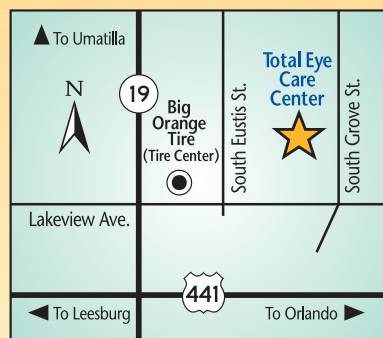


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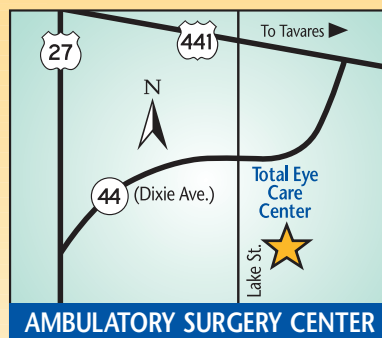
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- AMD And A Nationwide Study On Antioxidants

The Total Eye Care Center Pledge To You

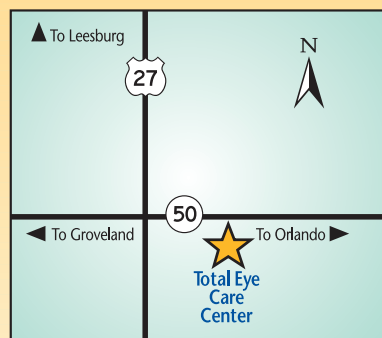
We see people – not just patients.
 We see their interests and their talents.
 We see their active lifestyles and the things they hold dear.
 We see to it that people have the best in complete eye care, and access to the latest eye wear and optical services.
 We see parents, children and grandparents.
 We see the gardens, the creativity and the activities that represent each person.
 We see these things so you can too.
 We are Total Eye Care Center – and we'd love to see you.



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Skin Cancer Risk Around The Eyes

In Florida, with an active population of seniors involved in sports and various forms of outdoor recreation, skin cancer is an ever-present risk. One of the areas of the body that often goes without protection is the eyelid, and special steps must be taken to diagnose, remove and repair any damage that may result from cancerous tissue.

The use of proper, UV blocking sunglasses and protective sports glasses is a wise precaution – but over the years, exposure to the sun's strong rays can add up to trouble. Also, it isn't possible to apply sun block to the actual eyelids near the eye itself due to irritation from the product's chemical composition.

Due to these circumstances, eyelids are among the most common places for sun-related skin cancers such as basal cell carcinoma and squamous cell carcinoma.

Early Detection

As with any cancer, it is best to identify the entity and begin treatment as early as possible to prevent the spread of the disease and further damage that can result.

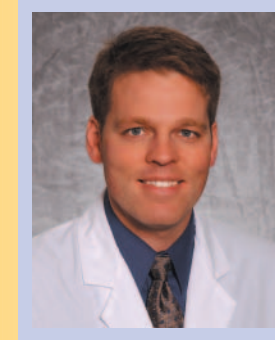
Many people are unaware of a small lesion that may be growing – usually on the lower eyelid – and may continue about their normal activities while inadvertently neglecting the medical attention their bodies need.

Those who routinely visit their family doctors and their ophthalmologists for regular checkups are at an advantage for having these types of abnormalities identified and successfully treated.

Typically, when a lesion is diagnosed, a biopsy is performed where a small amount of the suspect tissue is removed to determine whether it is benign (non-cancerous) or malignant (cancerous). This laboratory process usually takes one to two weeks.

...continued on page 2

Physician Profile



Jeffrey A. Sheridan, M.D.
 Total Eye Care Center

Dr. Sheridan attended Case Western Reserve University School of Medicine, completed his internship at the University of Hawaii, and finished his residency at Emory University Department of Ophthalmology.

Dr. Sheridan is a Diplomate of the American Board of Ophthalmology and is an Active Fellow with the American Academy of Ophthalmology. He treats pediatrics and adults, including cataract and glaucoma surgeries, laser treatments and eyelid plastic surgery.

Dr. Jeffrey Sheridan has recently been included as a partner in Total Eye Care Center. He joins Dr. Michael Pennachio and Dr. Craig Fishman in an ownership interest in the successful practice.

Dr. Sheridan has been seeing a growing number of patients and conducting surgical procedures at Total Eye Care Center since 2001, with this November marking the five-year anniversary of his joining the practice. As well as being a valued part of the surgical team, he is now an official part of the business.

"I'm honored to be partnered with two of the area's finest surgeons", said Sheridan, "and to contribute now, even more, to the overall experience people have when they visit Total Eye Care Center."

Dr. Sheridan is a board certified ophthalmologist specializing in cataract surgery and glaucoma treatment. He also performs eyelid surgery for facial rejuvenation and does the majority of the eyelid reconstruction operations for those who have had skin cancer.

The only thing as important as our experience is yours.

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Call us for Glaucoma and Cataract examinations or visit www.totaleyecarecenter.com

Michael P. Pennachio, M.D. • Craig D. Fishman, M.D. • Jeffrey A. Sheridan, M.D. • Sonya M. Braudway, O.D.

Skin Cancer Risk Around The Eyes (continued)

If the results of the test show malignancy all of the cancerous cells must be surgically removed.

This process, while important for the overall health of the patient, can leave an individual with the need for reconstructive surgery to repair the post-operative defects on the tissue surrounding the eye. This can be for cosmetic and functional reasons.

Enter Total Eye Care Center

Reconstructive surgery of the eyelids is known by the term blepharoplasty and Total Eye Care Center has staff and surgeons prepared to help you with this stage of your recovery. There can be many reasons for seeking this type of plastic surgery including countering the natural affects of aging like sagging of skin, baggy areas, drooping eyelids and wrinkles. It is also important for many people who have undergone cancer removal to have blepharoplasty to return to a more normal appearance and function.

As with any surgical procedure, there are risks and benefits to weigh. The staff and surgeons at Total Eye Care Center can provide you with information, answer your questions and fully detail the procedures you can expect before, during and after surgery. Call 352-728-1717 to arrange an appointment or to further discuss your condition. ✂



Surgery Center

Total Eye Care Center provides state-of-the-art surgical facilities specifically designed for ophthalmic surgical procedures. The pleasant surroundings, the highly-skilled and dedicated staff, the convenient location and layout, and the consistent results are all intended to make each patient's visit stress-free and successful. ✂

Genetics And Macular Degeneration Risk

Researchers at the John A. Moran Eye Center at the University of Utah have identified a gene called HTRA1 that constitutes a major risk of Age Related Macular Degeneration (AMD), the most common cause of irreversible vision loss in the developed world. The discovery of this gene may allow in the future anyone to take a simple blood test to find out if they are up to 700% more likely to develop AMD than the average person. This is particularly important for individuals who have a family history of blinding eye conditions.

This test, which is strongly predictive of AMD, may soon allow people with high risk for AMD to adapt diet and lifestyle changes to lower their risk or delay the onset of the disease. Perhaps more significantly, because this research has identified an entire new pathway and drug target for AMD, this discovery will very likely lead to new and effective treatments for the disease.

AMD is a degenerative disorder affecting a portion of the retina

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Vision And Hearing Loss: A Connection

Older adults with vision loss may be more likely to also have hearing loss, and the opposite appears true as well, according to a report in the October issue of Archives of Ophthalmology, one of the JAMA/Archives journals.

In 1994, 18 percent of U.S. adults older than 70 reported impaired vision, 33 percent reported hearing problems and 9 percent reported both, according to background information in the article. Because more adults are living longer and the number of older adults is increasing, the burden associated with such age-related sensory impairments may be increasing.

Ee-Munn Chia, M.B.B.S., University of Sydney, Australia, and colleagues examined the association between age-related hearing and vision loss in 1,911 adults who were part of the Blue Mountains Eye Study, which enrolled older adults from the Blue Mountains region west of Sydney. Five years after

the original study, between 1997 and 1999, participants (then age 55 to 98, average age 69.8) underwent a medical interview along with vision and hearing examinations.

Among the participants, 178 (9.3 percent) had visual impairment (worse than 20/40 vision) without contacts or glasses and 56 (2.9 percent) had best-corrected visual impairment, meaning that their best vision while wearing glasses or contacts was worse than 20/40. In addition, 766 (40 percent) had hearing impairment, including 599 with mild impairment, 141 with moderate impairment and 26 with marked impairment. Hearing loss occurred in 116 patients (65.2 percent) of those who were visually impaired. For each additional line on the eye chart that an individual could not read, his or her odds of having hearing impairment increased by 18 percent if the reduction was in best-corrected vision or 13 percent in uncorrected vision. When the researchers looked specifically at the two most common causes of age-related vision impairment, cataracts and age-related macular degeneration, they found that both were independently associated with hearing loss. ...continued on page 3

Genetics And Macular Degeneration Risk (continued)

called the macula. The macula is responsible for clear, central vision. Individuals with AMD have difficulty with activities like reading, watching television, and seeing faces of people directly across the table. The disease often leads to legal blindness in patients older than 60 years of age.

How did the researchers discover that this gene is involved in AMD? In this study the researchers evaluated the DNA of 581 people with AMD and 309 without AMD in a Utah population. Their studies demonstrate that if a person has a mutant copy of the HTRA1 gene, they have a significantly increased risk of developing age related macular degeneration during their lifetime.

Lead by Kang Zhang M.D., Ph.D., Director of the Division of Ophthalmic Genetics at the Moran Eye Center and Associate Professor of Ophthalmology and Visual Sciences at the University of Utah, the study suggests that this gene plays a critical role in the formation of tiny protein and fat-containing debris called drusen, a precursor of AMD, and promotes abnormal growth of blood vessels typical of the wet form of AMD. The gene is also a critical genetic clue that will allow scientists to move forward with developing treatments and preventive strategies for patients with AMD. ✂



Vision and Hearing Loss... (continued)

It is possible that both vision and hearing loss are regular consequences of aging, which could explain why they often occur in the same individual. In addition, common risk factors could predispose older adults to both conditions. "Each condition has been postulated to result from somewhat similar genetic, environmental and lifestyle factors," the authors write. "Exposure to oxidative stress [when cells receive too much oxygen], cigarette smoking and atherosclerosis [hardening of the arteries] and its risk factors have been linked respectively to age-related macular degeneration, cataract and hearing loss. Another common risk factor for cataract and visual and hearing impairments is diabetes."

"Irrespective of the cause of sensory impairment, these two impairments were found to have a cumulative effect on function and well-being, significantly affecting both physical and mental domains," they conclude. "Further studies are needed to understand the relationship between visual and hearing impairments in older persons and to determine whether intervention to improve these impairments could delay biologic aging." ✂



Macular Degeneration - A Nationwide Study on Antioxidants

The National Institutes of Health (NIH) announced a nationwide study to see if a modified combination of vitamins, minerals, and fish oil can further slow the progression of vision loss from Age Related Macular Degeneration (AMD), the leading cause of vision loss in the United States for people over age 60. This new study, called the Age Related Eye Disease Study 2 (AREDS2), will build upon results from an earlier age-related eye disease study (AREDS). The original study found that high-dose antioxidant vitamins and minerals (vitamins C and E, beta-carotene, zinc, and copper), taken by mouth, reduced the risk of progression to advanced AMD by 25 percent, and the risk of moderate vision loss by 19 percent.

AREDS2 will refine the findings of the original study by adding lutein and zeaxanthin (plant-derived yellow pigments that accumulate in the macula, the small area responsible for

central vision near the center of the retina) and the omega-3 fatty acids DHA and EPA (derived from fish and vegetable oils) to the study formulation. The main study objective is to determine if these nutrients will decrease a person's risk of progression to advanced AMD, which often leads to vision loss. Previous observational studies have suggested these nutrients may protect vision.

AMD damages the macula. As the disease progresses, it blurs the patient's central vision. AMD can take two forms, wet and dry. Wet AMD is caused by the abnormal growth of blood vessels under the macula. This leads to rapid loss of central vision. Wet AMD is considered to be advanced AMD and is more severe than the dry form. Dry AMD, the more common form, occurs when the light-sensitive cells in the macula slowly break down. Dry AMD can progress into wet AMD.

Until results from AREDS2 are known, people with AMD should visit their eye care professional to see if they need to take the AREDS vitamin and mineral formulation. Researchers from the original study claim that this alone could save more than 300,000 people from vision loss over the next five years. ✂

