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MIDWESTERN UNIVERSITY

Tomorrow's Healthcare Team

SUMMER 2024

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Pumkin Spice and Everything Nice!

WELCOME NEW PRECEPTORS

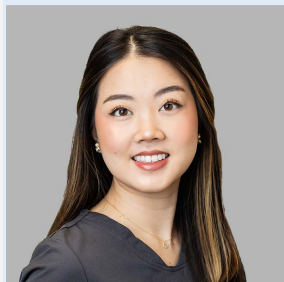


Ryan Capouch, OD, FCOVD, with Lumen Vision, P.C

Dr. Ryan Capouch, FOVDR, is a proud graduate of Midwestern University's Arizona College of Optometry. He practices in Fargo, North Dakota, and is the owner of Lumen Vision, a pediatric and vision therapy optometry clinic. As North Dakota's only fellow of the Optometric Vision Development and Rehabilitation Association (FOVDR), he provides continuing education and consultation for doctors across the region interested in developmental optometry. When not addressing the needs of his patients, Dr. Capouch enjoys spending time with his wife Maggie and their son, watching college football (Go Huskers!), singing in his parish's choir, and volunteering at various events throughout the region..

Nathan Rock with VA Northern Indiana Health Care Center (Fort Wayne VA)

Dr Rock is a 2013 graduate of Southern College of Optometry. He completed residency at the Portland, OR VA Medical Center in 2014. From 2014 to 2020, Dr Rock practiced at a private ophthalmology surgical office in Nashville, TN gaining experience with perioperative management of cataract surgery, refractive surgery, corneal surgery, and glaucoma surgery. He became a fellow of the American Academy of Optometry in 2015. Dr Rock returned to the VA in 2020 and has been a full time staff optometrist at VA Northern Indiana: Fort Wayne since 2021. He is a chair of the Total Quality Improvement Subcommittee with VA National Optometry Program Field Advisory Board and member of the Professional Relations Committee with the National Association of VA Optometrists. His personal interests include, hiking, weightlifting, running, board games, video games, and spending time with his husband, family, and dogs.



Raphaella Tran with AEG. North Suburban Vision Consultants (Contact Lenses)

Dr. Raphaella Tran is an associate at North Suburban Vision Consultants. She is a member of the American Optometric Association and the Illinois Optometric Association. She completed her Molecular and Cellular undergraduate degree at the University of Illinois Urbana-Champaign. She furthered her studies graduating summa cum laude at the University of Houston College of Optometry, where she also

Continued, Raphaella Tran,

completed her Masters of Science in Physiological Optics and Vision Science. Her area of study and research for her Masters degree was in Myopia Management. She has presented her work at the American Academy of Optometry and the Association for Research in Vision and Ophthalmology conferences. She is currently a fellow of the American Academy of Optometry. She is also an Illinois representative for the Myopia Collective.

Dr. Raphaella Tran specializes in myopia management, dry eye disease and specialty contact lens services. She is certified to fit myopia management contact lenses such as, but not limited to, MiSight, NaturalVue and Paragon CRT. She has also developed a passion for treatment and management of dry eye disease.

She received her certificate for the Keratoconus Essentials Program and has been awarded the Ebling Award in Medical Contact Lenses, and the GP Lens Institute for Clinical Excellence for fitting sclerals, hybrids and gas permeable lenses for anterior segment diseases such as keratoconus, corneal ectasias and transplants. She also has experience with hard-to-fit lenses with higher-order aberration scleral in Ovitz and eye molds.

During her time off, she enjoys spending time with her husband and taking their husky Dasher to enjoy the outdoors.

PRECEPTOR CORNER

Preceptors,

The Association of Schools and Colleges of Optometry (ASCO) has created a Clinical Preceptor Toolkit for clinical precepting. According to ASCO, “The Clinical Preceptor Toolkit will serve as a foundational resource. For more experienced preceptors, the toolkit can be a complementary resource to refine your teaching skills in the eye care environment.

The Clinical Preceptor Toolkit was written by a subcommittee of the ASCO Clinical Affairs Committee”. Please click this link to learn more. <https://optometriceducation.org/clinical-preceptor-toolkit/>

Preceptor Reward

One of our very own preceptors was awarded the 2024 Young Optometrist of the year. Congratulations Dr. Haris Dzubur. Illinois Optometric Association. article.illinois.aoa.org



2024 Young Optometrist of the Year
Haris Dzubur, O.D.

MEET OUR NEW STUDENTS OF OPTOMETRY

Class of 2028

Welcome to our newest class of students who started their first quarter of optometry classes this Fall. We are thrilled to welcome them to our CCO family and look forward to seeing them grow into successful student optometrists in the coming years.



CLINICAL ROTATION SPOTLIGHT

Jessica Conroy, O.D., FAAO, FSLs

Assistant Professor



Dr. Jessica Conroy earned her Bachelor of Science degree in Pre-Medical studies from University of Dayton and received her Doctor of Optometry degree from the University of Missouri St. Louis College of Optometry. She completed her residency training in Cornea and Contact Lenses at Illinois College of Optometry. Dr. Conroy is a fellow of both the Scleral Lens Education Society and the American Academy of Optometry and is a member of the American Optometric Association (Illinois Optometric Association). Her areas of expertise include specialty contact lens application and management of conditions including keratoconus, corneal dystrophies and ectasias, myopia control/ orthokeratology, and dry eye. In her free time, Dr. Conroy enjoys spending time and creating memories with her family, finding and trying new restaurants, and staying active by being outside.

Thank you for the Amazing job you do every day!

CLINIC SPECIALTY FEATURE:**PEDIATRICS**

The pediatric optometrists at the Midwestern University Eye Institute offer comprehensive eye care to all children from ages 6 months to 18 years. Vision is critical for development and learning and we are eager to help all children see the best that they can!

WHAT TO EXPECT

We are specially trained to perform examinations no matter your child's age or attention level, all while having fun! We utilize pictures, games, lights, and toys to ensure a good experience for your child.

A child's visual system involves much more than seeing clearly, so in addition to assessing the need for glasses or contact lenses, our thorough exams are designed to evaluate eye alignment, 3D vision, color

vision, eye movement, and ocular health.

If your child needs glasses, our optical carries a wide variety of pediatric frames that are specially designed for children to be comfortable, safe, and durable.

Our pediatric optometrists at the Eye Institute are proud to be InfantSEE® providers. InfantSEE® is a public health program that provides infants ages 6-12 months of age with comprehensive eye exams free of charge, regardless of family income or access to insurance coverage. Healthy eyes and good vision play an important role in a child's development, so it is critical to detect conditions early that may impair proper growth and development.

FREQUENCY OF EXAMINATIONS

The American Optometric Association recommends that children have their first eye exam between 6 months and 12 months old. If no concerns are found, eye exams are recommended again at age 3 years old, 5 years old, and every year thereafter. Our optometrists will discuss specific recommendations for frequency of eye exams during your child's visit.

The American Optometrist Association recommends scheduling your baby's first eye exam around 6 months of age. To learn more about InfantSEE®, please visit <https://infantsee.org/>.

Developmental Milestones from Birth to 24 Months of Age: <https://www.aoa.org/healthy-eyes/eye-health-for-life/infant-vision>

Our Pediatric Optometrists

Karen Kehbein, OD, FAAO, FCOVD
Clinton Prestwich, OD, FAAO
Samantha Rice, OD, FAAO

Jenelle Mallios, OD, FAAO
Adrienne Quan, OD, FAAO
Melissa Suckow, OD, FAAO

VISION THERAPY**About Vision Therapy**

The optometrists at Midwestern University Eye Institute offer comprehensive binocular vision exams and vision therapy to diagnose and treat a wide variety of visual problems including convergence insufficiency, oculomotor dysfunction, accommodative dysfunction, strabismus, amblyopia, and learning-related vision problems. Common symptoms of binocular vision problems are skipping words or lines while reading, difficulty keeping words clear, eye strain and/or headaches when reading, and double vision.

What to Expect

Our assessments thoroughly examine a person's ability to use their eyes together as a team, to move them efficiently and accurately, and to focus them correctly. Additionally, we assess the brain's ability to properly process and interpret visual information. These evaluations allow our students and doctors to design customized therapy plans to train and improve visual skills.

Vision therapy normally consists of weekly 45-minute appointments with some activities assigned to perform at home between sessions. Therapy activities are customized for the patient's specific deficiencies and are tailored based on age and attention level. We utilize a variety of activities ranging from virtual reality and 3D computer programs to whole body movement and eye-hand coordination.

Our Vision Therapy Optometrists

Karen Kehbein, OD, FAAO, FCOVD
Adrienne Quan, OD, FAAO

Clinton Prestwich, OD, FAAO

WHAT DO YOU SEE?
FUN PERSONALITY TEST



Copy rights belongs to <https://www.jagranjosh.com/general-knowledge/optical-illusion-the-first-thing-you-see-reveals-the-true-side-of-your-personality-1657357986-1>

Tree & Birds: This means you are an honest and rational person. You are also known for being positive and your friends often come to you for advice. You are the advisor of the group and are considered to be the wisest among all. A negative side to your personality is that you are also known for being too rigid. Therefore you must try to be more spontaneous and flexible in your everyday life

Lion: You have the most strong personality and are an influential person. Everyone around you is aware of your aims and you achieve them as well. You always push yourself and the people around you to achieve anything they put their minds to. You like to take risks in life and whenever you are hot with any obstacle or you fail at something, you come back stronger.

Gorilla: In case you see the gorilla first, you are the Mr/Ms Curious of your group. You are a highly analytical person. You always tend to find a deeper meaning in things that seem ordinary. You seek opportunities to grow and wish the same for everyone around you. You are also a problem solver. You do not wish to trouble anyone else around you which is why you do things on your

own. You are stubborn and strong-headed.

Fish: If you saw the fish first, which is very much not possible because only one out of 100 people sees it, you can be labelled as a dreamer, an optimistic and a cheerful person. You have a positive view of life. You are an idealist as well. However, at times people take advantage of you due to your helpful nature.

Tandon, Tulika. July 22, 2022. Optical Illusion: The First Thing You See Reveals The True Side of Your Personality!<https://www.jagranjosh.com/general-knowledge/optical-illusion-the-first-thing-you-see-reveals-the-true-side-of-your-personality-1657357986-1>

CALENDAR OF EYE/VISION AWARENESS

(AOA Eye Care Calendar & Events)

September: Paraoptometric Appreciation Month

October: Decorative Contact Lenses

November: American Diabetes Month



KEEP IN TOUCH

We would love to hear about any updates on you and your site! Presented a poster or lecture at a conference? Providing new services at your site? Earned a fellowship or diplomate status? Let us know. You may be featured in one of our upcoming newsletters.

You may contact the Assistant Director of Rotations, Dr. Daniel Deligio, at ddelig@midwestern.edu or 630-743-4853, or Clinical Education Coordinator, Shannen Hamlin, at shamli@midwestern.edu or 630-743-4812.

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IMPORTANT DATES AND REMINDERS:

AAO Meeting	November 6-9, 2024
CCO CE Event	November 20, 2024
Last Day of the Fall Quarter	November 22, 2024
Submit Final Grades	November 22, 2024
Break Week	November 25-29, 2024

INTERESTED IN CE EVENTS AND OTHER OPTOMETRY RESOURCES?

Visit our **CCO Preceptor Resources** page at <https://www.midwestern.edu/academics/degrees-programs/doctor-optometry-program/chicago-college-optometry/current-preceptors>

For more information or to be added to our CE listserv, please contact: Karyn Houbolt (khoubol@midwestern.edu)