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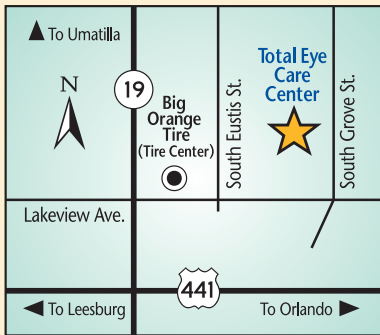
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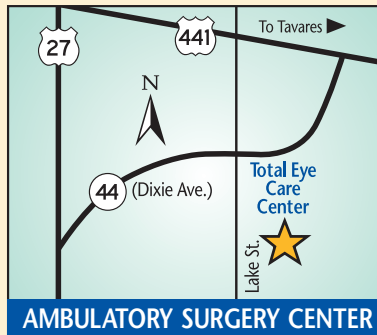
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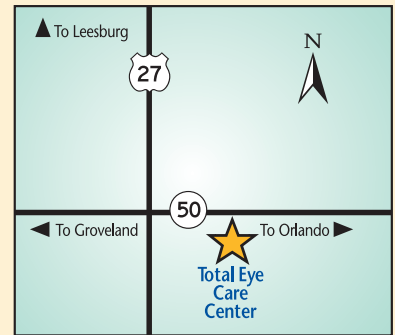
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Eye Injury Prevention

Give your eyes a sporting chance every time you engage in activities such as tennis, racquetball and softball, to name a few.

Statistics show that the most commonly caused sports related injuries are sustained in basketball, water sports, baseball and racquet sports – in order of decreasing frequency. Injuries during sports include blunt trauma, penetration, rupture of the eye and fractures of the eye socket. Although less common, even fishing hooks have been known to accidentally penetrate the eye.

Sadly, 40,000 people in the United States each year suffer these types of devastating assaults on their eyes – but it is estimated that about 90% of these ocular injuries could be prevented with adequate protection.



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Physician Profile



Craig D. Fishman, M.D.
Total Eye Care Center

Craig D. Fishman, M.D., received his undergraduate degree from Cornell University. After receiving his medical degree from New York University, Dr. Fishman completed his ophthalmology residency at Emory University, where he was chief resident. He is a member of the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgeons. Dr. Fishman performs cataract and glaucoma surgeries; laser treatment; and eyelid plastic surgery.

Craig Fishman entered into ophthalmology out of very personal motivations. "My grandfather went blind from glaucoma and my grandmother had macular degeneration," Dr. Fishman confides. "I remember going with my family to the ophthalmologist's office and being fascinated by what they were doing."

When asked about the personal aspect of helping his own patients, Dr. Fishman shares that he enjoys working with each one equally and focuses intently on doing the best job possible each and every time. When some patients express their gratitude it is satisfying knowing that you have helped someone else's grandmother or grandfather.

Offering some detail, Dr. Fishman said that, "We are all intent on problem-solving, allaying patients' fears, being supportive, answering questions and offering reassurance. The by-product of this, combined with successful medical attention, is often that people are pleased with us. That is rewarding." ✧

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Eye Injury Prevention (continued)

Adequate protection, however, does not mean wearing ordinary eyeglasses and certainly contact lenses offer no barrier between the eye and an onrushing object. In fact, standard eyeglasses often make eye injury greater in severity when breakage results in abrasions or penetrating lacerations in or around the eye.

The first step for those who will take responsible measures to protect themselves from sports injury is a complete eye examination, often as part of a sports physical. It is also prudent to have an assessment of family history of ocular disease and any present additional risk factors.

Once a person is physically prepared for certain sports activities eye protection should be chosen to reduce the number and severity of potential eye injuries. Protective devices such as sports goggles dissipate the harmful force over a larger area around the eye. Sports goggles and other protective eyewear is often made of highly impact-resistant polycarbonate material. It is also able to absorb ultraviolet light. Since prescription lenses are also available this eyewear can substitute for eyeglasses during participation in high-risk sports. ✖

Extended Risks Of Poor Eyesight

In addition to the usual inconveniences and limitations brought by diminished eyesight, some studies show that a person may also be at greater risk for physical injury or certain mental disorders.

For those who have personally witnessed relatives or friends – typically seniors - dealing with the overall effects of severely compromised eyesight, this is not surprising news. Many people have experienced first hand the disorienting effects on the body as well as the thought processes of those who can only see shapes or blurs.

Now, some authorities in various fields of medical study from around the world are advancing findings to put statistics into perspective.

Consider this statement from the Department of Orthopedics and Traumatology, Acibadem Hospital, Istanbul, Turkey: In “An evaluation of the underlying causes of fall-induced hip fractures in elderly persons”, “34.4% had cataract or other vision problems”.

Of the factors which seem to contribute to sudden falls with injury, vision impairment was ranked higher than even arthritis and Parkinson’s disease.

Seeing and Thinking Clearly

Other studies are providing interesting results on the effects of poor eyesight on the function of the human brain.

The Department of Ophthalmology and Visual Science, Graduate School of Biomedical Sciences, Hiroshima University, Hiroshima, Japan created a study for the following purpose: “To evaluate whether cognitive impairment improves in elderly patients who have cataract surgery with intraocular lens (IOL) implantation.” The results showed that after cataract surgery, 60% of elderly patients showed an improvement in their cognitive impairment.

Other studies from Germany, for instance, are suggesting that “senile dementia” and “impairment of information processing”

can, in part, be directly related to cataracts.

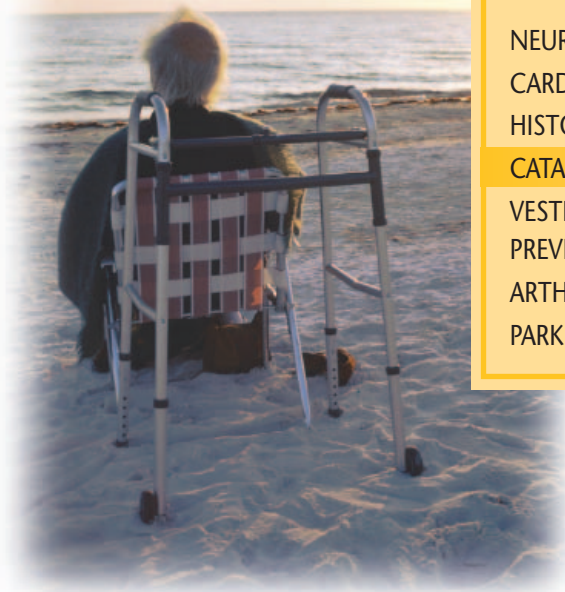
Another study from the Department of Ophthalmology, School of Medicine, University of Alabama at Birmingham opens with this statement: “The four most common sight-threatening conditions in older adults in North America are cataract, age-related macular degeneration (ARM), glaucoma, and diabetic retinopathy. Even in their moderate stages, these conditions cause

visual sensory impairments and reductions in health-related quality of life, including difficulties in daily tasks and psychosocial problems.”

An Evaluation Of The Underlying Causes Of Fall-Induced Hip Fractures In Elderly Persons.

NEUROLOGIC DISEASES	65.6%
CARDIAC DISEASES	53.1%
HISTORY OF STROKE	37.5%
CATARACT OR OTHER VISION PROBLEMS	34.4%
VESTIBULAR PATHOLOGIES	31.3%
PREVIOUS FALLS	25%
ARTHRITIS	25%
PARKINSON’S DISEASE AND DEMENTIA	25%

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Extended Risks... (continued)

It is important to note that these findings, while encouraging, are not promises of improvement in cognitive capability or injury prevention due to eye surgery or treatment. The physicians and staff of Total Eye Care Center are, however, interested in more

than just patients' eyes and derive great satisfaction in helping people by dealing with eye disease and providing surgical and treatment options which may restore people to an improved overall quality of life. ✖

Clearly Better

In many of the finer galleries around the world, pieces of art are displayed behind special "museum glass" which eliminates glare and provides supreme clarity for viewers of beautiful works.

Now, beauty is closer to the eye of the beholder as anti-reflective coatings provide similar benefits to wearers of eyeglasses.

Your Eyes See Better

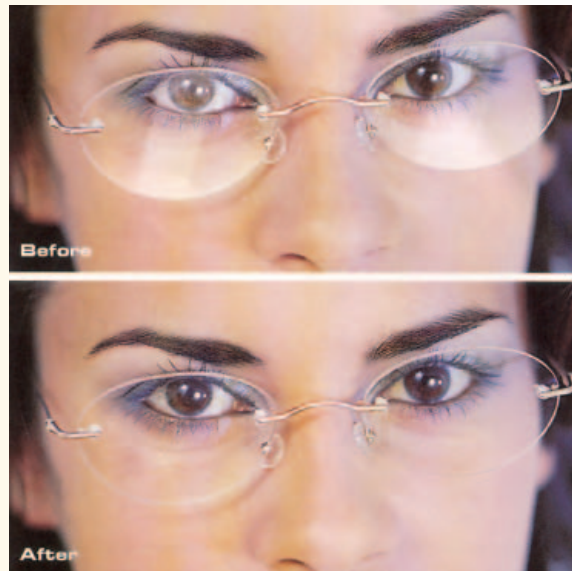
Night driving safety, for some wearers, is improved by reducing reflections and glare of street lamps and headlights in glasses treated with this process.

Your Eyes Are Seen Better

Improved transparency of glasses equals reduced reflections that others see on a wearer's glasses. This allows more natural eye contact and better photographs unhindered by the glaring distractions.

Certain sensible cleaning and handling procedures are to be practiced with anti-reflective coatings such as using only non-abrasive cleaners and storing glasses in a protective case. These are good

practices for eyeglasses in general. Call your nearest Total Eye Care Center for more detailed information. ✖



Red Wine May Help Keep Vision Clear

In research conducted in Iceland, moderate wine drinkers had the fewest cases of cataracts. Now, this isn't necessarily a reason to celebrate, but it does have some people thinking differently about the role of moderate red wine intake in their diets.

According to an article by Jacob Gaffney, "Moderate red wine drinkers had roughly half the risk of cataracts as nondrinkers did". The results indicated that red wine drinkers had the lowest incidence of eye opacity compared to nondrinkers and people who drink primarily beer or spirits. White wine was not studied in this group of participants.

These conclusions were made upon researching the larger Reykjavik Eye Study which began in 1996 initially including 1,379 people who had no major eye ailments. The study examined the degeneration of eyesight in people ages 55 and older. Recently, scientists conducted a sub-study looking at whether the incidence of cataracts changed according to a person's drinking habits.

In the study, roughly 90% of those who consumed alcohol considered themselves moderate drinkers; defined, for the

purposes of this group, as those who consume between two glasses per month to two or three glasses per day.

The researchers concluded that there was an approximately 50% lower chance of cataract development in red wine drinkers after adjusting for other risk factors such as not wearing sunglasses and smoking.

Those who were primarily beer or spirits drinkers showed some reduction in cataract development but the results were so minor as to be considered having "no significant association" with cataract risk.

The authors of this report noted that an eye study conducted in Iceland may not be comparable to other populations. Some cultures, including many parts of Europe see sensible wine intake as simply another part of their diet. While the apparent positive effects of red wine are reported in this study, the scientific causes to support them can continue to be debated. ✖