

EYE CARE

Views & News

Volume 2, Issue 3

The Indiana Eye Clinic Newsletter

Fall 09

IEC Celebrates 30th Year

The Indiana Eye Clinic has been providing exceptional eye care for **over 30 years**. The comprehensive facility offers complete ophthalmic services including cataract, laser, refractive, lid & minor eye surgeries and comprehensive eye exams. IEC offers all the **latest technology for testing and treatment** of health related vision problems such as glaucoma, diabetic eye disease and age-related macular degeneration.

Dr. Nicholas Rader & Dr. Charles McCormick III founded the Indiana Eye Clinic in **August 1979**. Their

first office was located in Johnson Memorial Hospital's Professional Building in Franklin. Years later, the doctors moved to an office on

it was the third ophthalmic surgery center to open in Indiana.

The physician staff includes Dr. William F. Keeling, Dr. Carissa Barina, Dr. David Box, Dr. Thomas M. Funk, Dr. Ronald Brinegar & Dr. Keely D. Allen. Their expertise and personal dedication to providing the very best eye care have improved the vision of thousands of patients throughout the years.



Madison Avenue, north of County Line Road. When the Emerson Avenue location in Greenwood was developed and built in 1986,

A look back!
 → Groundbreaking in 1986 on Emerson Ave.



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Welcome Dr. David F. Box

We are pleased to announce that **David F. Box, M.D.** has merged his practice with the Indiana Eye Clinic. He provides eye care and optical services at 6423 S. East Street, Indianapolis (near the NE corner of Banta & US 31).

Dr. Box is a board certified ophthalmic surgeon. He earned his medical degree from the Indiana University School of Medicine & undergraduate degrees in Chemistry & Biology. He completed his ophthalmology resi-

dency at the IU School of Medicine.

Dr. Box was an Air Force Physician with the Indiana Air National Guard, completed training in Aerospace Medicine at the



United States Air Force School of Aviation Medicine, and served as a Flight Surgeon with the Indiana Air National Guard and FAA. Dr. Box opened his private practice in 1987, and he is affiliated with St. Francis Hospital.

This office represents the third Indiana Eye Clinic location and will help us to better serve our south side patients.

Join us in welcoming Dr. David Box and staff to our eye care team!

Age-Related Macular Degeneration (AMD)

Macular Degeneration is a breakdown of the macula (small area in the retina at the back of the eye that allows you to see fine details clearly & perform activities such as reading and driving). When the macula does not function correctly, central vision can be affected by blurriness, distortion or dark areas.

Many older people develop macular degeneration as part of the aging process, but exact reasons why it develops are not known. AMD can cause different symptoms in different people and is hard to notice in its early stages.

The **Amsler Grid** is used to detect subtle changes of the macula.

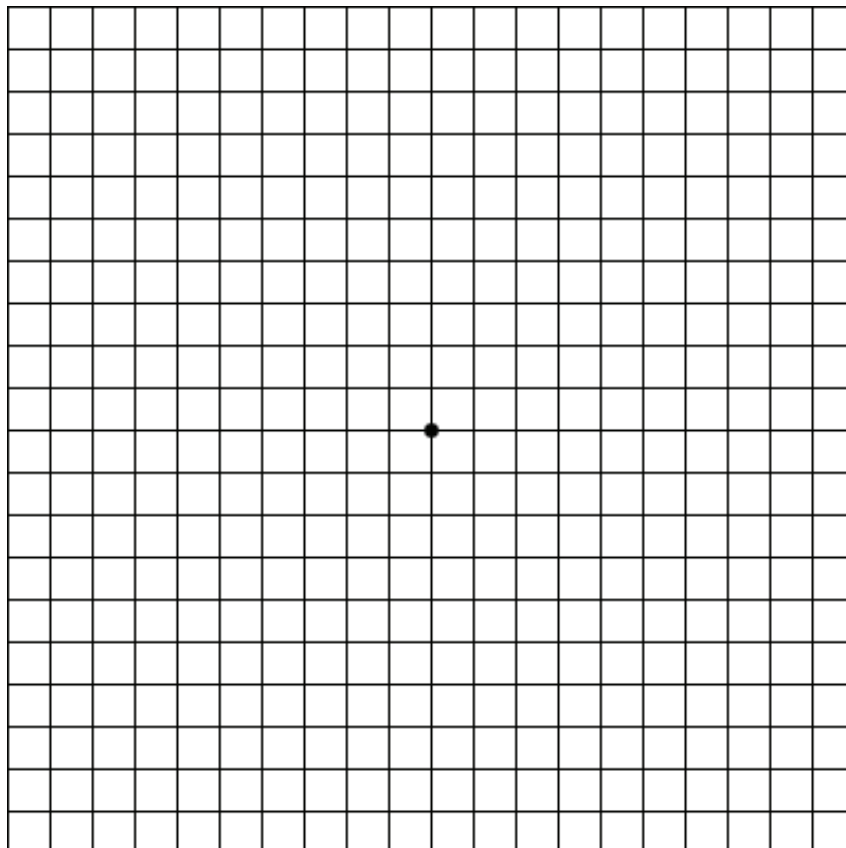
This test helps your eye doctor and you detect AMD's early stages. Check your vision daily using the Amsler Grid. It may help you find changes in your vision that you wouldn't notice otherwise.

If any area of the grid looks wavy, blurry, or dark, please contact your ophthalmologist.

CHECK YOUR CENTRAL VISION DAILY

1. Tape or place the grid somewhere that you will notice it daily. It is important to have the same lighting conditions from day to day.
2. If you wear eyeglasses, have them on while you test yourself. If you wear bifocals, make sure to look through the bifocal segment.
3. Test one eye at a time. View the grid at your normal reading distance.
4. Focus on the black dot in the center of the grid and try to observe the lines in your side vision. Look for areas where the lines appear wavy, distorted, blacked out, or missing. The first time you use the grid will be to establish a baseline for future testing. If you notice a significant change from the previous day, mark it on your grid and contact our office immediately.

The purpose of using the grid is to detect the earliest evidence of any deterioration of your central vision.



Video Games and Your Eyes

Staring at a video screen (or computer screen) for hours can put the eyes under a great deal of strain — which can lead to headaches, fatigue, blurry



vision and may contribute to nearsightedness. In moderation, video games can help to sharpen vision skills used in school, at work, or in sports. These include eye movement skills, eye-hand coordination, visual reaction time, visualization and side vision awareness.

While some sources recommend that players be at least **5 feet away** from the television, other sources state that sitting too close

to the TV may cause strain but not vision problems. Video game players (and computer users) should take **five minute rest breaks after every 30 minutes** of play. During the breaks, players should look at things at least 20 feet away.

If your child is experiencing eye strain, consult your eye doctor for specific recommendations.

Source: National Eye Institute

Corneal Abrasion or Corneal Foreign Body

A **corneal abrasion** is a painful scrape or scratch on the surface of the clear part of the eye. The clear tissue of the eye is known as the cornea. An abrasion may occur when something hits your eye — or if something gets in your eye and the material scratches the cornea. A **foreign body**, such as a piece of sand or wood, could lodge under the upper lid and cause scratches of the corneal surface every time that you blink.

If you have suffered an injury to your cornea, you can expect to be rather uncomfortable and sensitive to light for 24 to 48 hours. Your cornea is extremely sensitive.

If a pressure patch is used in your treatment plan, it will be placed over your eye to serve two purposes:

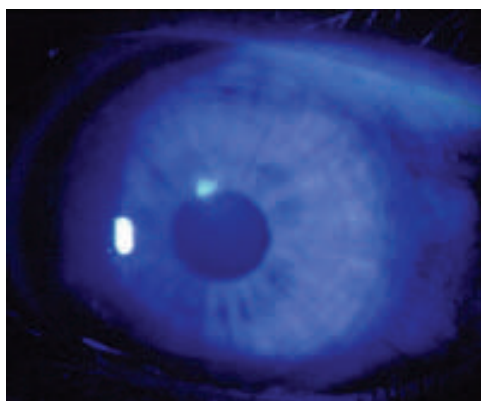
1. It will decrease your discomfort by preventing the eyelid

from moving up and down over the injured cornea.

2. It will speed the healing process.

In order to accomplish these goals, the patch must remain tight. Should it become loose, replace it promptly or add additional tape.

It is essential that your eyelid be closed and unable to move beneath the pad or patch.



Corneal abrasion appears as a yellow-green area when stained with fluorescein and viewed with a blue light.

Infections of the cornea are rare but can occur following a corneal abrasion or corneal foreign body.

Therefore, your eye doctor will recommend that you use an antibiotic at least four times daily, continued for at least one week

You may have had your eye dilated in our office or may have been given instructions to use medication that will dilate the eye. The dilation will make the eye more comfortable during the healing period. Do not be concerned about your enlarged pupil or decreased vision. It is a temporary effect of the medication, and you can expect your eye to return to normal within several days of discontinuing its use.

After treatment for the corneal abrasion or foreign body, your eye should show improvement within 24 to 48 hours.

If your eye has not shown significant improvement, or seems to be getting worse, it is very important that you contact us for a follow-up appointment.

Latisse® for Longer, Thicker Eyelashes

Latisse® (bimatoprost ophthalmic solution) 0.03% is the first & only prescription treatment approved by the FDA for inadequate, or not having enough lashes, growing them longer, fuller & darker. Latisse® makes lash growth possible because of its active ingredient: bimatoprost.



Research suggests that the growth of eyelashes occurs by increasing the percent of hairs in & the duration of the anagen (or growth) phase. Lashes can

grow longer, thicker & darker because bimatoprost can prolong this growth phase. Latisse® is a lash treatment that you apply once-a-day topically to the base of your upper eyelashes. Patients in clinical trials saw results in as few as 8 weeks with full results after 12-16 weeks. Latisse® was developed by Allergan®, a company with over 60 years of pharmaceutical experience.

For more information, please ask our staff, or visit www.latisse.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.

The EDNA Fund

Keith Clark, Golf Pro, Joe Navarro, volunteer, and Charles McCormick III, M.D. hosted the inaugural **Teens & Greens Pro Am Golf Classic** held at Hick-

tion and awareness in Johnson County high schools, resources for drug testing and scholarships for Johnson County law enforcement careers.



ory Stick Golf Club in Bargersville. Foursomes were paired with local golf professionals. The fundraiser benefited the EDNA Fund (Education in Drugs, Narcotics & Alcohol) to provide drug and alcohol educa-

The Teens & Greens golf classic winning team included Gary Taylor, DDS and Nicholas Rader, MD.

HAPPY ANNIVERSARY!

- Julie Jones, 5 years
- Kim Beauchamp, 5 years

Welcome New Employees

Jan Hines, Data Coordinator (Indpls)
Vicky Davis, Patient Coordinator (Indpls)
Rosie Young, Patient Coordinator (Indpls)
April Barber, COA (Indpls)

Lorilee Krohne, Ophthalmic Tech. (Indpls)
Karen Spencer, COA (Indpls)
Sue Burton, COA (Plnfd)



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Our focus is improving your vision.

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