

EYE CARE

Views & News

Volume 2, Issue 4

The Indiana Eye Clinic Newsletter

Winter 09

State-of-the-Art Eye Care

The Indiana Eye Clinic is the southside's premier outpatient eye surgery center offering:

- the latest technology in diabetic eye disease
- lifestyle enhancing cataract surgery
- state-of-the-art glaucoma care
- laser & refractive vision correction
- comprehensive eye exams

**Congratulations
Re` Nash
Surgical Consultant
10 Yr Anniversary!**

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THE INDIANA EYE CLINIC

Greenwood • Plainfield • Indianapolis

Vitamin & Mineral Supplements for Eyes

Scientists have long wondered whether taking vitamin and mineral supplements could help prevent, treat, or cure certain eye conditions. Some studies showed that supplements might be able to prevent cataracts and **age-related macular degeneration (AMD)** or keep the conditions from getting worse, although more complete studies were needed to answer some important questions:

- Which supplements are helpful for which conditions?
- Which people will benefit from taking the supplements?
- What doses of supplements would benefit people?
- What other effects might these supplements have on the body?

What is AREDS?:

The Age-Related Eye

Disease Study (AREDS) is sponsored by the National Eye Institute, part of the federal government's National Institutes of Health, and was conducted at 11 major medical center research facilities. The study looked at these

questions & gave us some, but not all, of the answers. In the study scientists looked at the effects of zinc and antioxidants and a combination of both on people with cataracts and varying stages and types of AMD. They also studied people without evidence of cataracts or AMD to find if zinc and/or antioxidants prevent the development of these conditions.

What were the results?

The study showed the following things:

- High doses of antioxidants and zinc

can reduce the risk of vision loss from advanced AMD by about 19% in high-risk patients (patients with intermediate AMD or advanced AMD in only one eye).

- Supplements do not appear to provide significant benefits to people with mild AMD.
- These nutritional supplements do not prevent the development of AMD, nor do they restore vision already lost to AMD.
- Nutritional supplements do not seem to prevent cataracts or to keep them from getting worse over time.

While most people in the study experienced no serious side effects from the doses of zinc and antioxidants used, a few taking zinc alone had urinary tract problems that required hospitalization. Some patients taking large doses of antioxidants experienced some yellowing of the skin. Smokers and ex-smokers probably should not take beta-carotene as studies have shown an association between beta-carotene use and



lung cancer. Long-term effects of taking large doses of supplements are still unknown.

Who should take nutritional supplements?

- If you have intermediate or advanced AMD, talk to your physician about taking nutritional supplements. He or she can help you determine if the supplements may be beneficial and safe for you and what types and doses to take.

(Continued on Page 3, see Vitamin.)



Advance Medical Directives Policy

Advance Directive is a term that refers to your spoken and written instructions about your future medical care and treatment. There are many types of advance directives. We have listed a few directives that may pertain to your surgical experience at the Indiana Eye Clinic:

- Talking directly to your physician and family
- Living Will Declaration or Life Pro-longing Procedures Declaration

- Out of Hospital Do Not Resuscitate Declaration & Order
- Power of Attorney
- Health Care Representative

Our Policy:

The Ambulatory Surgery Center honors all advance directives except for those concerning life prolonging procedures. This means that our physicians and staff will initiate CPR (Cardio-Pulmonary Resuscitation) when necessary, and you will be transferred to an acute care facility

for further treatment.

If you have a Life Prolonging Procedures declaration, **Federal guidelines mandate that the Ambulatory Surgery Center obtains a copy prior to your surgery.**

For more information, visit the website: www.in.gov/isdh. If requested, a copy of the Indiana State Department of Health **Advance Directives and Your Right to Decide** will be provided.

IEC Optical Adds Exciting Ed Hardy® Line

Ed Hardy® is the newest, hottest trend in fashion, and Ed Hardy sunglasses are definitely among the coolest shades available. They mix distinctive style with colorful, edgy, tattoo-inspired designs.

Don Ed Hardy is an American artist born and raised in southern California. He became known for incorporating Japanese tattoo aesthetic and technique into his American style designs. The brand “**Ed Hardy**” was originally created by Christian Audigier, who was a famous rock and roll style fashion designer often regarded as the “king of jeans”. He was granted exclusive rights to Don Ed Hardy’s designs and in 2004 they combined the tattoo art with fashion vintage punk and street culture to launch the bold “Ed Hardy” brand.

The Ed Hardy collection has expanded across the world to include shoes, clothing, caps, bags, belts, watches, accessories and bracelets. His clothing line often uses embroidery, washing and splash-ink skill to build a

“finished” look. Shirts feature bold designs with a strong influence of Oriental inspiration.

Madonna, Britney Spears, Dennis Rodman, and Kanye West, among others, are frequently seen wearing Ed Hardy® designs. The celebrity following includes more than 5,000 athletes, celebrities, and musicians.



The newest line of Ed Hardy sunglasses, frames & readers are sure to be in high demand. They are available in unisex and women's models. Known for shiny rhinestones, vivid colors and amazing images, Ed Hardy has created a one-of-a-kind look that is just getting started!

Stop by our optical shop to check out the new Ed Hardy collection.

Source: Wikipedia



GIFT CERTIFICATES ARE AVAILABLE FOR SUNGLASSES, EYEGLASSES & ACCESSORIES IN OUR OPTICAL SHOP! Perfect for Holidays, Birthdays, or any occasion. Ask our associates for details!

What is Ptosis?

Ptosis (pronounced toe-sis) is the drooping of the upper eyelid. The lid may droop slightly or may cover the pupil entirely. In some cases, ptosis can restrict and even block normal vision.



Congenital ptosis (ptosis that is present at birth) requires treatment for normal visual development. Uncorrected congenital ptosis can cause **amblyopia (lazy eye)**. If left untreated, amblyopia can lead to permanently poor vision.

Except in mild cases, the treatment for childhood ptosis is usually

surgery to tighten the levator muscle that lifts the eyelid. In severe ptosis, when the levator muscle is extremely weak, the lid can be attached or suspended from under the eyebrow so the forehead muscles do the lifting. Children with ptosis, whether they have had surgery or not, should be examined annually by an ophthalmologist for amblyopia, refractive disorders and associated conditions.

Ptosis in adults is commonly caused by separation of the levator muscle from the eyelid as a result of aging, cataract or other eye surgery, injury, or an eye tumor. Adult ptosis may also occur as a complication of other diseases involving the levator muscle or its nerve supply, such as diabetes. If treatment is necessary, it is usually

surgical. Sometimes a small tuck in the levator muscle and eyelid can raise the lid sufficiently. Severe ptosis requires re-attachment and strengthening of the levator muscle.

The risks of ptosis surgery include infection, bleeding and reduced vision, but these complications occur very infrequently. Although improvement of the lid height is usually achieved, the eyelids may not appear perfectly symmetrical. In rare cases, full eyelid movement does not return.



Two young patients wear eye patches & eyeglasses to treat amblyopia.

Sources: Wikipedia, American Academy of Ophthalmology

Detached or Torn Retina

A retinal detachment is a **serious problem** that almost always causes blindness unless treated. The appearance of flashing lights, floating objects, or a gray curtain moving across the field of vision are all indications of retinal detachment. If any of these occur, see your ophthalmologist immediately.

As we age the vitreous (clear gel-like substance that fills the inside of the eye) tends to shrink and takes on a more watery consistency. Sometimes as the vitreous shrinks, it exerts enough force on the retina to make it tear.

Retinal tears increase the chance of developing a retinal detachment. Fluid vitreous passing through the tear lifts the retina off the back of the eye like wallpaper peeling off a wall. Laser surgery or cryotherapy

(freezing) are often used to seal tears to prevent detachment. If the retina is detached, it must be reattached before sealing the retinal tear.

There are **three ways to repair retinal detachments**.

- Pneumatic retinopathy involves injecting a special gas bubble into the eye that pushes on the retina to seal the tear.
- The scleral buckle procedure requires the fluid to be drained from under the retina before a flexible piece of silicone is sewn on the outer eye wall to give support to the tear while it heals.
- Vitrectomy surgery removes the vitreous gel from the eye, replacing it with a gas bubble which is slowly replaced by the body's fluids.

Vitamin continued from pg.1

Doses used in the study were:

- **Vitamin C 500 mg**
- **Vitamin E 400 IU**
- **Beta-Carotene 15 mg** (approx. 25,000 IU)
- **Zinc 80 mg, as zinc oxide**
- **Copper 2 mg** as cupric oxide (copper should be taken with zinc because high dose zinc is associated with copper deficiency).

It's important to talk with your primary care physician before taking large doses of supplements and to follow dosage recommendations carefully. Other supplements may be available and promoted as beneficial for eye health, but their effectiveness has not been proven by scientific studies.

Your eye MD is the best source of information on macular degeneration as well as eye health and safety. Source: www.aaopt.org



"I think you'll have a lot of faith in Dr. Walker, Bill..... he's got a real eye for cataract surgery!"

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. Box

Dr. David F. Box is a board certified ophthalmic surgeon. He earned his medical degree from the Indiana University School of Medicine and undergraduate degrees in Chemistry and Biology. He completed his ophthalmology residency 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. He opened his private practice in 1987



and is affiliated with St. Francis Hospital.

Dr. Box provides comprehensive eye care and optical services at 6423 S. East Street, Indianapolis (near the NE corner of Banta and US 31). This office represents the third Indiana Eye Clinic location and will help us to better serve our south side patients.

We Welcome Your Comments!

If you have suggestions for us, please send an email to: info@indianaeyeclinic.com. Or mail a note or drop it off at our front desk. Thank you for choosing the Indiana Eye Clinic for your eye care needs.

Financing Options

IEC patients who need help covering surgical expenses that exceed health insurance coverage may consider "lifestyle lending" through Forum Credit Union. Options include a six month interest free payment program, as well as other payment plans to fit your needs.

Call or visit a branch or apply on-line at www.forumcu.com. You'll need to supply the cost of your procedure and IEC's participation code. Approval usually takes about 15 minutes. Forum Credit Union is a full service financial institution, originally organized in 1941.

Welcome New Employees

Lori O'Brien, Optician (Indpls)
Brandon Money, Intern ASC (Grwd)
Maggie Laux, Patient Coordinator (Grwd)

Ashley Frievoes, Patient Coord. (Grwd)
Judy Gibson, Bookkeeper (Grwd)
Charity Robinson, Ophthalmic Asst. (Grwd)



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Our focus is improving your vision.

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