great country," she said. "One of the things we should be happy is that, in this country, we are all free." One little boy came walking up to her from the back of the room. He stood with his hands on his hips and said....

"I'm not free. I'm four."



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DARE TO SHARE

2010 Davies Eye Center
Patient Referral Program

Next Drawing:
Wednesday,
June 30th
4:30pm

**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?

****Last Month's Winner Details Pg. 6****

- 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
- Runner Up & Grand Prizes

It's That Simple!!!