

eye CARE

Views & News

Volume 1, Issue 3

The Indiana Eye Clinic Newsletter

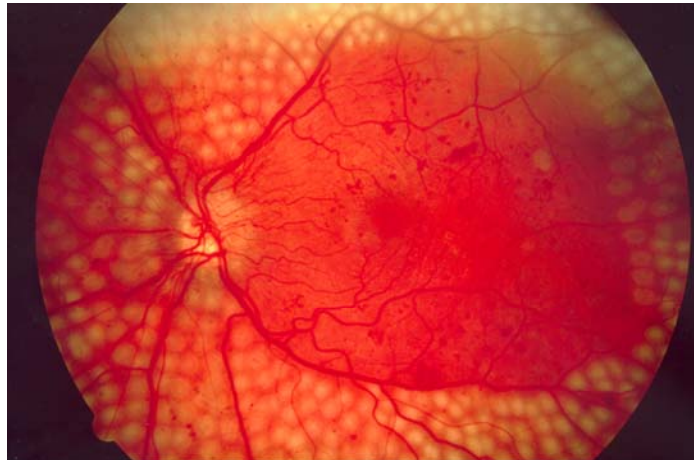
Fall 2008

- Patient Education Series — check our website for classes, dates, times, and to RSVP. Next topic: Dry Eye
- Dr. Rader and Dr. McCormick started their practice in Franklin in 1979. The **Indiana Eye Clinic / Ambulatory Surgery Center** opened in Greenwood in April 1986, at its current location.
- We are here — for you — to share in the experience of improving your vision.

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Diabetes and Your Eyes



Fundus photo showing scatter laser surgery for diabetic retinopathy.

Diabetes is a serious disease that can cause many problems including blindness. But proper diet, exercise and medications can control diabetes and its complications before vision loss occurs. **Diabetic eye disease** refers to a group of eye problems that are complications of having diabetes. These problems include

cataract, glaucoma, and diabetic retinopathy.

Diabetic retinopathy is the leading cause of blindness in American adults and is caused by changes in the blood vessels of the retina. For some people, the retinal blood vessels may swell and leak fluid. This condition is known as **proliferative**

retinopathy and is the most advanced stage of the disease. In other people, abnormal new blood vessels may grow on the surface of the retina and may leak blood into the center of the eye, called **macular edema**. These changes may result in vision loss or blindness.

Anyone with diabetes can develop diabetic retinopathy. There are often no symptoms or pain in the early stages. Vision may not change until the disease becomes severe.

This symptom-less progression **stresses the importance for people with diabetes to have regular comprehensive, dilated eye exams.**

SEE DIABETES & YOUR EYES, PAGE 3

Natalie Sargent Celebrates 13th Year



Natalie Sargent recently completed her 13th year at IEC. She is a **Certified Ophthalmic Assistant** and **Team Leader** who works closely with Dr. McCormick and his patients. Natalie completed specialized training

to earn her certification and she participates in on-going educational programs. She also helps to train new clinic technicians. **Thank you, Natalie, for all your hard work!** Pictured: Natalie with one of her daughters.



THE INDIANA EYE CLINIC
Greenwood, IN • Plainfield, IN

Botox® Helps to Erase Frown Lines

Botox® Cosmetic treatments can help erase frown lines and crows feet giving you a smoother, more youthful, and rested appearance. Millions of men and women have realized the benefits of Botox®. When administered by an experienced physician, you can still smile, frown,

Before



After



and look surprised but without deep lines between the brows.

Botox® has been used therapeutically for more than 17 years to treat a variety of medical conditions. In 2002, it was approved by the FDA for treatment of moderate to severe frown lines for people aged 18 to 65. When the powerful muscles between the brows contract, they draw the brows together causing the skin to fold or furrow, and frown lines to develop. As skin becomes less elastic due to age, those folds result in deep lines or creases.

During a Botox® Cosmetic treatment, very low doses of Botox® are administered via tiny

injections directly into the muscles, causing the muscles to relax. It's a quick, in-office procedure. Visible results happen within days — offering less creases between your brows. Results have been shown to last up to 4 months.

Dr. Keeling and Dr. Barina are experienced healthcare professionals with the training and skill to administer Botox® in our Plainfield office. For information on Botox® or to schedule an appointment, please call 839-7300.

Unretouched clinical photos taken at maximum frown before Botox® and after Botox® treatment at day 14. Photo of actual Botox® Cosmetic user. Source: Allergan Inc., www.botoxcosmetic.com.

“Use the Smart Mirror, to view yourself in several different styles and shades of frames or contact lenses.”

Smart Mirror offers a New Point of View

Choosing a new pair of eyeglasses can be difficult without the aid of your old pair. But with the Smart Mirror®, by American Bright Signs (A.B.S.), you can try on several frames and then review your image on the Smart Mirror screen. The images may be changed in order to view additional frame

styles, and a single image can be enlarged and viewed



individually. The Smart Mirror makes it easier to decide which pairs are most flattering to you — for your face shape, and hair and skin coloring. The Smart Mirror also photographs you at different angles and lets you compare frame styles, lens selections and coatings, tints, designer sunglasses,

and even color contact lenses. By viewing yourself on the Smart Mirror screen, you are able to choose your favorites and to make your purchases with greater confidence.

The Indiana Eye Clinic certified opticians are also available to help you choose the correct frame for your shape of face, fashion and lifestyle needs. The next time you are selecting new frames in our optical shop, ask about using the Smart Mirror®.

Source: A.B.S.



Continued from Page 1 – Diabetes & Your Eyes

Proliferative retinopathy can be treated with scatter laser treatments to shrink abnormal blood vessels. Although there may be some loss of side vision, scatter laser treatments can save most of the rest of your sight. If bleeding is severe, you may need a **vitrectomy**, a surgical procedure to remove

blood from the center of the eye. In 2000, the American Academy of Ophthalmology initiated a program for internists, family physicians and pediatricians to encourage diabetic patients to have their eyes examined annually. AAO emphasized that finding problems early can help patients avoid catastrophic vision loss. As a result, today more

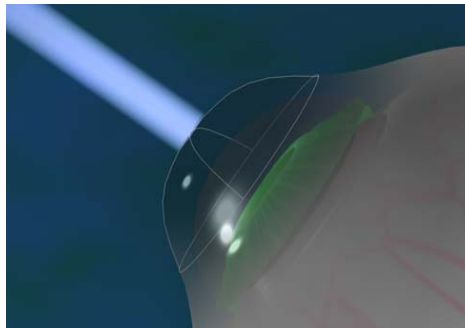
diabetics are having annual eye exams. It's important that people with diabetes control their blood sugar, blood pressure and blood cholesterol. **Detecting and treating** diabetic eye diseases early are the keys to preventing the progression of diabetic retinopathy and to preserving sight.

Source: National Eye Institute

Tired of Eyeglasses or Contacts?

Laser Vision Correction (LVC) is a term used to describe one of several surgical procedures that improves the refractive power of the eye. LVC can treat varying degrees of nearsightedness, farsightedness and astigmatism, and may eliminate dependence on eyeglasses. The laser produces ultraviolet light and emits high energy pulses which your surgeon uses to reshape

miniscule amounts of corneal tissue, improving the focusing ability of the eye. If you are tired



of glasses or contacts, **schedule a free consultation** to learn more about LVC and to find out if you are a candidate for the procedure. Refractive surgery does free many people from eyeglasses, but it is not right for everyone. At your pre-surgical examination, your eye surgeon (ophthalmologist) will make a recommendation regarding if the medical procedure is right for you.

The IOL Master for Precision and Efficiency

The Zeiss IOLMaster® was approved by the FDA in 2000. Combining performance with simplicity, the IOLMaster quickly and accurately measures biometric parameters required for IOL implantation without ever touching the cornea. With non-contact technology, there is no need for anesthesia, no potential for spread of contamination from the IOLMaster, and an easier experience for the patient. The IOL-

Master measures the distance from the corneal vertex to the retinal pigment epithelium and represents a fivefold increase in accuracy. With the patient comfortably seated at one station and just the push of a button, axial length, corneal curvature, white-to-white and anterior chamber depth — all the measurements needed for IOL power calculation — are quickly and precisely measured. The IOLMas-

ter allows fast, accurate measurements of eye length and surface curvature, necessary for cataract surgery, and

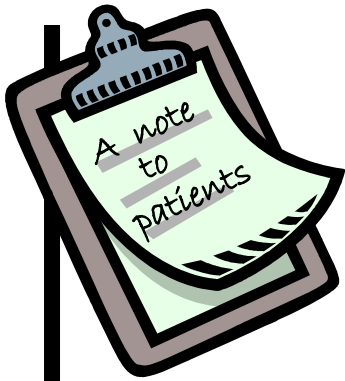
results are instantly available to the surgeon. Its accuracy is not affected by high ametropia, pupil size or state of accommodation.

The IOLMaster is useful for:

- Cataract Diagnosis
- Optical Biometry
- Post Refractive Corneal Calculations



Source: Zeiss



Patient forms should be updated annually. You may complete the two forms from the convenience of your home computer. Please visit our website to complete the forms, and then just “click” and submit them to us electronically. We can also mail forms to you or you can fill them out in our office prior to your appointment.

- FORMS:** 1. Patient Information Form
2. Medical History Form

Our website address is:
www.indianaeyeclinic.com

Our Mission Statement:



The doctors, nurses, and staff at the Indiana Eye Clinic respect each individual patient's importance.

Our commitment to you is to improve your life by taking care of one of your most important senses — your sight.

Meet Dr. Rader

Nicholas Rader, M.D. is co-founder and Medical Director of the Indiana Eye Clinic. He earned his medical degree from the Indiana University School of Medicine, after earning Phi Beta Kappa honors in pre-medical studies. Dr. Rader has served as Clinical Assistant Professor at the IU School of Medicine, and was a former director of the Indiana Academy of Ophthalmology and the Johnson County Medical Society. He is a **Board Certified Ophthalmic Surgeon** specializing in cataract and refractive surgery.



Dr. Rader has over 20 years experience in refractive surgery, dating back to 1983 when he was one of the first surgeons in Indiana to perform radial keratotomy (RK). Since then, Dr. Rader has had an ongoing commitment to the refractive patient, with experience in a wide variety of refractive procedures.

Continuing Education

Our doctors, nurses, technicians & staff participate in learning programs to keep up-to-date on all the latest in eye care. Our **ophthalmic technicians** invest time in classrooms, textbooks and on-line training in order to become a part of the IEC staff.



They can also earn credits in their areas of interest. Some of the topics include: Dry Eye Disease, Glaucoma, Eye Anatomy, Refractive Surgery, Ophthalmic Equipment, HIPAA Privacy Standards, Diagnostic Testing & Medical Eye Exams. We encourage our staff to learn and earn continuing education credits and certifications to better serve our patients.

Welcome New Employees

Lila Thompson, Front Desk (P) Suzie Shinkle, Surgery
Alicia Rozzi, Front Desk (P)



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