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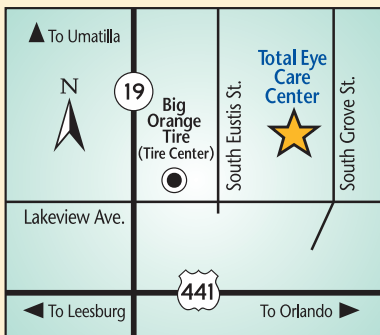
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### In This Issue:

- The Importance – And The Good News – Regarding Routine Eye Exams
- Physician Profile: Dr. Sheridan
- In The Twinkling Of An Eye
- Eye Safety
- I Can See Clearly Now
- Eye Protection Never Looked So “Cool”

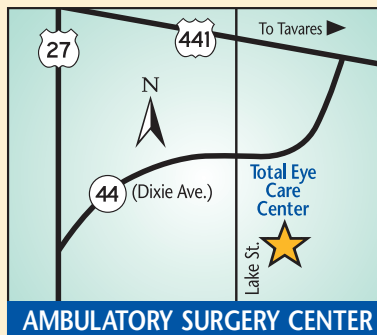
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### 3 Convenient Locations



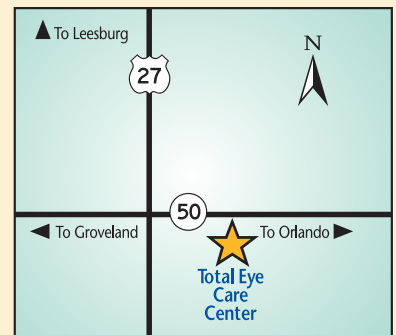
#### EUSTIS

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(352) 394-7137

## The Importance – And The Good News – Regarding Routine Eye Exams

The general public most often associates the benefits of early detection and preventative medical measures with diseases such as cancer, and while this is good it is not the only way in which a person should monitor and protect one's health.

Everyone should have eye examinations on a regular basis as part of a healthy lifestyle. Having your eyes examined by an Ophthalmologist is the proper way to keep your eyes in their best condition.

The frequency of eye exams depends on several things. Age, family medical history, overall health and contact lens use are a few of the factors which have a bearing on setting the correct schedule per individual.

As general guidance, the American Academy of Ophthalmology (AAO) offers the following timetable:

Your Age	Have Your Eyes Examined
Birth to 24 months	Screening during regular pediatric exams
3 to 5 years	Every 1 – 2 years during regular exams
6 to 19 years	Exams as needed
20 to 29 years	One exam
30 to 39 years	Two exams
40 to 64 years	Every 2 to four years
65 and older	Every 1 to 2 years

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## 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.*

Jeffrey Sheridan developed an interest in medicine very early in his childhood. His father, who was also a doctor, provided the needed encouragement for Jeffrey to pursue his calling. "I remember learning all the bones in the body when I was eight or nine years old," recalls Sheridan.

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Call us for Glaucoma and Cataract examinations or visit [www.totaleyecarecenter.com](http://www.totaleyecarecenter.com)

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

## Routine Eye Exams (continued)

Those with certain additional risk factors should consider scheduling more frequent examinations. Risk factors for adults include a family history or the presence of the following: Diabetes, hypertension, glaucoma and cataracts, to name a few. It has also been determined that African-Americans and Hispanic people over the age of 65 require, on average, a more frequent schedule of eye examinations in order to maintain optimum ocular health. And all people over the age of 60 have an increased potential for developing age-related macular degeneration (AMD), which is one of the reasons for the need for annual exams.

For routine eye examinations and the peace-of-mind that comes with them, contact your local Total Eye Care Center to arrange an appointment. Upon getting acquainted with one of our physicians, you will learn the ideal schedule for exams.

## The Good News From Medicare

Eligible Medicare beneficiaries are provided with annual coverage for glaucoma screenings as one of the provisions of The Benefits Improvement and Protection Act of 2000 - with coverage applying to glaucoma screenings performed from January 1, 2002 forward.

Eligibility is defined as those with diabetes mellitus, those with a family history of glaucoma and certain others who are at high risk for developing glaucoma.

Medicare pays for glaucoma screenings when they are conducted by, or under the direct supervision of, a legally authorized ophthalmologist or optometrist.

Medicare beneficiaries are allowed to receive ongoing screening examinations under the coverage as long as 11 full months passes between procedures. Deductible and coinsurance do apply.

For more information on how routine eye exams and Medicare may benefit you, please call Total Eye Care Center at (352) 728-1717. ✕



## In The Twinkling Of An Eye

The prospect of any surgical procedure can cause a person to experience anxiety and fear of the unknown. At the Total Eye Care Center Surgery Center in Leesburg, the doctors and staff place a priority on warm, personal attention to every patient, so they not only provide the best possible surgical expertise available, but they also strive to make the entire experience a pleasurable one for each person they treat.

### Fast Out-Patient Procedures

One thing everyone should know is that most actual cataract surgeries are completed in about 10 minutes, so each patient is not undergoing a time-consuming procedure when in the operating room.

The majority of the time for each patient is devoted to pre- and post-operative procedures, during which the Total Eye Care professionals are consistently supportive, informative and caring.

You may be a candidate for upcoming eye surgery. You may have concerns about the amount of time involved with ambulatory eye surgery. You may have preconceived notions about the overall process based on past experience with hospitals. You owe it to yourself to contact Total Eye Care Center and schedule your procedure with confidence knowing that you will experience an unmatched level of compassionate professionalism and convenience. ✕

## Physician Profile (continued)

That seemed to begin a lifelong process of furthering his education including a United States Air Force scholarship for medical school and five years of active service in the military. It was during this period that Sheridan chose ophthalmology as the specialty he would make into a career. "Ophthalmology offered what seems to me to be one of the most effective ways to improve the real quality of people's lives." Says Sheridan. "I genuinely like people and get a lot of satisfaction in seeing a patient improve as a result of our efforts at Total Eye Care Center."

From medical school, through internship and residency, and ultimately private practice, Dr. Sheridan enjoys the challenges along with the rewards of his career.

Dr. Sheridan confides, "I find the 'people factor' the most rewarding part of my job. The best feeling in the world is helping someone go from not being able to see, to thanking me and saying, 'Now I can see!' I can go home and feel very good about what we do here every day."

Dr. Sheridan is presently seeing patients at the Clermont and Leesburg locations two days each week and at the Eustis location of Total Eye Care Center one day each week. Call (352) 728-1717 for appointment information. ✕

## Eye Safety

### Motorcycling

With no mandatory helmet law, more Floridians are also neglecting to protect their eyes with safety lenses and sunglasses. Road hazards such as wind, sand, rocks and harmful sunlight provide ample incentive to use protective eye wear, and Total Eye Care Center strongly encourages our motorcycling enthusiasts to avoid waiting until it is too late. Choose from designs that are sleek, sporty and best of all; safe.

### Handy-persons

Many home-improvers suddenly find themselves being thrust from doing satisfying work in the home woodshop or garage to being rushed for emergency medical attention - many with eye injuries. Tablesaws, drills, grinders and other power tools and remodeling/repair activities have built-in perils which could cause damage to one's eyes. Prepare and protect yourself. Visit Total Eye Care Center and select from a wide array of protective eye wear that can enhance your active lifestyle. ✖



## I Can See Clearly Now

T-shirts, neck ties and paper towels all have their uses – but cleaning your glasses should not be among them. Now, there is a handy product which makes wiping your lenses more sanitary, convenient, and - dare we say? – fun than ever before.

Ultra-Clarity Lens Towelettes, by Nanofilm are available at all Total Eye Care Center locations and are recommended by our ophthalmologists as the ideal way to clean eye wear.

Eliminate scratching from cleaning with abrasive materials.

Get a more thorough, streak-free cleaning.

Excellent for Anti-Reflective coated lenses.

Effective for cleaning saltwater spray from lenses.

Individually packaged, easy to carry and use. ✖



## Eye Protection Never Looked So "Cool"

From civilian sport shooting circles, to the ranks of law enforcement, to the front lines of the American military, protective eye wear is gaining in popularity for two basic reasons:

- 1) Most sports and activities which include practical and tactical shooting of firearms – as well as all combat operations put the human eye in jeopardy, and more people and personnel are realizing that sight is worth protecting.
- 2) Advances in protective eye wear are producing new generation options which are more durable, more comfortable, provide a better field of vision and are better looking than ever before.

Oakley is among the forerunners in advanced ballistic eye protection development and is measuring feedback from users on a variety of models carefully designed to stand up to these special demands.

Known as "eyepro" (short for eye protection) the line of Oakleys presently getting good field reviews include the Oakley Juliet model (with optional lens colors), the Oakley M Frame (usually with grey lenses) and the A Frame Goggles. The Juliets are popular among hunters and sport shooting enthusiasts for providing a clear sight picture without distortion. The M Frames are seeing successful use among civilian competitive shooters as well as the professional law enforcement, SWAT and special ops communities.

For ultimate eye protection, a high lens surface area, clear visibility, peripheral field of vision, prescription lens availability and, oh yes, very cool styling, these products are among the best in the business.

Call one of the Total Eye Care Center optical shops to find out more about how ballistic eye protection technology can keep you seeing well and looking good. ✖