

EYE CARE

Views & News

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The Indiana Eye Clinic Newsletter

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Congratulations Dr. Rader!

Nicholas R. Rader, M.D., co-founder and medical director of the Indiana Eye Clinic, recently celebrated his 31st year in practice.



Photo: Dr. Charles McCormick (left) and Dr. Nicholas Rader.



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THE INDIANA EYE CLINIC

Greenwood • Plainfield • Indianapolis

Computer Eyeglasses Lens Packages

Computer glasses differ from regular eyeglasses or reading glasses in a number of ways. **They are specifically designed to optimize your eyesight when viewing your computer screen.**

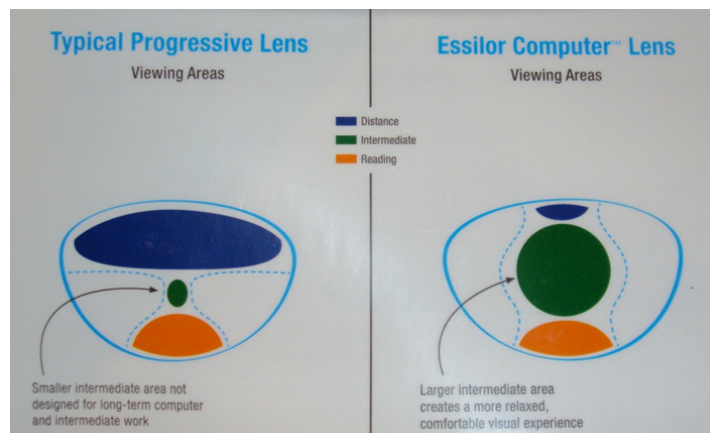
Usually computer screens are positioned about 20-26 inches from the user's eyes (considered the intermediate zone of vision). It is closer than driving (distance) vision, but farther away than reading (near) vision. Most young patients wear eyeglasses to correct distance vision. Most reading glasses are prescribed to correct near vision. Bifocals are for those over age 40 with presbyopia to correct near and far vision. Trifocals and progressive lenses have a small portion of the lens dedicated to the intermediate area, usually not large enough for comfortable computer work.

Computer users can often end up with blurred vision, eye strain and headaches, all symptoms of computer vision syndrome. Many people try to compensate for their blurred vision by leaning forward, or by tipping their head to look through the bottom portion of their glasses. These actions can result in a sore neck, shoulders and/or back.

Computer glasses put the best lens power for viewing your computer screen right where you need it for a clearer, wider field of vision,

reducing the need for excessive focusing effort or bad posture, and increasing productivity.

Computer Packages available at IEC! Our optical shop is now offering a computer package that includes:



frame, polycarbonate lens, anti-reflective coating and the new Essilor® computer lens for only \$199.00. The computer lens works similar to a typical progressive lens and is viewed more like a work station or task-oriented lens, and should not be worn all the time.

With computer lenses, there is a small area at the top for distance, where a patient can see about 10 feet out. The intermediate area is much larger, where you can view the entire computer screen. The reading portion is at the bottom, where you have a wider, more comfortable view. These lenses are not just for computer use — people who like to craft, sew, knit and play music, etc., would also benefit from them.



IEC's TJ, Bobbie and Mary (pictured) all are huge fans of the new computer lens technology.

For questions about computer eyeglasses, please visit our optical department.*

Treatment for “Dry Eye”

Dry eyes are a common problem for many of our elderly patients. Dry eyes are uncomfortable and cause irritation, redness and excessive tearing. Severe dry eyes may even damage the clear front surface of the eye (the cornea).

Our eyes produce 2 types of tears:

1. One is the **watery type** of tear that is produced when we cry or when the eye is irritated.
2. The second tear is a thicker, **oily tear** that covers and coats the ocular surface.

It is this second type of tear that is deficient in “dry eye.” The deficiency of the thicker tear causes eye irrita-

tion from focal “dry spots” and can cause over-production of the watery tear. Patients with dry eyes often complain of “watery eyes.”

The initial treatment for dry eyes is **artificial tears**. Many brands are available, and you should try several to see which one provides the best relief. Use the drops often (as directed) and consistently, especially in the late afternoon and evening hours when symptoms seem worse.



For severe dry eyes, we may recommend punctal occlusion. Small plugs are placed in the outflow drains at the

corners of each eye. By temporarily plugging the tiny drains, your own natural tears are prevented from leaving the eye. The natural tears are, of course, the best for soothing your eye.

The tiny “lacrima plugs” dissolve in 3 to 7 days. If during that time you feel that your eyes are more comfortable, we may recommend permanent closure of these tiny drains or “puncta.” Permanent closure can be performed as an outpatient procedure using our Argon laser. This treatment has benefited many patients with dry eyes.

IEC Optical adds Bold New Line: Affliction®

Loved by celebrities and musicians around the world, the new Affliction® eyewear line is made of the finest materials; and it features intricate hardware and details, even down to the smallest components. Each piece is hand-crafted and evokes the powerful themes and attitude that Affliction is known for. Elaborate sunglasses and frames are specifically designed to offer a fashion-forward look with great attention to style, comfort and sturdiness.

The Affliction brands showcase the spirited artistry & hard-edged attitude of today’s generation. Style savvy customers enjoy the ever-expanding collection of contemporary fashion, innovative style, fit, fabrics, finishes and quality.

The Affliction clothing line set the bar high in fashion — evident in its indulgence of style and design, focus on quality, and trademark series of powerful themes.

Affliction is a mainstay for the most elite athletes, musicians, and the fashion-conscious around the world. Artistry and attitude characterize deconstructed, custom-washed clothing, embellished with the finest hardware and finishes. T-shirts and hooded shirts featuring dramatic, hand-illustrated designs

have become the signature look of the line.

The “rock ‘n roll” pieces constantly push the envelope with imagery and design, while maintaining the highest sense of fashion.



We’re excited about this new line! Check out the elaborate styles for both men and women at the IEC Optical Shop. Go ahead and indulge your inner rock star with a new pair of Affliction sun wear.

For more information, check out affliction.com.

Surgery Center gets Makeover

Our Ambulatory Surgery Center (ASC) received a makeover to freshen up the department's look. The ASC now has softer lighting, functional cabinets and counters, work stations, new carpet, fresh paint and plenty of storage in both pre-op & post-op areas. We even added an office for Sandy Smart, RN! The renovation has made our ASC a more modern, efficient and comfortable environment for our patients and staff.



Pictured: Paula Baker, RN, ASC Director, with Interior Designer, Carrie.

The Indiana Eye Clinic's ASC is a Medicare certified facility, licensed

by the Indiana State Department of Health, and recognized by the

Accreditation Association for Ambulatory Health Care Inc. for its commitment to excellence and high quality care. We utilize the latest technology available for maximum results. We perform a broad range of ophthalmic and plastic surgery procedures that include laser vision correction, refractive surgery, cataract surgery & other minor surgeries such as lid lesion removal and blepharoplasty (eyelid surgery).

If you would like a tour of our surgery center, please let us know.

Contact Lenses & Healthy Habits

Contact lenses ("contacts") have been around for over 100 years. Many advancements have been made that allow just about everyone to wear contacts. Currently, about 20% of Americans wear contacts.

Like eyeglasses, contacts can correct nearsightedness, farsightedness and astigmatism. They are a good option for people who need vision correction but prefer not to wear glasses. Contacts offer a full field of unobstructed vision and convenience in certain situations, such as sports or wearing sunglasses.

If you're interested in contacts, you will need an eye exam specifically for contact lenses and a prescription for the lenses written by your eye doctor (by law, the prescription is valid for 1 year). During the exam, information will be obtained so that the contact lenses are properly "fitted" to your eye structure and tear film. This helps to determine the best type of lens for you for

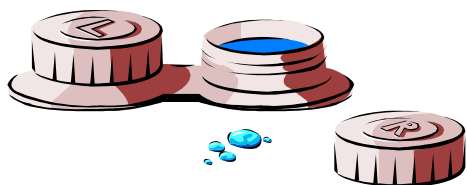
comfort and ease of wear.

There are many types on the market (hard, soft, gas permeable, daily wear, extended wear, daily, disposable, spherical, bifocal, toric, hybrid, etc.) based on your needs. Don't be discouraged by testing a few "trial pairs" to find the best option. Today's choices offer more comfort, excellent vision, and healthy eyes.

Caring for contact lenses is much easier than it used to be. Most people use a "multi-purpose" contact lens solution to clean, disinfect, and store lenses. If sensitive to a certain solution, you may need a preservative-free solution.

Daily disposable lenses don't require any care since you throw them away and put in a new pair every day.*

Do contacts interest you? Ask your eye doctor for more information. Also, check out our **8 tips for contact lens healthy habits**.



8 Tips for Contacts

1. Replace contact lenses as scheduled.
2. Do not nap or sleep in contact lenses unless approved by your eye doctor.
3. Clean your lenses daily by rubbing them gently with contact lens solution, and then rinsing with fresh solution.
4. Only use sterile contact lens solutions for cleaning. **Do not use tap water.**
5. Do not put contact lenses in your mouth.
6. Replace the contact lenses case every three months.
7. Do not share contact lenses with anyone.
8. Make an appt with your eye doctor immediately if you develop any redness, pain, tearing, light sensitivity or blurred vision.

A few IEC Holiday Event Snapshots



Send us 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.

Did you know?

- The retina is about the size of a postage stamp and has 130 million light sensitive cells.
- Each eye weighs 1/4 ounce, measures less than 1 inch in diameter, and is shaped like a slightly flattened ball.
- More than half of all people in the USA use some type of lens to correct their vision.
- You blink every 2 to 10 seconds. Be sure to blink while you read or work on the computer to lubricate your eyes. (*Source: National Eye Institute)



Congratulations

Newly Certified
Ophthalmic Assistant
Re' Nash (Plainfield)

5 Year Anniversary

George Shulse, Facility Coordinator
(Greenwood)
Lenore Terek, Community Relations
(Greenwood)

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 INDIANA EYE CLINIC

Meet Dr. Keeling

William F. Keeling, Ph.D., M.D. joined our practice 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 our Greenwood and Plainfield clinics, and also provides patient care in our community offices at Putnam County Hospital in Greencastle and at the St. Vincent Clay County Medical Complex in Brazil, IN.



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 and Biophysics. He is dedicated to the medical & surgical care of the eyes, including comprehensive eye exams, cataract surgery, IOL implantation, advanced technology lenses, ORange® technology, refractive surgery, age-related macular degeneration, diabetic eye disease and glaucoma treatment.



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Better Technology, Better Outcomes

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