



Point Pinos Lighthouse in Pacific Grove, the oldest continuously operating lighthouse on the west coast of the United States, lit in 1855.

By **Tuesday, 3/12**, please RSVP to our next CE on Tuesday, 3/19 in Seaside



Dinner Options:

- New York Steak with mushroom cabernet sauce
- Grilled Salmon with a white wine butter sauce & fruit salsa
- Crispy Polenta with wild mushroom, spinach, roasted pepper & boursin cheese napoleon

*Free for MBOS members
\$75 for non-members*

Please email your meal choice to Dr. Sarah Morris at smmorris0@gmail.com to RSVP

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Upcoming Events Calendar

3/19/19 – MBOS CE in Seaside

Featuring Dr. Brittney Dautremont

Iritis Cases and Review

4/07/19 – OptoWest CE in Sacramento

4/10/19 – Leg Day in Sacramento

5/18/19 – TCOS CE in Santa Barbara

Grand Rounds with Retinal Specialists

5/21/19 – MBOS CE in Salinas

Featuring Dr. Steve Ferrucci

Glaucoma: Meds Review and OCT

President's Message

Dear fellow MBOS members,

Thank you for the privilege of allowing me to become your newest Monterey Bay Optometric Society president! I was fairly active in LACOS when I was in Los Angeles and managed to have a little break from optometry leadership after my wife and I moved up to the beautiful Monterey area. I attended a few MBOS CE events and volunteered at a couple of outreach clinics in Soquel as a general MBOS member before once again becoming more directly involved in the local optometric society. In this upcoming year, I would like to focus on two main concerns.



First, I would like to focus on Medi-Cal reimbursement. This has been a constant source of disappointment for California doctors who are trying to help those most in need in our patient populations. I dealt with it directly when I was in Los Angeles, and I see it around Monterey County as well, with so many farm laborers in a state which is the top producer of many of the entire country's fruits, nuts, and vegetables. These patients are in need of as much help as they can get, but California's pathetically-low reimbursement for doctors who serve them drives many away instead of encouraging them to support those who are directly responsible for many of our great state's leading exports, in addition to many other patients in need.

Second, I would like to focus on remote refraction. While the continued advance of online everything has been a great boon for access and knowledge, we must be careful to not forget its limitations. In optometry, online contact lens sales have been around for years, online glasses sales are becoming more common, and now even online refraction is trying to find a foothold. Used correctly, telemedicine can be a great benefit to doctors and patients in more remote areas. While there are many people this may become a convenient and safe method of determining a refraction for, there are many, many others who could have disastrous consequences, mainly by the myriad ocular pathologies hidden in the back of the eye which can be missed when only visual acuity is assessed instead of complete ocular health, as only the latter allows the detection of many possibly blinding yet preventable diseases when caught early during a full eye exam.

Unfortunately, there is very little I can do for either of these concerns personally. The fate of Medi-Cal reimbursement and remote refractions depends largely on the lawmakers of California, and because it is their constituents who vote them into office, it is their constituents whom lawmakers care about. Therefore we, as optometrists, need to provide evidence that working for Medi-Cal reimbursement increases and fighting against remote refractions will improve the lives of these constituents. And doing that, quite simply, takes money. Money for research, money for organization, and money to educate and lobby the lawmakers.

Fortunately, I have all of you to assist me with these issues. To contribute money by joining or continuing to be a member of MBOS / COA / AOA; to contribute money by donating to PAC; to contribute your time to talk to your legislators and educate them. We need to do this for ourselves and our fellow current and future optometrists, so we can continue our livelihood, and we need to do this for our patients, whom I believe deserve the best care possible and will truly benefit from focusing on these concerns. I need your help.

Yes, you, personally. Because we, both optometrists and patients, need all of the help we can get right now. Please help me to care for ourselves, our fellow optometrists, and the patients of Monterey County.

-Jonovan Ottenbacher, OD, MBOS president



Focus On: New Laws

There are a multitude of new laws that came into effect in 2019, both directly and indirectly affecting optometry. Here are a number of them I have found, in addition to some from 2018 as a reminder. Keep an eye out for the Government Affairs emails from COA to stay up-to-date on any new developments.

2019 optometry laws / regulations

- SB 1386, effective 1/1/19 – optometrists can have up to 11 offices with no Branch Office License required
 - But now need Statement of Licensure for all practice locations
 - Via California State Board of Optometry at <https://www.optometry.ca.gov/>
- AB 1753, effective 1/1/2019 – need new rx pad if you rx codeine or tramadol (Ultram)
- AB 156, referred to B&P committee on 1/14/19 – eye care: remote assessment
 - Report violations to the COA
 - SBO – ordered Stanton to pay \$5000 x 17 citations, Stanton appealed
- AB 1092 – effective 1/1/19 – VSP auditing limitations
 - However, they will be auditing more according to Craig Steinberg, OD, JD
- SB 762, allows the immunization training program for optometrists
- If you see Medi-Cal managed care patients (not fee-for-service),
 - You must submit Ordering, Referring, and Prescribing provider enrollment form to the Department of Health Care Services
- As of 1/1/19, Envision Vision will be the only vision plan for Health Net Cal MediConnect



2018 optometry laws / regulations (as a reminder)

- California Code of Regulations (CCR), 1566 and 1566.1 – you must post a notice of rx release
 - From 2016, but during spot visits in 2018, 18/20 optometry offices did not have it posted
- 10/2/18 – You must consult California's prescription drug monitoring database called "CURES"
 - before prescribing a Schedule II, III or IV controlled substance
- 8/30/18 – Prop 65 warning sign revised – must use new warning signs, not old ones
 - Applies to businesses with 10 or more employees (including doctors)
 - Chemicals that cause cancer – optometry has Bisphenol A (BPA) in polycarbonate lens

2019 general California business laws (these may not apply to your business, depending on size and other factors)

- New independent contractor test: <https://www.coavision.org/i4a/pages/index.cfm?pageid=4697>
- SB 3, minimum wage increase, under 25 employees \$10.50 to \$11, over 25 employees \$11 to \$12
- SB 820, settlement agreements cannot prevent disclosure of sexual harassment info
- SB 826, public companies must have at least one woman on their board of directors by the end of 2019
- SB 1300, employers cannot force employees to waive right to legal claims
- SB 1343, employers with 5 or more employees must provide two hours of sexual harassment prevention to all supervisory employees, and at least one hour to nonsupervisory employees, by Jan 1, 2020
- SB 1448, starting July 1, doctors will have to inform patients if they are on probation before they can offer treatment (I don't believe this applies to optometrists; the bill only lists Podiatric, Naturopathic, Chiropractic, and Acupuncture under Medical Board, whereas we are under the Optometry Board)
- AB 1976, employers must make reasonable accommodations to provide a room or place for breastfeeding that is not a bathroom
- AB 2770, protects employers and victims of sexual harassment from defamation claims

Focus On: CE Options

As a reminder, non-TPA certified optometrists in California must obtain 40 hours of CE every two years. TPA certified optometrists must obtain 50 hours of CE, 35 of which must be in the diagnosis, treatment and management of ocular disease, and 10 of which must be glaucoma-specific if the license is TPG/TLG. Up to 20 hours can be done by accredited self-study (including online courses).

Fortunately, there are a variety of ways to obtain that CE, including locally, globally, and online.

First are the two-hour MBOS CE dinner meetings, held on the third Tuesday of the month five times a year. Cocktails are at 6:30pm, with the dinner and lecture beginning at 7:00pm. These hosted in various restaurants in different cities around the area. These are complimentary for MBOS members and \$75 for non-members.

The first one was Antonio Alcorta discussing artificial eyes in Santa Cruz in January.

The second one is right around the corner, on Tuesday, March 19th at Bayonet & Black Horse Grill in Seaside. Brittney Dautremont, currently an ophthalmologist at Monterey County Eye Associates, will be giving a lecture on iritis cases. Dr. Dautremont has been on mission trips to Ethiopia and Belize, and was an author on an article entitled Surgical Management of Severe Ocular Surface Injury Due to Roman Candle Explosion Accidents, published last year. If you haven't done so yet, there is still time to RSVP to Dr. Sarah Morris at smorris0@gmail.com by Tuesday, March 12th.

The third one will be Dr. Steve Ferrucci discussing glaucoma, including medications review and OCT. This will be held on May 21st in Salinas. The fourth one will be Dr. Tarek El-Sawy discussing oculoplastics, which will be held on August 20th in Santa Cruz. The topic and speaker of the fifth one is still to be determined and will be held on October 15th in Monterey. If there is anything you are interested in learning about, please let us know!

A second fairly-local option is by attending CE at our surrounding societies. These include San Mateo, Santa Clara County, San Joaquin, Central California, Tulare-Kings, Kern County, and Tri-County. For example, TCOS is hosting a 1/2-day Grand Rounds CE event on Saturday, May 18th at the Santa Barbara office of California Retina Consultants. Pods of about 5 optometrists will migrate from one room to another, spending about 25-30 minutes with a different retinal specialist in each room, with each covering a different topic, such as AMD, diabetes, detachments, and future technologies/drugs. They have always had excellent feedback from attendees who absolutely love the format. There is only space for the 1st 30 doctors who RSVP (no more than \$50 for COA members, and no more than \$100 for non-members). Please contact Dr. Steve Langsford at DoctorLangsford@gmail.com to RSVP.

A third statewide option is to attend OptoWest, sponsored by COA. One was already held in San Francisco on March 3rd. A second will be held in Sacramento on April 7th, and a third will be held in Anaheim on May 19th. These each feature six hours of CE by a variety of different speakers. Info at <https://www.coavision.org/i4a/pages/index.cfm?pageid=3301>

A fourth option, which you can do from the comfort of home, is online CE. You can obtain up to 20 hours this way.

One method is CE OnLine from the COA. You can get up to 12 hours for free if you are a COA member and for \$30 per hour if you are not a member. Go to <http://COAVision.org/>, click on CE/Events, and click on CE Online Articles.

Another portal is EyeLearn from the AOA, available exclusively for AOA members. There are a multitude of courses across 18 topics, including pediatrics, injections, laser procedures, low vision, and surgery management. These can all be found at <http://aoa.peachnewmedia.com/>

There are also a great deal of other online CE providers, from universities to private sources. A personal favorite is CEWire, which has 56 credits for \$189, available on demand through 7/1/19 at <https://www.cewire2019.com/>

There are other options as well, from local ophthalmology groups to international travel and cruises. These can be found by talking to your colleagues, looking in optometry magazines, and simply searching Google.

CE Spotlight: Antonio Alcorta

MBOS members had the pleasure of learning about ocular prosthetics from Antonio Alcorta, a local ocularist, at our January CE meeting. Mr. Alcorta is a Board Certified Ocularist, a Diplomate of the American Society of Ocularists, and the Vice President of the American Society of Ocularists. He stays extremely busy serving patients from central California to southern Oregon. He has recently taken over the practice of Brian Grabowski, who passed away last year.



Mr. Alcorta discussed the history of artificial eyes and gave us great advice on helping our patients. He recommended patients replace their artificial eyes every 3-5 years. Even patients who seem happy with their prosthetics should have them examined regularly by an ocularist due to cracking and loss of wetting from regular deterioration over time and due to patients' orbits changing in size as they age, more rapidly in children but also gradually in adults. He also recommended patients use Ocusoft Retaine PM ointment, Ocu-Sil Prosthetic Eyes Silicone Lubricant, or another lubricant which contains silicon oil. These can be obtained in local pharmacies or online from a variety of sources. Patients should not use artificial tears because they cause mucous to build up.

You can learn more about Mr. Alcorta's practice by visiting his website at <http://www.iocularpro.com/> You can contact him via email him at integratedop@gmail.com or via phone at 877-218-8841. If you have questions about any of your patients with artificial eyes, he would be happy to discuss them with you.

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Legislation Lamp: HOD Recap

Four MBOS members, Dr. Jonovan Ottenbacher, Dr. Sarah Morris, Dr. Trevor Fogg, and Dr. Robert Theaker, attended the recent COA House of Delegates in San Francisco.

Dr. Ron Seger was elected president and the newly-elected trustees are Dr. Richard Hom, Dr. Tamami Kimura, Dr. Brian Park, and Dr. Erin Swift. The main goal of each trustee for the upcoming year is access to new technology, being involved, creative outreach for getting new members, and ensuring full-scope practice, respectively.

There were also reports from the COA committees. MBOS had optometrists on two different COA committees.

The Legislation-Regulation Committee, of which Dr. Robert Theaker was a member, fought against unfair business, amended the State Board of Optometry-sponsored branch office legislation, passed legislation to allow optometrists to be certified to administer certain immunizations after completing the pharmacist immunization certification courses, secured amendments that exempted eyeglasses and contact lens prescriptions from a new law that requires all prescriptions to be electronic, defeated legislation to establish new paperwork requirements, brought attention to the issue of children's vision, and engaged in a media campaign to inform consumers about the benefits of getting a comprehensive eye exam.

The Membership Committee, of which Dr. Trevor Fogg was a member, focused on recruiting new optometrists and members over 50 years of age. They worked with AOA on a multi-faceted marketing campaign incorporating customized print and digital assets to engage young doctors and focused on more social events and interactions with young ODs. A total of 69 young ODs joined in 2018.

Thank you to Dr. Robert Theaker and Dr. Trevor Fogg for their service to all of the optometrists in California.

Dr. Robert Theaker was also elected to the newly-created Governance Task Force. Congratulations Dr. Theaker!

There were reports by multiple other committees as well. The report by the Public Vision League dealt with some of the issues I am most concerned about, including disruptive technologies.

I participated in a Six in 60 luncheon with the other society presidents. We had a great discussion about what is and is not working in our societies, what COA can do to assist our societies, what we see as the role of our societies, why the COA is valuable to us, why we joined COA, and what should COA's number one priority be in the upcoming year. It was a wonderful way for us to get to know each other better and think of a number of ways we can work separately and together to improve our local societies.

There was also an online donation drive for PAC. Donations were obtained via a website accessed by attendees' cell phones during the meeting. The goal was to raise \$3,000, which we crushed by raising over \$11,000!

Legislation Lamp: Sign up for Leg Day!

COA Leg Day will be held on Wednesday, April 10, from 9:30am to 3:30pm in Sacramento.

I will be attending, and it would be great if you could join me. Leg Day gives us a wonderful opportunity to educate lawmakers on what optometrists do and what we need to better care for our patients, who are their constituents.

To sign up, go to <https://www.votervoice.net/CAOA/Events/903/Register>



Legislation Lamp: HOD Pictures



SELECTED DELEGATES AND ALTERNATES TO THE 2019 HOUSE OF DELEGATES
 (Left column Delegates; Right column Alternates)
SOCIETY CREDENTIALING FORM
MONTEREY BAY SOCIETY

<i>Elected Delegates</i>		<i>Elected Alternate Delegates</i>	
1. Fogg, Trevor	<input type="checkbox"/>	1a.	<input type="checkbox"/>
2. Morris, Sarah	<input type="checkbox"/>	2a.	<input type="checkbox"/>
3. Ottenbacher, Jonovan	<input type="checkbox"/>	3a.	<input type="checkbox"/>
4. Theaker, Robert	<input type="checkbox"/>	4a.	<input type="checkbox"/>

IMPAC To:41444 Message:AOALC

GOAL
\$3,000

RAISED
\$11,075

THANK YOU TO OUR 75 DONORS
 00 / Fabian Corona \$25 / M

Highlighting New MBOS Members

We would like to welcome 3 new MBOS members who joined in 2018!

- Dr. Careen Caputo graduated from Southern California College of Optometry at MBKU.
- Dr. Kasey Nakajima graduated from Pacific University College of Optometry.
- Dr. Kevin Van Houten graduated from Illinois College of Optometry.

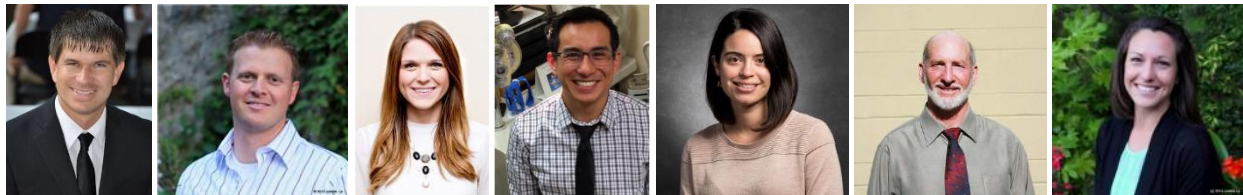


Highlighting MBOS Board Members

- President: Dr. Jonovan Ottenbacher
- Political Action: Dr. Trevor Fogg
- Secretary/Education: Dr. Sarah Morris
- Membership: Dr. Covie Gonzales
- President's Council Liaison: Dr. Maria Magana
- Senior Advisor/Public Awareness: Dr. David Farberow
- Treasurer/Immediate Past President: Dr. Jennifer Buell

Visit us online at

<https://montereybayoptometricsociety.org/>



Highlighting MBOS Sponsors

- CooperVision
- Johnson & Johnson (Vistakon)
- Optovue
- VSP
- Wells Fargo

Thank you for your generous contributions!

