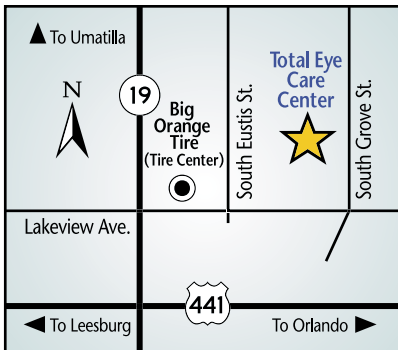


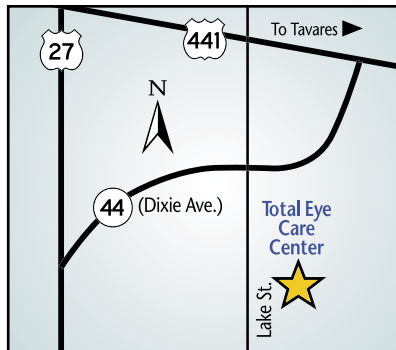
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- Time Flies: Celebrating 10 Years In Clermont
- Sports Glasses For Your Active Lifestyle
- What You Should Know About Cataract Surgery

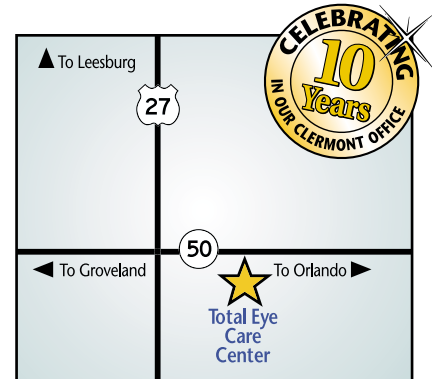
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Preventing Glaucoma Damage

Glaucoma occurs when increased pressure in the eye causes damage to fibers in the optic nerve. This is a serious eye disease and the result is loss of vision. It is not known why the passages that should allow fluid in your eye to drain



sometimes become blocked, but it is the resulting effect of this that makes glaucoma one of the leading causes of blindness in the United States.

Since there are no early symptoms of developing glaucoma until irreversible vision loss occurs, it is very important to control it through regular eye examinations.

Glaucoma occurs most often in people over 40 and in those with family histories of the disease. Very nearsighted people, African Americans and diabetics are also at a higher risk.

...continued on page 2

Time Flies!



The founders and staff of Total Eye Care Center are celebrating 10 years of service in our current South Lake County location. After practicing in Clermont for 5 years at the original South Lake location, Dr. Michael Pennachio built a new Total Eye Care Center facility in Clermont in April of 1992, thus becoming the first full-service provider of ophthalmic care in the area.

Since 1985, Total Eye Care Center has expanded with offices in Eustis, and an ambulatory surgical center in Leesburg. In addition to Dr. Pennachio, three other Board Certified physicians also provide general and specialized eye care, including Dr. Craig Fishman, Dr. Jeffrey Sheridan and Dr. Sonya Braudway. Dr. Braudway is a low-vision rehabilitation specialist in the Clermont office.

"We are thrilled to celebrate ten years of patient care in our ...continued on page 2

For Glaucoma And Cataract Examinations Call

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

Glaucoma (continued from front)

Most often, glaucoma develops gradually and without discomfort. In rare cases, the onset is rapid and vision is blurred, side vision is compromised, rings or halos appear around light sources and there can even be pain and redness of the eye.

Unfortunately, glaucoma cannot be prevented and lost vision due to the disease cannot be restored. Early diagnosis and treatment is the answer to controlling this vision threatening condition.

Total Eye Care Center is here to provide regular annual eye examinations and to help you manage your eyesight to the best possible level. You may find that less frequent or more

frequent examinations are in order in your situation. Whatever the case, you should begin now to get the peace of mind and attention you deserve.

A comprehensive ophthalmic examination will include a tonometry test to measure the pressure in your eyes. We will also perform an examination of the inside of your eyes and optic nerves. If glaucoma is suspected, a visual field test may be performed to determine the extent of vision loss, if any.

The treatment for glaucoma includes prescription eye drops and medicines to lower the pressure in your eyes. In some cases, laser treatment or surgery may also be effective in reducing pressure and managing the disease.

Time Flies (continued from front)

current office in Clermont. It is gratifying to know that we are still a part of this fast-growing community thanks to our many friends and patients", says Dr. Pennachio. "We were happy to be the first practice to serve the eye care needs of

South Lake County and look forward to a bright future of providing our families the most advanced eye care with a hometown touch."

Sports Glasses For Your Active Lifestyle

Golf, Tennis, Bowling, Water Sports... There is no shortage of fun activities in Florida. But sometimes sports and hobbies are not as fun as they could be because of the need for glasses.

Well, just as there's a proper choice of club for chipping onto the green, there are also specialized Sports Glasses for those who want to turn the need for glasses into a competitive edge.

The optical shops located in each Total Eye Care Center facility now offer Nike Technology lens and frame systems for active, athletic adults. Wrap lenses are a popular choice since they do not distort, allowing clear straight ahead vision and natural peripheral sight. These lenses allow you to avoid troubling blind spots while offering superior sun protection to the entire field of view.

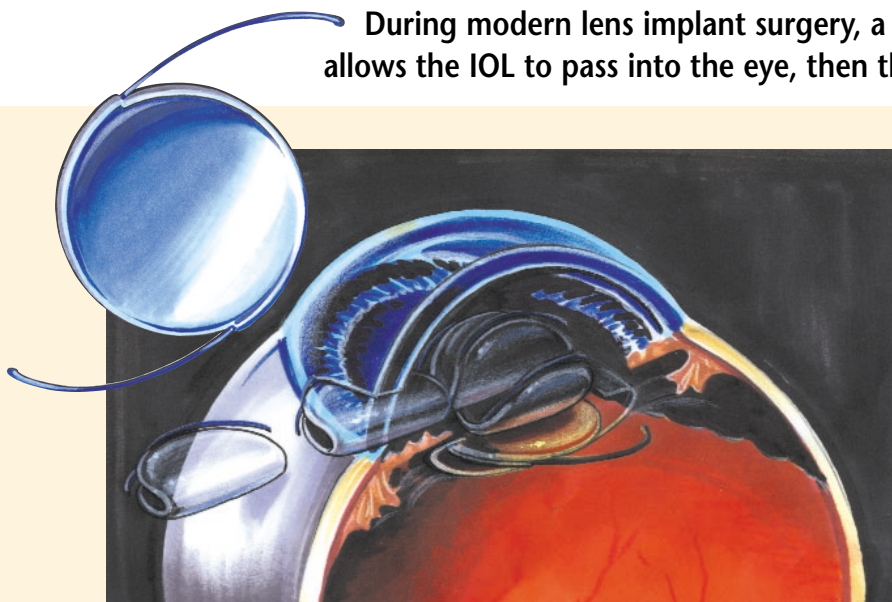
Rock Hard lens coating technology has been developed by Nike to provide the performance and light weight of plastic lenses with the scratch resistance of glass. These polycarbonate lenses are flexible and they stand up to extra punishment so you can focus on your game. They also accept specialty water repellent coatings which bead water and perspiration for better visual clarity.

For outdoor activities, patients can choose from a wide range of prescription sun lens colors and strengths plus a contemporary assortment of frame styles.



What You Should Know About Cataract Surgery

During modern lens implant surgery, a small, self sealing incision allows the IOL to pass into the eye, then the lens unfolds into position.



- Quicker and more comfortable procedure
- Less patient anxiety
- Immediate recovery begins after surgery
- Removes chance of allergic reactions
- No injections
- Bloodless incision
- No sutures
- No need for eye patch
- Allows users of blood thinning medication to continue their prescriptions uninterrupted

Modern cataract lens implantation is among the safest, fastest and most successful surgical procedures in the United States. Since the advent of intraocular lens (IOL) implants, and the development of No Needle, No Stitch, No Patch surgical techniques, thousands upon thousands of cataract surgery patients have enjoyed restored eyesight without unwanted side effects from the operations. In fact, the surgeons at the Total Eye Care Center, were among the first in the area to administer topical anesthesia for cataract surgery patients.

95 percent of people over 65 years of age develop cataracts. When this clouding in one or both of the eye's natural lenses begins to interfere with one's quality of vision and lifestyle, it is time to consider cataract surgery.

In the past, people who had cataracts removed, had to endure injections in the area around the eye and relatively large incisions in the cornea. Eye patches were required for a significant healing period after surgery, plus there was a permanent need for glasses with thick lenses and heavy frames in order to see at all.

Today, cataracts are removed by a procedure known as phacoemulsification, an ultrasonic method of actually liquefying the clouded lens material prior to implanting a replacement IOL through a very small incision. Now with topical anesthetics (eye drops) there are no injections. Small, self-sealing incisions require no sutures and no eye patches are needed following routine cataract surgery. This allows people to quickly return to their active lifestyles, seeing clearly with only the use of their normal prescription glasses.

If you are experiencing blurred vision or loss of vision due to cataracts, schedule an eye exam at one of the Total Eye Care Centers near you. A doctor will consult with you to help determine your specific needs and create a plan for improved vision. If surgery is the answer, we

can conveniently schedule your procedure at the Total Eye Care Center ambulatory surgery facility in our Leesburg location. We also accept assignment and submit claims for all our Medicare patients.

“Wonderful!”

"My cataract surgery at Total Eye Care could not have gone smoother. I felt no pain with either procedure and now have improved sight in both my eyes. The staff is just great too. They made me feel safe and even called to check up on me after I came home.

Now I can enjoy reading again and playing bridge with my friends. I just can't use poor eyesight as an excuse to bluff at the card table any more!

**- Francis Beauchesne,
Total Eye Care Center patient**