



SUMMER 2025

ARIZONA ASSOCIATION OF DISPENSING OPTICIANS

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director@aado.info
aado.info

P.O. Box 26511
Tucson, AZ. 85726
(520) 881-1778

Board of Directors Update:

We wish to thank everyone who attended our June event. Especially our Sponsors! Without their support these events would not be possible. They are helping to keep you licensed. Please thank them and support them when and where you can.

President Lucy Dunn stepped down from her position as president after 5 years and will remain on the board to assist us going forward. THANK YOU, LUCY, for your leadership!

David Lipkin was voted in as new President, Tara Fontana as Secretary of the Board and Chris Rosenbluth as a new Board Member. WELCOME CHRIS!

Our next CE event will be in November at a time TBD. Watch the newsletter and e-mail for that announcement. It will be a ZOOM event.

There are many fine organizations providing you CE opportunities, none of which provide any money to fight to keep you licensed. Keep AADO funded by joining and receiving your CE at our events, so AZ stays a licensed state! Only AADO has your back! Please choose wisely.

SEE YOU IN NOVEMBER

AADO-BOD



AADO Eye Trivia



Is it true that women blink twice as often as men?

Blinking is one of the fastest movements a human being can make. It's so fast that we don't see the momentary darkness created by blinking.

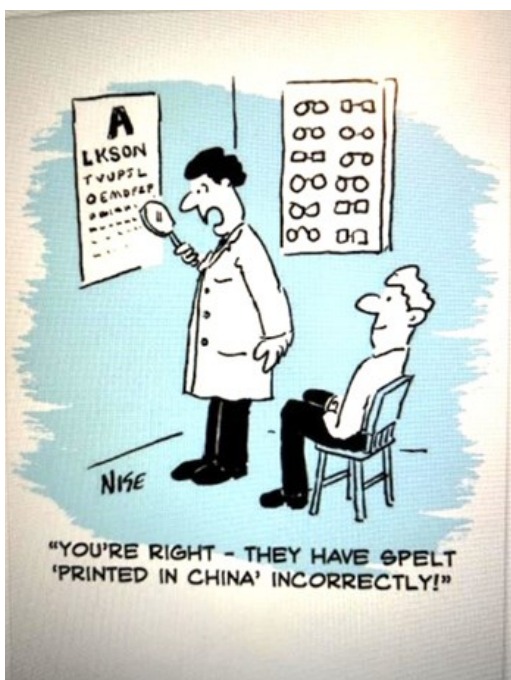
What's more eye-opening is that women tend to do this twice as often as compared to men – but is it true?

Although often described as a myth rather than fact, research conducted in 2008 actually proved that women do blink significantly more than men. The study, conducted by the Functional Anatomy Research Center in Milan, Italy, used optoelectronic motion analyzers to monitor spontaneous eyelid movements.

It involved 13 men, 12 women aged between 20 to 30 years, and 10 men and nine women aged over 50.

It concluded that women blinked 19 times per minute versus 11 times per minute for men.

It also found that women blinked at a much faster velocity than men. Also, older women blinked more frequently than younger women.



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Now That's Funny!



Why Join AADO?

AADO is the only organization in Arizona that advocates for all opticians, Licensed and Associate. When legislative issues arise to end Optician licensing in Arizona- (2016-2024-2025) AADO is the ONLY organization that protects you!

AADO is funded solely by membership!

The Larger our group, The Larger our Voice!

Benefits of Membership

- Helps protect and advance your profession.
- Provides the highest level of Education available with two seminars a year.
- Provides current testing study materials and options for training for licensing.
- Newsletter: keeps you up to date on current news, laws and information.
- Peer articles concerning opticianry.
- AADO Job Board helps match members with employers.
- FREE Rules and Regulations CE course on-demand on our website.
- Seminar Style Rules & Regulations is Arizona State Board Approved
- Creates Fellowship and Recognition.
- Supports all Opticians both Licensed and Student/Apprentice
- Gives You a Voice in your future.



How Does the Arizona Sun Affect Your Eyes?

The Grand Canyon State is perhaps one of the sunniest locales in the United States. In fact, Valley residents experience about 4,000 hours of sunshine yearly. While basking in the sun reminds us of fun summer times, it brings a lot of ultraviolet rays that could potentially harm your eyes and skin. You can seek refuge in the shade and use sunscreen to protect your skin, but how do you shield your vision?

Don't forget your eye health. The sun can damage your peepers and it can even cause vision loss. Read on to learn about how the sun affects your eyesight and how you can stay stylish and worry-free while enjoying the outdoors.

Sun Exposure and Your Eyes

Most of us enjoy outdoor activities. From hiking to swimming at the beach, being exposed to the sun raises our endorphin levels and keeps us in a happier state of mind. In addition, sunlight helps stimulate the body's production of vitamin D. This essential nutrient is required for the absorption of calcium by the body. It's also important for growth and muscle strength.

Sunshine can also be good for your eyes. In a study, strong correlations were seen between a person's exposure to sunlight and eyesight. Those who had gotten the most sun, specifically between the ages of 14 and 19, were about 25 percent less likely to develop nearsightedness (myopia) by middle age.

UV and HEV Radiation

Problems start because of too much exposure. The UV radiation is part of the electromagnetic spectrum that reaches the earth from the sun. While we can't see them, we should never ignore them. To understand how the sun can be bad for your eyes, we need to discuss the four categories of solar radiation it releases:

1. UVA Rays – UVB and UVC may have more energy than UVA radiation, but these harmful rays have the highest chance of penetrating the ozone layer and directly affecting your eyes. In fact, they account for 95% of UV radiation that reaches the earth and can penetrate clouds and glass. UVA rays increase your risk of developing eye disorders like macular degeneration and cataracts. They also play a major part in skin aging and wrinkling.

2. UVB Rays – The ozone layer partially filters UVB rays, but they can still reach the earth's surface. UVB intensity varies by season and time of day. Suntan and sunburn are the results of UVB radiation stimulating the melanin component of your skin. It can burn unprotected skin in as little as 15 minutes. It can also lead to other problems like lumps on eyelids. But perhaps the most serious damage it can cause is skin cancer.

3. UVC Rays – Also known as the shortest of all UV rays, UVC harbors the highest energy and potential harm. It can also be found in man-made sources like welding torches and mercury lamps. Fortunately, the ozone layer absorbs most UVC rays. Let's hope it stays that way.

4. HEV Rays – Also called blue light, HEV rays have lower energy but longer wavelengths than UV rays. Those with low blood plasma levels and vitamin C are at risk of macular degeneration with too much HEV exposure. Retinal damage is also something to watch out for.

Not that the risks of eye damage from any of these radiations vary depending on several factors – the time of day, altitude, geographic location, and even medications you take. Be sure to check with your doctor and discuss your risk.

Serious Eye Disorders Caused by Solar Radiation

All types of solar radiation have the potential to damage your eyes. Their effects are cumulative and depend on the length of time spent in the sun. For example, farmers are more susceptible to eye diseases like cataracts at a younger age than office workers.

1. Macular Degeneration

The top reason for vision loss (more than glaucoma and cataracts combined) is macular degeneration. It is currently an incurable disease that leaves a person with blurred or no vision at all in the center of their field of vision. Long term UV radiation exposure is linked with this disease, and UVA is responsible for most damage to the macula.

- **Keratitis** – Excessive UV exposure from tanning beds and the sun can literally burn your corneas. Severe eye redness is a telltale sign of keratitis. See your eye doctor immediately.

Conjunctival cancers – Patients with atypical moles are at high risk for conjunctival melanomas. Be sure to have yearly ophthalmologic tests.

2. Cataracts

UV rays are one of the leading causes of cataracts, a gradual clouding of the lens of the eye that can destroy eyesight. Surgery is an option to remove cataracts, but it's still better to avoid prolonged sun exposure.

3. Eyelid Cancers

The eyelid skin is fragile and thin, yet it is often overlooked as an area that needs protection. UV light can lead to eyelid cancers, so be sure to use sunglasses outside.

Eye Protection from Sun Damage

Protecting your eyes from the sun is simple. Here's what you can do to always be prepared for any

(Continued on page 6)

AADO Board of Directors Welcomes

Chris Rosenbluth-LDO

I started in optics in Hartford CT in 1991.

I was an LDO in North Carolina for twelve years. Working private practices, running a small surfacing lab in one of them and in a big box store as a retail manager.

An LDO in Georgia since 2001. Was employed for fourteen years at the Emory University Eye Center where I worked with pediatrics, low vision and specialty contact lens clinics. I worked with the Opticians Association of Georgia on the board of directors from 2016 until 2022 and as the second VP from June 2021 until December 2021 when we moved to Arizona in February of 2022.

AZ LDO since 2023. I am presently working at Midwestern University Eye Institute.

I live in Laveen with my wife, younger son and dog.

(Continued from page 5)

outdoor adventure:

1. **Wide-brimmed hat** – Any hat style will usually keep out some of the sun, but those with wide brims (at least three inches) can shield your eyes better.
2. **Sunglasses** – Who says you can't be stylish while taking care of your eyes? Sunglasses are a cool accessory to wear and hands down the best protection for your eyes. Make sure to choose one that blocks 100 percent of UV rays.
3. **Sunscreen** – The area around your eyes also needs some TLC. Seek out a quality sunscreen with SPF15+ that's made for the sensitive skin. Don't be afraid to use some on the eyelids, as long as you apply the product carefully.



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AADO June CE Event





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Silent Auction



Congrats to all the Winning Bids!



Legislative Updates

SB2637- On Hold, not likely to advance

SB1008-On Hold, not likely to advance

SB1235-*Failed*

SB1037- *Pending*

*Full update on aado.info

AADO Membership pays for you to fight these bills! Join Now!

Sign Up to Fight for Your License

For those of you who have not yet signed up with the Arizona Legislature's RTS system, you may now do this remotely. Here is a video with a step-by-step guide. Those of you who are not yet signed up, please do so! It's called the request to speak system but you do not have to speak! You can just VOTE!

[<https://youtu.be/EZMj5rLbuzs>](<https://youtu.be/EZMj5rLbuzs>...) copy & paste

Sign up here: Web site: cebv.us/rts

Thank You Gary Scheer for the Silent Auction

We raised \$695.00 for AADO w the top selling item bringing in \$250



Our Annual 50/50 Raffle was \$450.00 this year!

Tickets	Cost
2	\$5
5	\$10
12	\$20

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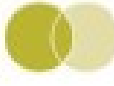
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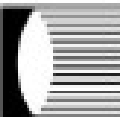
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- EYECLINIC
- EYEWEAR
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