



Broadway Eye Center

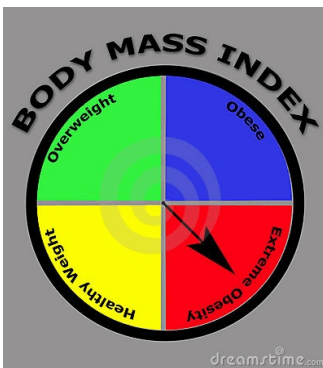
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Fall 2011 Newsletter

BMI

Body Mass Index (BMI) is an approximation for human body fat based on an individual's weight and height. BMI was invented in the mid 1800s by the Belgian, Adophe Quetelet, but became popular in the 1970s with increasing concerns about obesity in Western societies.



BMI is defined as the individual's body weight divided by the square of his or her height. BMI can be calculated quickly and without expensive equipment. BMI is generally divided into five major categories (Underweight, Normal, Overweight, Obese and Extreme Obese).

BMI has shortcomings because the categories do not take into account factors such as frame size, muscularity and the varying proportions of fat, bone, cartilage, muscle and water weight. For example in athletes, muscle contributes considerably to weight and thus a higher BMI. However, BMI is a satisfactory tool for measuring whether sedentary individuals (except athletes, children, elderly and infirm) are underweight, overweight or obese.

In the United States, BMI is often used for medical underwriting of private health insurance plans.

BMI and Federal Government

As a part of the 2009 "Stimulus Bill", the Health Information Technology for Economic and Clinical Health Act (HITECH Act) intended to increase the use of Electronic Health Records (EHR) by physicians and hospitals. Until 2015, HITECH gives incentives for EHR use and after 2015, Medicare and Medicaid payments are reduced for those not showing "meaningful use of a certified EHR".

"Meaningful use" requirements have produced extensive changes in Broadway Eye Center's operations in addition to the obvious use of computers for patient records.

As two of the required items, providers must record height, weight and blood pressure as structured data for more than 50% of all unique patients age 2 and over. The EHR must calculate and display BMI and plot and display growth charts.

Therefore starting this fall, Broadway Eye Center will begin measuring height, weight and blood pressure on our patients.



Barbara retires

After 30+ years with Broadway Eye Center, Barbara has retired. What started as a part-time job "while the kids were at school" became a long career helping patients.



Patients understood that if they needed an answer or a problem solved they would ask "Can I speak to Barbara?" Barbara was adept at encouraging first time contact lens wearers or explaining insurance coverage. We will miss her smile and kindness.

Drop her a note or email (staff@BroadwayEyeCenter.com) about some memorable event. We will be sure to get it to her.

Bob, Ashley, Tracy, Giovanni and Jordan

Better Communications

You might have noticed that we are asking for your email address. In our efforts to become more "plugged in", we are implementing the Websystem3 software program that allows us to communicate much more effectively and efficiently with you.



The system can automatically email appointment reminders to you. You can confirm the appointment, request a change or ask questions with a few key strokes. Also, this reminder links to the office location map and practice website.

When your glasses or contacts arrive, the staff can use the system to notify you by email or even text message; thus, avoiding the telephone tag syndrome.

BMI and Eye Health

Body Mass Index (BMI) is an approximation of obesity which is an important risk factor for many health related problems, including eye diseases. Numerous population-based and prospective studies support an association between obesity and risk of age-related cataracts. However, the nature and strength of these associations, particularly with the different subtypes, remains to be determined. There is strong evidence that obesity is associated with elevated intraocular pressure, but there is no convincing data to support a more direct association between obesity and glaucomatous optic neuropathy. As of 2007, studies have not found a consistent pattern of association between obesity and risk of age-related macular degeneration and diabetic retinopathy. Furthermore, whether weight loss reduces the risk of eye disease remains unresolved. (Excerpt from Obesity and Eye Diseases by Cheung and Wong published in Surv Ophthalmol)