



The only thing as important as our experience is yours.

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Our patients' thoughts

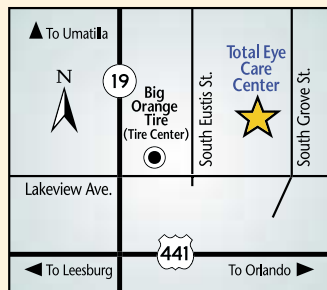
My experience with Total Eye Care Center has been unbelievable. My arthritis medicine caused cataracts. I didn't realize how bad it was until I went to Total Eye Care Center. With my treatment it has been like going from a room with a 10 watt bulb to a room with a 100 watt bulb. I am so thankful I was directed to Total Eye Care.

Yvonne McQueen, Total Eye Care Center Patient

For years I suffered with eye problems. After going to Total Eye Care, my vision is now excellent. It's almost 20/20 and it hasn't been that way since the 1950s. I have no more trouble with night driving and the colors I see are brighter. My experience with Total Eye Care Center has been very pleasant.

Beverly Hinchcliffe, Total Eye Care Center Patient

3 convenient locations



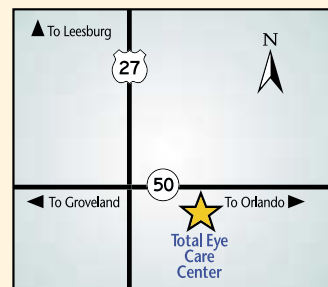
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Taking care of your family's eyes

Eye care is for everyone, not just seniors. Eye conditions and diseases can strike anyone, whether they are newborn, teenager, middle age or a senior. Preschoolers, seniors, people with diabetes and individuals with eye problems all need eye exams. Too often, they don't get them and the result is loss of vision.

Total Eye Care Center urges everyone to pay attention to the warning signs of eye disorders and to visit us to make sure eye problems can be corrected quickly and effectively before they get out of control.

Many eye diseases are potentially inheritable, so make sure to tell your physician about your family's eye health history.

Here are guidelines for when you should have eye screenings:



Newborn to age 7
Infants and toddlers should have their eyes examined during their regular pediatric appointments for such common problems as strabismus (crossed eyes) and amblyopia (lazy eye). Children should be checked younger than age 3 if there is a family history of childhood vision problems or if the child has wandering or

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Novel new treatment for dry eyes approved by FDA

The FDA recently approved Restasis, a landmark new treatment for the common condition of dry eyes. Restasis is an emulsion of 0.05% cyclosporine that is unique in that it treats the underlying inflammation that causes dry eye and not just the symptoms. Allergan, the manufacturer of Restasis, estimates that it will be available for use by this spring. This is the first treatment that may heal and reverse dry eyes.

The proof of the effectiveness of Restasis was documented in a five year study of 800 people with moderate and severe dry eye. Participants were treated with one drop twice daily with either Restasis or a placebo. Treatment continued for six months and people were evaluated at 1, 3, and 6 months after the start of treatment. People who received Restasis had more tear production and improvement in their symptoms compared with placebo controls. Study participants taking Restasis had an increase in cells that make a component of the tears as well as a decrease in inflammation that causes worsening dry eyes. Restasis is the first and only therapy that increases tear production.

Dry eye is one of the most common eye disorders and can be debilitating to suffers. The condition is caused by many factors that result in the eye's decreased ability to produce enough normal tears to protect the surface of the eye. Symptoms include dry or gritty sensation of the eyes, burning, redness, and scratchiness. Ironically, many people with dry eyes may have excess tearing. Left untreated, dry eye can lead to damage of the eye's delicate surface and can cause vision trouble.

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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.

Taking care of your family's eyes (continued from front)

crossed eyes. Annual vision testing should begin around 3 years old.

Children and Teens

While most in this category have healthy eyesight, it is important to guard against injury by wearing protective eye wear when participating in sports, working in the yard, or being around other hazards such as chemicals.

Puberty to age 39

Young adults and those approaching middle age can experience eye problems. Preventive measures can detect eye disease early, decreasing serious damage to eyesight. If you experience any visual changes, pain, flashes of light, spots or ghost lines in your field of vision, schedule a visit to your eye doctor. Other indicators of eye problems include distorted or wavy edges of vision, a dark spot in the central vision area, tearing and dry eyes with itching or burning. These symptoms may also mean it's time to see your eye doctor. Routine eye exams should be conducted at

least once between ages 20 and 29 and at least twice between ages 30 and 39.

Ages 40 to 60

People in this age bracket should schedule an eye exam by their Eye M.D. every two to four years so eye disease does not develop unnoticed.

Over age 60

Older adults should be examined each year for cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy and other eye conditions.

Some people may be at higher risk for eye-related diseases and should see their eye doctor more often than what has just been outlined. People at risk may include, African Americans over age 40, people who are older and those individuals with a family history of eye problems.

Novel new treatment for dry eyes (continued from front)

Restasis appears to be safe. The most common side effect was transient eye burning, but redness, discharge, tearing, eye pain, scratchiness, itching, stinging, and blurring were also reported more frequently in people taking Restasis than placebo. Reasons to avoid Restasis include active eye infections.

The mechanism by which Restasis works is not known. Its anti-inflammatory effects are probably responsible for its success. It is possible that Restasis may cure the dry eye condition of some people. That means that some people may only need to take Restasis for a defined period of time and not chronically as artificial tears must be used.

Your surgery center – Designed for you

Our objective was to build a surgical facility dedicated specifically for eyes where our patients could experience a comfortable, streamlined process in a non-hospital setting. Based on the feedback from many of our patients, we believe we have achieved our goal.

We realized that any surgical procedure can be distressing and even scary to some. Our team of experienced, dedicated doctors and staff strive to help eliminate your fears, answer your questions and put you at ease.

Forget hospital gowns, you'll wear your own clothing. You'll recline in one of our easy chairs while we prepare you for your procedure. Our doctors also utilize the latest surgical equipment

and techniques to insure your comfort with no-shot, no-stitch and no-patch cataract surgery. You will be reunited with your family within a couple of hours, after our nursing staff has

reviewed your post-op care and answered any questions you or your family may have. In the next day or two following your surgery, you'll begin your scheduled post-op care with the same team of Total Eye Care Center doctors and staff you know and trust.

We strive to insure the well being of all our patients.

Our goal is to provide the highest quality eye care with the best possible outcome to all that we serve.



Glaucoma study offers new information

A recent study by the National Eye Institute called the Ocular Hypertension Treatment Study provided clear evidence that lowering elevated pressure in the eye reduces the risk of glaucoma by more than 50 percent. In addition, it identified a new risk factor that strongly predicts someone's risk for developing glaucoma. This risk factor is the thickness of the cornea, the clear window into the eye.

This new risk factor is such an important predictor of glaucoma and potential vision loss, that the doctors of Total Eye Care Center have purchased state-of-the-art ultrasonic pachymetry equipment that painlessly and imperceptibly measure the thickness of the



cornea. In this way your ophthalmologist at Total Eye Care Center will be best able to assess your risk of developing glaucoma.

Glaucoma causes vision loss by damaging the optic nerve, the nerve that connects the eye to the brain. It is one of the leading causes of blindness in the United States, and is especially prevalent among African-Americans.

Glaucoma develops when there is increased pressure inside the eye that presses on the optic nerve, damaging the nerve and vision. At first, glaucoma has no symptoms. People are not aware that glaucoma is affecting their vision, and there is no pain. When glaucoma advances untreated, people may notice that although they see things clearly in front of them, they miss objects to the side and out of the corner of their eye. Over time

without treatment, even the central vision may fade until there is only darkness.

The difficulty in detecting glaucoma is that many people with increased eye pressure will not develop glaucoma. Other tests are required to diagnose glaucoma other than checking pressure.

Ocular hypertension is a condition where all other glaucoma tests are normal but the

eye pressure is high. Prior to this new study, there was no definitive way to know who, if any, with ocular hypertension should be treated to prevent glaucoma.

The study, known as the Ocular Hypertension Treatment Study, found a one in ten risk of developing glaucoma in people with high eye pressure over five years. It also revealed that treatment of the elevated eye pressure reduced the onset of glaucoma by more than 50 percent. In addition, it identified the thickness of the cornea as a strong new marker of someone's risk for developing glaucoma. Due to the significance of corneal thickness as a risk factor of glaucoma, Total Eye Care Center is the first local eye care facility to purchase the required measuring devices called ultrasonic pachymeters for the explicit diagnostic purpose of improving the treatment of ocular hypertension and preventing glaucoma.

Total Eye Care Center has always been dedicated to providing cutting-edge eye care to all our patients and to help everyone enjoy life to the fullest with healthy vision.



www.totaleyecarecenter.com