



# EYE CARE



## Views & News

Volume 4, Issue 1

The Indiana Eye Clinic Newsletter

Spring 2011

### Cataract Patients: Options in Replacement IOLs

Cataract surgery involves the removal of the eye's focusing lens and inserting a replacement lens so that you see clearly after surgery. With today's technology, there are many options available for cataract patients and choosing the most appropriate lens can be confusing. However, the decision is made easier after a thorough exam and discussion with your ophthalmologist. The final decision belongs to you, the patient.

The first step is to determine if you are a candidate for advanced technology intraocular lenses (IOLs). If your doctor finds that you are a candidate, you can explore the option further.

**Advanced Technology Lenses (ATL)** are the preferred option if you wish to eliminate or reduce your dependence on glasses after cataract surgery. ATLs incorporate the latest innovations designed to improve vision at all distances (near, far, and intermediate).



would like distance vision without glasses after surgery, CRC may be a better option. CRC involves using a toric or aspheric IOL and is a good choice if you are interested in monovision (an IOL in one eye that provides near vision and an IOL in the other eye that provides distance vision).

IOLs with **Standard Technology (ST)** provide monofocal vision, or one distance only (distance, intermediate or near vision --- usually providing distance clarity). They do not eliminate the need for eyeglasses but may reduce your dependency on corrective lenses. These standard lenses have been available for many years.

For more information on replacement IOLs, ask for a copy of our "Cataract Care Choices" brochure or talk to one of our technicians, surgery consultants or doctors.

Inside this issue: Page

Conjunctivitis / Pink Eye 2

Optical Shop 2

Macular Hole 3

Surgery Center 3

Meet Dr. Brinegar 4

Preventive Care 4



Another option is **Custom Refractive Care (CRC)**. If you feel that ATLs are not right for you but you

### Free Cataract Educational Seminar

Learn about "Your Vision & Cataracts" at our free seminar on:

**Thursday, May 5th  
12:30 to 1:30 pm  
30 N. Emerson Avenue  
(in our IEC Greenwood  
Conference Room)**



and options in lens replacement that allow greater independence from eyeglasses after surgery. Also, he will discuss ORange® - the new intra-operative device designed to improve visual outcomes, only available at IEC.

Dr. David F. Box, board certified ophthalmologist, will talk about the latest technology available for cataract patients,

To attend, please **RSVP on or before May 3rd** by calling 887-4007, ext. 15, or register on-line at [indianaeyeclinic.com](http://indianaeyeclinic.com).



THE INDIANA EYE CLINIC

Greenwood • Plainfield • Indianapolis

## Eyewear for Function & Fashion

More than 11 million Americans have vision problems that can be corrected with the use of prescription eyewear. These problems, known as refractive errors, occur when the eye doesn't correctly bend ("refract") light as it enters the eye. Prescription eyeglasses and contact lenses are the most common forms of vision correction. Refractive surgery may be another option for reducing or eliminating refractive errors.

A large percentage of adults (aged

18+) report wearing some type of eyewear or reading glasses. Among the adults, more women report using eyewear than men, and older adults (aged 65+) are more likely to use eyewear than younger adults (aged 18 - 39).

Corrective eyewear can be **functional and fashionable!** Our optical shop carries a wide variety of designer frames, specialty lenses, and contact lenses. Our certified opticians will personalize your eyewear needs to maximize your

potential vision outcome. Whether you need sports lenses, computer glasses, anti-reflective lenses, bifocals or contact lenses, we are happy to help you select frames and lenses to fit your specific needs while still enhancing your style.



(Source: National Eye Institute)

## Conjunctivitis (Pink Eye)

Conjunctivitis is the term used to describe a group of diseases that cause swelling, itching, burning and redness of the conjunctiva. It is the most common cause of redness or **pink eye** and can spread from one person to another. Conjunctivitis affects millions of Americans at any given time.

The white of the eye is covered by a thin membrane (conjunctiva) which produces mucus to lubricate the eye's surface. It normally has fine blood vessels but when the conjunctiva becomes irritated or inflamed, the blood vessels can enlarge and become more prominent. Because the conjunctiva is a simple tissue, it responds to all these stimuli in one way - **it turns red!**



The most common sources of eye irritation are: infections, allergies, eye drops, eye ointments, contact lens products and environment irritants. Infectious causes of con-

junctivitis include bacteria & viruses.

**Bacterial infections** such as staphylococcus or streptococcus cause a red eye associated with considerable amounts of pus. If the amount of discharge from the eye is great, an acute infection is likely and prompt attention by an eye doctor is recommended. Some bacterial infections are more chronic and may produce little or no discharge, except for some mild crusting of the eyelashes in the morning.

**Viruses** are also common causes of conjunctivitis. Some produce red eyes, sore throat and runny nose like the common cold. Others may infect only one eye. Viral conjunctivitis usually produces a watery discharge and lasts from 1 to 2 weeks.

Infectious conjunctivitis, bacterial or viral, can be quite contagious. Contact with the patient's tears through used towels or linens should be avoided. Frequent hand washing after contact with the patient helps to prevent spread of the infection.

**Allergies** can cause conjunctivitis which produces a discharge. Some

allergies, like hay fever, make the eyes itchy while others may produce redness. Environmental irritants, such as smoke or fumes, also may cause conjunctivitis.

Conjunctivitis is usually painless and does not adversely affect vision. The infection will clear in most cases without requiring medical care. Some forms of conjunctivitis require treatment that, if delayed, may cause the infection to worsen and cause corneal inflammation and a loss of vision.

There are **eye diseases** which also produce a red eye and can lead to blindness unless recognized and treated. It is important to avoid confusing them with conjunctivitis, so a medical evaluation of a red eye by your eye doctor is always a good idea. This is especially important if pain, blurred vision, or severe light sensitivity are present since these symptoms are not typically found in simple conjunctivitis and may signal the presence of glaucoma, an ulcer of the eye, or an inflammation of the inside of the eye.

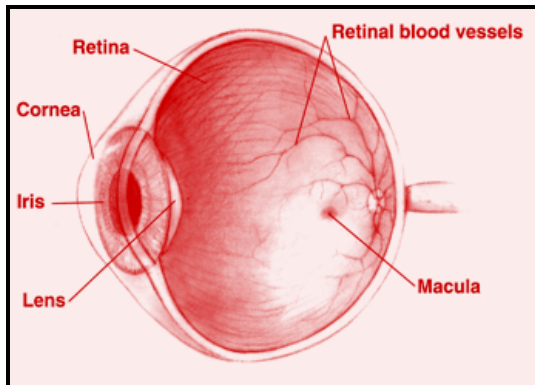
## What is a Macular Hole?

A macular hole is a small, round opening in the macula, located in the center of the eye's light-sensitive tissue called the retina. The macula provides the sharp, central vision we need for reading, driving, watching television, recognizing faces and seeing fine details.

Macular holes often begin gradually. In early stages, people may notice a slight distortion or blurriness in their straight-ahead vision. Straight lines or objects can begin to look bent or wavy. Reading and performing other routine tasks with the affected eye become difficult.

Macular holes are related to aging and usually occur in people over age 60. When the vitreous (gel-like substance inside the eye) ages and shrinks, it can pull on the thin tissue

of the macula causing a tear that can eventually form a small hole. Sometimes injury or long-term swelling can cause a macular hole, but no specific medical problem is known to cause macular holes.



**Vitreotomy surgery**, the only treatment for a macular hole, removes the vitreous gel and scar tissue pulling on the macula and keeping the hole open. The eye is then filled with a special air bubble to push against the macula to close the

hole. The air bubble will gradually dissolve, but the patient must maintain a face-down position for 1-2 weeks to keep the gas bubble in contact with the macula. Success of the surgery often depends on how well the position is maintained.

With treatment, most macular holes shrink and some of the lost central vision may slowly return. The amount of visual improvement typically depends on the length of time the hole was present.

Macular holes and age-related macular degeneration are two separate and distinct conditions, although the symptoms for each are similar.

For more information about macular holes, please ask one of our eye care professionals.

(Source: National Eye Institute)

## Ambulatory Surgery Center Gets Makeover

From top to bottom, our Ambulatory Surgery Center (ASC) received a makeover. Gone is the old lighting, replaced by new ambient fixtures. Gone is the worn carpet, replaced with contemporary carpet squares. Gone is the old paint color, now covered with a fresh coat in modern, soothing shades.

We also updated our surgery center work stations and countertops, and we added new storage units in both our pre-op and post-op patient areas.

The Indiana Eye Clinic ASC was developed in 1986 and was the third

ophthalmic surgery center to open in Indiana. It offers the convenience of outpatient surgery on the south side.

Our ASC is a Medicare certified facility, licensed by the

Indiana State Department of Health. It is recognized by the Accreditation Association for Ambulatory Health Care, Inc. for our commitment to excellence and high quality care. Our goal is to provide an efficient, comfortable, and pleasant experience for all of our patients.

At our ASC, we perform many surgical procedures including:

- ◆ cataract surgery
- ◆ diabetic eye treatment
- ◆ glaucoma treatment
- ◆ laser surgery
- ◆ refractive vision correction
- ◆ lid lesion removal
- ◆ blepharoplasty (eyelid surgery)
- ◆ minor cosmetic surgeries



## Eye Exams for Preventive Care

Everyone should follow a health program that includes a comprehensive eye exam -- whether or not they are having signs of vision problems. The eye exam is a medical tool that tells us that your eyes are healthy. In fact, the eye exam can lead to detection of other health issues such as high blood pressure or cholesterol.

Most eye problems can be corrected if detected & treated early. Treatment may preserve vision and prevent further vision loss. If left untreated,



even for a short period, problems can lead to permanent vision loss.

So, how often should you have an eye exam? The recommended frequency for adults who do not have symptoms or risk factors is:

- 20-39 - every 3 - 5 yrs
- 40-64 - every 2 yrs
- 65 + - every 1 - 2 yrs

**Adults with risk factors** such as diabetes, previous eye

Injury or trauma, family history of glaucoma or other eye problems, or adults of African American or Hispanic heritage may need eye exams more frequently. Eye care is essential for maintaining good vision.



For children, eye exam recommendations are:

- Newborns - first checked while in hospital nursery
- Birth to 2 yrs - check eyes at each "well baby exam"
- 3-10 - check eyes at each "well child exam"



(Sources: National Eye Institute, Prevent Blindness)

### True or False?

**Eating carrots improves your vision. False.**

Carrots are rich in vitamin A which is essential for sight, but many other foods also contain this vitamin. A well-balanced diet, with or without carrots, provides all the vitamin A necessary for good vision.



## 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. Brinegar

**Ronald J. Brinegar, O.D.** graduated from Indiana University with a Bachelor of Arts Degree in 1989 and the Doctor of Optometry degree in 1993. He remains active in the Indiana University community and currently serves as vice-president of the Indiana University School of Optometry Alumni Association. Dr. Brinegar is a member of the American Optometric Association, the Indiana Optometric Association, and Stonebelt Optometric Society.



While his services include eye disease and wellness examinations for adults and children, Dr. Brinegar's main interests are specialty contact lens designs for astigmatism and presbyopia, and treatment for dry eyes. He has been with the Indiana Eye Clinic over 10 years.

### Welcome New Employee

Holly Parker, Billing/Insurance



THE INDIANA EYE CLINIC  
www.indianaeyeclinic.com



## Better Technology = Better Outcomes.

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