

EYE CARE

Views & News

Volume 3, Issue 1

The Indiana Eye Clinic Newsletter

Spring 2010

Did you know ...

Exposure to ultra-violet rays can burn delicate eye tissue and raise your risk of developing cataracts & cancers of the eye.



Avoid UV dangers and protect your eyes by choosing the right sunglasses. Our certified opticians are available to help you make a suitable (and stylish) selection!

- Coming May 4th -
Our Spring
Designer Frames
Trunk Show!



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THE INDIANA EYE CLINIC

Greenwood • Plainfield • Indianapolis

What is Low Vision?

Low Vision refers to individuals who have **less than normal vision** even with an accurate eyeglass prescription, contact lenses, medication, or surgery. It can result from congenital factors or eye conditions such as **cataracts, glaucoma, diabetic retinopathy and age-related macular degeneration**. Patients with non-correctable reduced vision are considered to be visually impaired. Millions of Americans lose some of their vision every year, and irreversible vision loss is most common among people over age 65.



Age-related Macular Degeneration

A scene as it might be viewed by person with age-related macular degeneration.

Treatment for Low Vision

We can provide a low vision examination and recommend low vision aids. We can also direct you to local vision rehabilitation services and other resources available for those with low vision. Although the effects of low vision cannot be reversed, there are many visual devices available to help you make the most of your impaired vision. The aids offer an **improved visual experience** for everyday tasks such as reading, writing and watching television. Rehabilitation programs, aids and technology may help you adapt to vision loss and to continue enjoying life.

Regular eye exams are recommended as part of routine health care. However, if you think your vision has recently changed, see your eye care professional as soon as possible. Usually, **the earlier your problem is diagnosed, the better the chance of keeping your remaining vision.**

For more information, please ask your eye doctor or a member of our eye care team.

(source: National Eye Institute)

Products include:

Handheld Magnifiers



Stand Magnifiers

Handheld Video Magnifiers



Reading Glasses



Household Items

Illuminated Magnifiers

Computer Vision Aids

Our Optical Shop

Our optical shop has a wide selection of eyeglasses, sunglasses, and our **exclusive collections** of designer eyewear, multiple specialty lenses and contact lenses. Whether you need sports lenses, computer glasses, readers, contacts, or anti-reflective lenses, our certified opticians are happy to help you select frames and lenses to fit your specific needs. Our goal is to maximize your potential vision outcome.

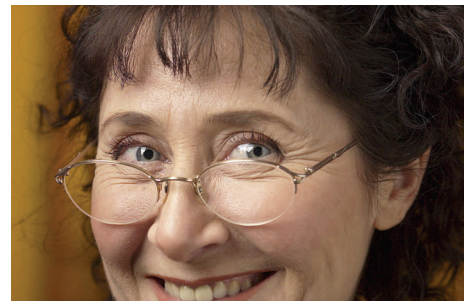
We add new brands to offer you more selections and the latest fashion trends. Some of our current brands include:

- Coach
- Dior
- Ed Hardy
- Fendi
- Flexon
- Fossil
- Guess
- Kate Spade
- Maui Jim
- Nine West
- Polo
- Prada
- Revolution Magnetic Clip-ons
- Salvatore Ferragamo
- Sean John
- Versace
- & many more

It is our policy to greet each patient in a warm, friendly & timely manner, to always treat each patient as an individual, to uncover each patient's

specific needs, and to deliver the very best eye wear.

We are confident in the quality of our frames and lenses. Please ask our optical staff about specific warranties, benefits, specials, or optical shop hours.



Special Testing: Specular Microscopy

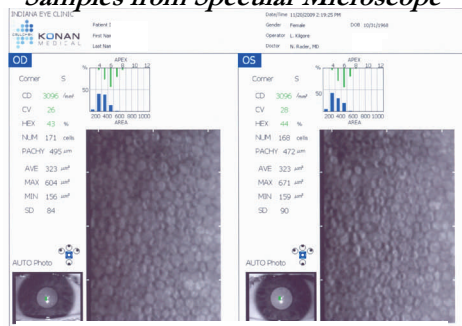
The specular microscope is a testing device available to patients at the Indiana Eye Clinic. It is a reflected-light microscope that works by projecting light onto the cornea and then capturing the image that is reflected from the optical interface between the corneal endothelium and the aqueous humor. The reflected image is analyzed and displayed as an output called a specular photomicrograph.

Specular microscopy is a non-invasive photographic technique. The procedure is accomplished by using computer interfacing for the image capture process and software to analyze the image.

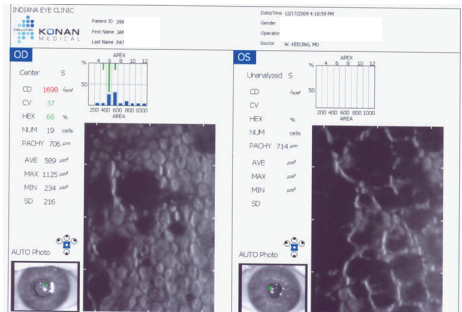
Many eye diseases affect the structure and function of the corneal endothelium. The purpose of specular microscopy is to determine characteristics of the posterior surface of the cornea.

Specular microscopes analyze the size, shape and population of the endothelial cells.

Samples from Specular Microscope



Normal cells



Abnormal cells

Utilization of this analysis is the primary clinical application of specular microscopy, and the analysis provides information on the endothelium that is difficult or impossible to derive from a clinical examination alone.

The following list suggests some of many conditions where specular microscopy may be used to assess, identify, or to follow up after treatment:

- endothelial cell function disorders
- endothelial corneal dystrophy
- iris and ciliary body disorders
- iridocyclitis
- cataract
- glaucoma
- Fuchs's endothelial dystrophy
- disorders of the lens
- pre-operative or post-operative management for ocular surgery
- contact lens-induced disorders

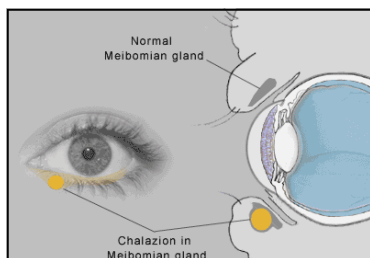
As with all diagnostic tests, specular microscopy may be considered reasonable and medically necessary by your eye doctor based upon abnormal patient symptoms and/or clinical signs of illness or injury.

If you are unclear about why a specific test is being performed, please ask for a thorough discussion with your eye doctor.

Chalazion

The term “chalazion” (pronounced kuh-ley-zee-uhn) comes from a Greek word meaning a small lump. It refers to a swelling in the eyelid **caused by inflammation of one of the small oil producing glands** (meibomian glands) located in the upper and lower eyelids.

A chalazion is sometimes confused with a sty, which also appears as a lump in the eyelid.



- A **sty** is an infection of a lash follicle that forms a red, sore lump

near the edge of the eyelid.

- A **chalazion** is an inflammatory reaction to trapped oil secretions. It is not caused by bacteria, although the site can become infected by bacteria as well.

Chalazions tend to occur farther from the edge of the eyelid than styes, and they tend to “point” toward the inside of the eyelid. Sometimes a chalazion can cause the entire eyelid to swell suddenly, but usually there is a definite tender point. When a chalazion is small and without symptoms, it may disappear on its own. If the chalazion is large, it may cause blurred vision by distorting the shape of the eye.

Chalazions are treated with any

or a combination of the following methods:

1. **Warm Compresses** — Warm compresses can be applied in a variety of ways. The simplest way is to hold a clean washcloth, soaked in hot water, against the closed lid. Do this for 5 to 10 minutes, three or four times a day. Repeatedly soak the washcloth in hot water to maintain adequate heat. The majority of chalazions will disappear within a week.
2. **Steroid Injections** — Injections can be useful after soaks have been tried and a small lump remains.

For more detailed information about chalazions, please ask your eye doctor or one of our team members.

Astigmatism Correcting IOLs

Astigmatism is a common type of refractive error. It is a condition in which the eye does not focus light evenly onto the retina, the light-sensitive tissue at the back of the eye. Astigmatism is detected during a complete eye exam.

The cornea of a normal eye is curved like a basketball, with the same degree of roundness in all areas. **An eye with astigmatism has a cornea that is curved more like a football**, with some areas that are steeper or more rounded than others. This can cause images to appear blurry and stretched out.

There are surgical options

your ophthalmologist may recommend to treat an astigmatism — such as laser vision correction, astigmatic keratotomy (AK) or limbal relaxing incisions (LRI). However if you are considering cataract surgery, you have an **additional option**. Among the many choices of implantable intraocular lenses (IOLs) are lenses specifically designed to treat the cataract and correct the astigmatism at the same time.

Traditional replacement lenses used during cataract surgery cannot correct astigmatism. After cataract surgery, eyeglasses or additional surgery are

needed to reduce blurry or distorted vision caused by the astigmatism. However toric (IOLs) are designed to correct astigmatism and are considered to be “premium” lenses like multi-focal or accommodating lenses.



The unique design of the toric IOL makes it possible to reduce or eliminate corneal astigmatism and may significantly improve uncorrected distance vision.

If your eye doctor has suggested that you have cataract surgery, and you have astigmatism, the toric IOL may be the best option for you to maximize your visual outcome after surgery. Your ophthalmologist will discuss all options with you and will make recommendations based on your needs.



"We thank you"

We value the relationships we have built with patients we get to see year after year and **we thank you for choosing the Indiana Eye Clinic as your eye care provider.**

Employees celebrate Colts AFC Championship!



Dr. McCormick enjoys St. Patrick's Day.



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. Barina

Carissa M. Barina, M.D. joined the Indiana Eye Clinic in 2006. She graduated from Purdue University and received her medical degree from the Indiana University School of Medicine.

Dr. Barina is a Board Certified Ophthalmic Surgeon and a member of the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgeons, American Medical Association, American Medical Women's Association, Indiana State Medical Association and Indiana Academy of Ophthalmology. She is a volunteer faculty member and clinical lecturer at IU's Department of Ophthalmology.



Dr. Barina specializes in cataract care and surgery, diabetic eye disease, glaucoma treatment, laser vision correction, macular degeneration & comprehensive eye exams. She is available to see patients in our Plainfield clinic and at our remote office in Brazil, IN.

Nip Tuck

The Indiana Eye Clinic experienced some maintenance issues throughout our building. For those patients who witnessed the extensive leak in our sprinkler system, we are sorry for any inconvenience it may have caused.

Unfortunately, the water did a lot of damage and it took longer than we expected to make the final repairs.

We're now happy to report that the sprinkler system and pipes have been repaired, and new drywall is in place with fresh paint adorning our walls.



Please excuse our mess while we update our waiting rooms!

WET PAINT!

Welcome New Employees

Jane Ferris, Team Leader (Plnfd)
Steve McGuire, Director (Grnwd)

Happy Anniversary

Tish Kilgore — 10 yrs
Natalie Sargent — 15 yrs



THE INDIANA EYE CLINIC
www.indianaeyeclinic.com



Our focus is improving your vision.

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