

# EYE CARE

## Views & News

Volume 2, Issue 1

The Indiana Eye Clinic Newsletter

Spring 09

### THE DOCTOR IS AVAILABLE 24 / 7

If you experience an eye emergency when our office is closed, please call us and our medical service will relay your information to the **Doctor on Call**.

Our **Doctor on Call** will then call you back to offer assistance.

**Congratulations Amy Ashbrook Patient Coordinator 5 Yr Anniversary**



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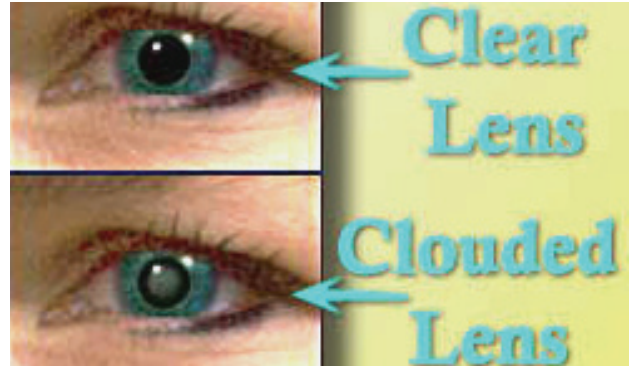


THE INDIANA EYE CLINIC  
Greenwood, IN • Plainfield, IN

### What is a Cataract?

Cataracts commonly occur as part of the natural aging process. A cataract is a **clouding or discoloration** of the normally transparent lens of the eye that blocks the passage of light to the retina and causes gradual loss of sight. It can develop in one or both eyes. In addition to aging, other possible causes include excessive sunlight exposure, smoking, diabetes or other health conditions & injury.

**Cataract symptoms** include cloudy, blurry or filmy vision, halos or glare around lights, decrease in color vision, impaired night vision, using brighter light for reading, and frequent changes of eyeglass prescriptions. When the cataract interferes with daily activities like driving, watching TV or reading,



surgery is recommended. The only **effective treatment for cataracts is surgery**. Removing the cloudy lens and putting a new lens in its place allows improved vision after surgery.

Cataract surgery is performed on an outpatient basis at our **Ambulatory Surgery Center (ASC)** in Greenwood. It typically requires only a few hours of your time and most patients return to normal activities within a

few days. Cataract surgery is one of the most successful procedures performed today.

Medicare covers the surgery facility fee and doctor's fee. Patients are responsible for a deductible and co-pay. Supplemental insurance may offer other benefits. Our insurance coordinators can give you information regarding your coverage. For more info, please ask for a copy of our **Cataract Care brochure**.

Source: National Eye Institute

### Two Employees Celebrate 10th Year



**Becky Hedrick** (left) and **Nichole Quintana** (photo on right) each celebrated their 10th year with Indiana Eye Clinic. Becky is an **Insurance Coordinator**. She works with patients to help determine their insurance coverage and what, if any, their personal financial responsibility will be.

Nichole is a **Patient Coordinator**. She helps patients check-in for appointments and makes sure insurance information and patient forms are up-to-date.

**Thank you, Becky and Nichole**, for being dedicated members of our team.



## Recovery Time After Cataract Surgery

Cataract surgery is usually performed under local anesthesia as an out-patient procedure and **patients go home the same day.**

After surgery, a patch will be placed over your eye and you will rest in our post-op area while your medical team watches for any problems. With the doctor's authorization, you are then released to go home (you will need someone to drive you).

It's recommended that you relax quietly when you return home from surgery. Do not lift heavy objects or bend from the waist to pick up things on the floor, but you can walk, climb stairs, and do light chores. Your protective eye shield should be worn when napping and at bedtime for three nights. No rubbing of the eye is allowed; the no-stitch wound heals best if you refrain from rubbing.

Most patients return quickly to everyday activities, but your vision may be blurry. The healing eye needs time to adjust so that it can focus & balance with the other eye. It will not harm your vision to drive the following day. Your doctor may comment on when he thinks you may resume driving.

After surgery, you may notice that colors are **bright and vivid.** The intraocular lens (IOL) allows much more light to strike the retina. Quality sunglasses in high sun environments will further protect your retina. Distance detail is usually much better and night vision is free of halos and starbursts.

The importance of your post-op exams is to check your progress. In most cases, **healing is complete**



**in about 8 weeks.** For your **best visual results** after your eye is healed, you may need new eyeglasses or contact lenses.

There are many benefits from cataract surgery including:

- brighter vision
- more colorful vision
- more distinct edges or sharper vision
- improved night vision

Source:  
American Academy of Ophthalmology

## Dry Eye – A Closer Look

Are your eyes dry, burning, or feel scratchy? Dry Eye can occur when tear glands don't produce the right **quantity** and/or **quality** of tears to moisten and protect your eyes. It's typically caused by hormonal changes, aging, medical conditions or medications and can be aggravated by allergies, heat, air conditioning, smoke, wind, or long hours at a computer. Many Americans, including men, have dry eye and don't know it.

Your eyes need a constant layer of tears to keep them lubricated and clean. With **Chronic Dry**

**Eye,** underlying changes to the health of the tear-producing glands and their inability to produce the right amount of the right tears, results in a tear film that doesn't provide enough nourishment or protection to the eyes' surface. Over a period of time, this can weaken your vision and increase the risks of eye infections. Don't suffer



needlessly from dry eye. Your eye doctor can develop a treatment plan based on your needs.

1. **Over the Counter (OTC) eye drops** temporarily lubricate the eye to relieve symptoms. Talk to your eye doctor about which OTC eye drops will work best for you.
2. **Punctual plugs** are silicone plugs that can be inserted by your eye doctor to close the ducts that drain tears out of the eye, allowing the tears to stay on the eye surface longer.
3. **Prescription therapies & other treatments** are also available. Simply ask your eye doctor about the options best for you.

Source: Allergan Inc.

## Your Eye Care Team

Our staff includes ophthalmologists, optometrists and opticians. Each is specifically trained to manage different phases of your eye care needs.

**Ophthalmologists** — provide all services within the eye care continuum. They are **medical doctors** who specialize in all aspects of eye health. Ophthalmologists provide primary eye care services including eye exams, prescribe medications, and perform surgical procedures, such as laser surgery and lens replacement. Ophthalmologists use

surgical & noninvasive techniques, and diagnose and manage eye diseases, conditions and disorders, as well as treat and repair eye injuries.

**Optometrists** — provide routine vision care. They examine eyes to detect vision problems (nearsightedness, farsightedness & astigmatism) and diagnose eye diseases. They also test depth, color perception, and the ability to focus and coordinate the eyes' functions. Optometrists prescribe eyeglasses, contact lenses, and may administer

and prescribe some medications to help diagnose and treat certain eye problems.

**Opticians** — measure patients' eyes, recommend frames and lenses based on the patients' needs, and can reshape eyeglass frames to fit properly. They fit eyeglasses & contact lenses following prescriptions written by ophthalmologists and optometrists.

Source: National Eye Institute



## Children and Eye Care

Most children have healthy, normal eyes, but a few are born with eye diseases or disorders. Some of these problems may not be obvious. It is estimated that **1 out of 20** preschoolers and **1 out of 4** school-aged children have an eye problem requiring treatment or vision correction.

Since children do not know how well they should see, they usually will not complain about poor vision. Eye disorders that remain undiscovered can harm a child's ability to learn and adjust at school. In most cases,

problems can be identified and treated during the first few days of life. Without intervention, an untreated eye problem may cause vision loss or blindness.



Good vision is essential for proper physical development and learning in growing

children. If you notice that your child's

eyes or actions look suspicious, or if eye diseases, including thick eyeglasses worn at an early age, run in your family, then your child should be examined **early** by a doctor.

Pediatricians, family physicians and eye doctors aid parents and caregivers by helping to recognize vision disorders. It's recommended that every child, even those without noticeable eye problems, should have an **eye examination before his or her fifth birthday**.

Sources: Prevent Blindness America, American Academy of Ophthalmology (AAO)



## ECP – Ammunition for Treatment of Glaucoma

Glaucoma is a disease of the **optic nerve**, the part of the eye that carries images we see to the brain. If the eye's drainage area is blocked, fluid cannot flow out and eye pressure increases. Pressure against the optic nerve can cause damage and vision loss. Glaucoma can usually be controlled with medicated eye drops used

daily to lower pressure. In our Spring 08 newsletter we talked about SLT, a laser treatment to lower eye pressure. Another treatment, **Endoscopic cyclophotocoagulation (ECP)**, is becoming a primary surgery for glaucoma and has been used in conjunction with cataract extraction.

ECP incorporates a laser

that emits a pulsed continuous-wave energy, a light source, a helium neon laser aiming beam & micro-video camera imaging. All four elements are transmitted via fiber optics to a probe that is inserted intraocularly. The laser energy is applied until shrinkage and whitening occur to the ciliary processes. ECP can be use-

ful in cases where multiple medications and their expenses, or other surgery, is undesirable.

Damage from glaucoma cannot be reversed. Innovative treatments such as ECP are exciting technology in lowering eye pressure and preventing vision loss or blindness.

Source: American Academy of Ophthalmology

## Thank you!

We value the relationships we have with patients we get to see year after year, and we **thank you for choosing the Indiana Eye Clinic.**

### CELEBRITY EYE QUIZ:

**A. Stevie Wonder became blind due to:**

1. Juvenile Glaucoma
2. Congenital Cataracts
3. Retinopathy Prematurity

**B. Ray Charles became blind due to:**

1. Juvenile Glaucoma
2. Auto Accident as a Child
3. Retinopathy Prematurity

**C. Sandy Duncan lost use of one eye from:**

1. Retinal Detachment
2. Malignant Melanoma of the Eye
3. Accidental Trauma



Quiz Answers: A-3; B-1; C-2

### Three Year Accreditation

The Indiana Eye Clinic's Ambulatory Surgery Center (ASC) has been awarded an accreditation from the **Accreditation Association for Ambulatory Health Care, Inc.** (AAAHC), recognizing commitment to excellence and high quality health care. This is our nine consecutive year for receiving this accreditation.

AAAHC is a private, not for profit organization that provides voluntary accreditation to medical establishments. The

accreditation process involves a comprehensive assessment of compliance to concise standards. An on-site evaluation is performed by experts who possess extensive experience in medical practices to measure the quality of services and performance against nationally recognized standards.

The certificate reinforces our commitment to perform up to AAAHC high standards.

For info on AAAHC, please visit [www.aaahc.org](http://www.aaahc.org).

### Welcome New Employee

Chrissie Fowler, Front Desk (G)



THE INDIANA EYE CLINIC  
[www.indianaeyeclinic.com](http://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. Keeling

**William F. Keeling, Ph.D., M.D.**, joined our staff in 1997. He is a **Board Certified Ophthalmologist** and **co-owner of the Indiana Eye Clinic.** Dr. Keeling was instrumental in opening our office in Hendricks County. He shares his time at

both our Greenwood and Plainfield clinics, and also provides patient care in our community office at Putnam County Hospital in Greencastle. Dr. Keeling is a graduate of Wabash College and earned

his medical degree with honors at Indiana University, where he also completed his Ph.D. in Medical Physiology & Biophysics. Dr. Keeling is dedicated to medical and surgical care of the eyes, including comprehensive medical eye exams, cataract surgery, lens implantation, refractive surgery, macular degeneration, diabetic eye disease and glaucoma treatment.



*Our focus is improving your vision.*

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