“Awesome!”

That’s what twelve-year-old Emmit Glover had to say about his first experience with the latest eSight electronic glasses at the John A. Moran Eye Center.

Emmit is an excellent student and an accomplished gymnast who’s competed nationally despite the challenges of ocular albinism, an inherited eye condition that blurs his vision and makes it tough to focus on anything beyond six inches from his face. He uses an iPad with magnification and always sits at the front of the class at school, but looking back and forth at the smart boards on both sides of the room is difficult.

As it turns out, Emmit is a perfect candidate for eSight.

How Awesome Is It?

A revolutionary high-tech device, eSight lets low-vision or legally blind people actually see with the help of a high-speed, high-definition camera that captures everything they’re looking at and displays it on two high-contrast OLED screens right in front of their eyes. It can instantly auto-focus between close-up and long-range vision. The wearer can also make adjustments, which Emmit caught on to right away. He was ecstatic about being able to read at a normal distance and to see his mom across the room.

Moran’s patient support team, including Certified Low Vision Occupational Therapist Kasey Mitchell, coordinated the center’s first trial run of the device for several patients on the same day Emmit and his family tried it.

“Most assistive devices either do one or the other—magnify or function as a telescope,” Mitchell explained. “This one has controls for all of that, along with contrast and other cool features. It’s not for everyone, but when it’s a good fit, it can be a complete game-changer.”

For more information about trying the eSight device currently on loan to the Moran Eye Center, please call 801-585-2213.

Learn more: esighteyewear.com
You may have heard carrots are good for your vision—and it’s true. But they’re just the gateway to a rainbow of other eye-healthy food choices, all rich in carotenoids, lutein, and zeaxanthin. These nutrients protect the eye from oxygen and light damage and prevent degeneration in the lens and retina.

Think cooked spinach and kale (they top the list), broccoli, arugula, sweet potatoes, tomatoes, zucchini, and eggs.

Omega-3 fatty acids also benefit your eyes since they’re rich in docosahexaenoic acid—which contributes to overall eye health and visual function. Try eating more fatty fish like fresh or canned salmon, tuna, mackerel, and sardines. Plant-based sources include nuts, seeds like flax and chia, and dark, leafy greens such as arugula and spinach.

**It’s easy to add more eye-healthy foods to your diet!**

Add cooked kale or spinach to scrambled eggs, mashed potatoes, rice, and pasta dishes.

Top roasted or steamed asparagus, polenta, or whole grain toast and sliced avocado with a poached or sunny-side-up egg, or add hard-cooked eggs to a leafy green salad.

Sprinkle your favorite nuts and seeds over oatmeal or any cereal.

Stack arugula on your canned tuna or salmon sandwich.

**Got a great idea for an eye-healthy smoothie?**

Follow Moran Eye Center on Facebook, click “Send a Message,” and post your recipe!

We’ll share some favorites.
Can Your Eyes Get Sunburned?

Yes! But there’s an easy fix: wear UV-blocking sunglasses and put them on your kids.

Just as sunscreen can protect our skin from harmful UV rays, sunglasses protect our eyes from sunburn (which feels like someone has poured sand in your eyes), cataracts, and eye or eyelid cancer.

Sunglasses don’t have to be expensive, just look for a sticker on them that says “100% UV protection.”

Eyeglass Cleaning: Dos and Don’ts

DO

- Use microfiber cloths. They cut through the body oils that cause smudges.
- Rinse, soap, rub... gently. Wash your lenses and frames with lotion-free dish soap. Use a clean cotton cloth (not terry) to gently dry. Follow up with a microfiber cloth.

DON’T

- Use tissues, paper towels, or toilet paper. They can scratch or smear lenses and leave lint behind.
- Use household cleaners. Most are ammonia-based and can damage the protective coatings on your lenses.
- Use clothes—unless that’s all you have! Abrasive fabrics can scratch, so proceed with caution.
Flashes & Floaters

Have you ever looked up at a bright blue sky or stared at a plain background and noticed little “floaters” dancing around your field of vision? They may look like tiny cobwebs, wiggly floating strands, or dots—and they come and go. Though they may look like they’re in front of your eye, they’re actually inside it. Whatever shape they take, don’t worry—these floaters are usually harmless and will go away with time.

The Cause  As our eyes age, the vitreous (clear, gel-like fluid that fills the inside of the eye) may start to thicken or shrink and slightly pull away from the back wall of the eye, causing clumps or strands inside the vitreous. These tiny clumps cast shadows on the retina, the layer of cells lining the back of the eye that senses light and allows you to see.

Sudden Floaters  There may be cause for concern if multiple new floaters appear all at once, out of nowhere—especially if you are over age 45. The retina can tear if the shrinking vitreous gel pulls away from the wall of the eye suddenly and more forcefully than is common. This sometimes causes a small amount of bleeding in the eye that may appear as new floaters. A torn retina is always a serious problem. Call your ophthalmologist if multiple new floaters appear suddenly and don’t go away.

Flashing Lights  As we age, occasional visual flashes may be another common sensation caused by vitreous gel rubbing or pulling on the eye. The sensation can come and go for several weeks or months, but, if you notice a sudden onset of repeated light flashes, contact your ophthalmologist immediately to rule out a torn retina.
MORE THAN MEETS THE EYE

Did you know…

While physicians around the country refer patients to Moran Eye Center specialists for complex procedures, Moran is also a top choice for common vision-correction and cosmetic surgeries.

When it comes to these surgeries, here’s what to look for:

**LASIK/PRK**
Precision is often a given thanks to laser technology, but there’s so much more to vision correction. After all, we’re talking about your precious, one-of-a-kind eyes.

Ideally, you should have two thorough pre-screenings to ensure a procedure is customized to your vision to provide better long-term vision. Costs should be quoted up front and include pre-screenings and follow-up care.

**Cataracts**
Cataract surgery is one of the safest and most common operations, removing the clouded lens of the eye and replacing it with a new artificial one.

Since it’s also a once-in-a-lifetime procedure, it’s important to select a lens that fits your lifestyle. Be sure to learn about proven surgical and lens options from experienced surgeons who can help you make the best choices.

**Eyelid & Facial Plastics**
You can find reputable cosmetic surgeons in any city. But doctors in a university medical setting do both cosmetic and reconstructive surgery, giving them a deep knowledge of facial anatomy and the ability to avoid common mishaps.

If you’re having medically necessary surgery — for instance, to correct drooping eyelids — you can combine it with a cosmetic procedure and enjoy coordinated care.
Meet Brian Zaugg, MD

Dr. Zaugg is a comprehensive ophthalmologist who is accepting new adult patients at Farmington Health Center. In addition to general ophthalmology, Zaugg specializes in vision-correcting LASIK/PRK, routine and complex cataract surgery, and cornea transplantation.

Zaugg and his wife have five children and enjoy camping, hiking, and exploring Utah’s national parks.
Whether you're a patient or a colleague in the field of ophthalmology, the John A. Moran Eye Center at the University of Utah is here for you. With 16 research labs and the Mountain West's most specialized clinical center, we have the resources to provide a full range of vision care, including diagnosis and treatment for the most complex of cases. And while our Patient Support Program provides tools and skills to improve individuals' lives on a daily basis, our robust education program and global outreach division are making a difference in thousands of lives around the world.

There's always something new to learn and share! I invite you to keep in touch through our social media outlets, web page, and Moran Update e-newsletter for useful information about eye health and vision care.

Randall J Olson, MD

Professor and Chair, Department of Ophthalmology and Visual Sciences; CEO, John A. Moran Eye Center