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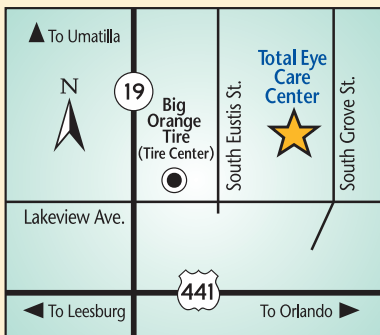
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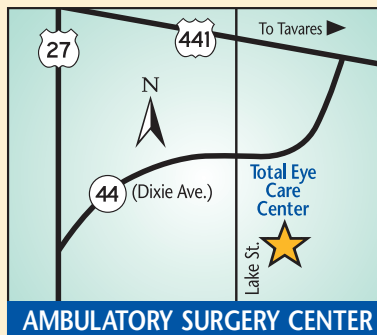
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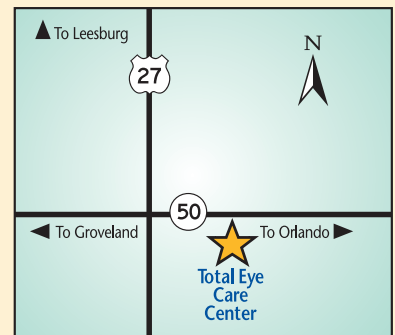
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Cataract Surgery: The Most Successful Eye Surgery

In observance of Cataract Awareness Month in August, the American Academy of Ophthalmology, the Eye M.D. Association and Eye M.D.s across the country, including Total Eye Care Center, want to remind people they don't have to live with vision loss from cataracts. Through new technological advances, cataract surgery today is faster, more effective and more comfortable for the patient.

A cataract is a clouding of the normally clear lens of the eye. This clouding up of the lens scatters light and prevents some light from reaching the retina, causing vision to blur. Cataracts form slowly and do not cause pain, but eventually impair vision and can lead to blindness.

More than 20 million Americans over the age of 40 have cataracts, and more than 2 million people have cataract surgery each year in the United States. More than 95 percent of cataract surgeries are performed without complications and result in a significant improvement in vision.

Academy spokesperson Edward J. Holland, MD, professor of ophthalmology, University of Cincinnati and director of cornea, Cincinnati Eye Institute, said, "Cataracts are the leading cause of blindness in the world. However, in most cases, vision loss is reversible. New cataract surgery techniques have made cataract surgery one of the most successful procedures available in restoring patients' quality of life."

Nearly half of all people will have a cataract by the time they are 65 years of age. In addition to aging, other causes of cataracts include:

- A family history of cataracts
- Medical problems, such as diabetes
- Injury to the eye
- Medications, such as steroids
- Long-term unprotected exposure to sunlight
- Previous eye surgery

THE AMERICAN ACADEMY OF OPHTHALMOLOGY
has named August,
"Cataract Awareness Month".

Dr. Pennachio says you may reduce your risk of cataracts. "The most important thing you can do is to protect your eyes from sunlight. When outside in daylight, wear wraparound

sunglasses that block 100 percent of UV light, and wear a wide-brimmed hat," he said. Parents should also make sure their children, including infants, are protected from ultraviolet light. Ultraviolet exposure occurs over an entire lifetime.

In addition, there is some evidence that eating a diet rich in antioxidants – foods such as spinach, broccoli and eggs – and stopping smoking may help reduce the risk of developing cataracts.

Finally, there is good news for women taking estrogen as part of hormone replacement therapy. There is evidence that estrogen may play a protective role in reducing the incidence of cataracts. ✕

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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.

Just In Time For Summer!

Poly Polarized Lenses from Carl Zeiss Optical

When compared to regular sunglasses, Gradal® Top Poly Polarized Gray lenses dramatically reduce annoying and sometimes dangerous sun glare, and increase depth and color perception. The lenses have several outdoor safety features including a filter that provides 100% ultraviolet protection. Their polycarbonate material makes the lens lightweight and virtually unbreakable. These lenses will provide you with relaxed and comfortable vision while you enjoy all of this summer's outdoor activities. ✖



Sunlight and the 10-year Beaver Dam Eye Study:

The results are in on participants in Wisconsin, some of whom were exposed to sunlight for 5 hours + per day versus those

exposed to 2 hours or less. Those with higher exposure experienced retinal changes at 3 times the rates of their counterparts and early macular degenerative changes at twice the rate.

Computer Vision Syndrome

More than 140 million Americans work on a computer each day, with 88% of them suffering from computer eyestrain. If you spend more than two hours each day in front of a computer screen, you more than likely experience one or two symptoms of Computer Vision Syndrome, including:

- Headaches
- Loss of focus
- Burning and/or tired eyes
- Double or blurred vision
- Neck and shoulder pain

Computer Vision Syndrome is caused by our eyes and brain reacting differently to characters on the screen than they do to printed characters.

Our eyes have little problem focusing on most printed material, which is characterized by dense black characters with well-defined edges. Characters on the computer screen, however, don't have this contrast or well-defined edges. These characters, or pixels, are brightest at the center and diminish in intensity toward their edges. This makes it very difficult for our eyes to maintain focus and remain fixed onto these images. Instead, our eyes drift out to a point called the "resting point of accommodation." Our eyes involuntarily move to the resting point, and then strain to regain focus on the screen. This continuous flexing of the eyes' focusing muscles creates fatigue and the burning, tired-eyes feeling that is so common after long hours at the computer.



In most cases, standard reading glasses or over-the-counter readers are not accurate enough to cure Computer Vision Syndrome, because you normally view a computer at a different distance than your reading distance. The new Zeiss Business lens was specifically designed for viewing computer keyboards, screens, and immediate surroundings in today's modern work area, cubicle and office surroundings. They eliminate the constant refocusing effort that your eyes go through when viewing the screen.

Please contact Total Eye Care Center to see if Zeiss Business lenses are right for you. ✖

Over 150 years of advanced research and engineering bring you the Zeiss family of premium spectacle lenses and coatings. As a Certified Zeiss Vision Expert, Total Eye Care Center has the training and experience to provide you with the most optimum vision possible. Call the office nearest you and find out how we can help you see your world more clearly.



We make it visible.

Maintaining Quality Of Life With Low Vision

Low vision can cause difficulty in seeing detailed letters and numbers when reading, recognizing the slope of a curb, steps, or facial features, and distinguishing between similar colors, such as black and blue. Adults who have these problems may have trouble maintaining their independence and completing typical day-to-day activities.

Total Eye Care Center's Dr. Sonya Braudway is the only Low Vision Specialist in Lake County. She is a board certified optometric physician who specializes in low vision rehabilitation. Dr. Braudway is a member of the American Academy of Optometrists and the Association for Research in Vision and Ophthalmology. Through the use of the latest techniques and technology, including close circuit television monitors and head mounted display sets, Dr. Braudway provides state-of-the-art treatment to Lake County residents in need of low vision rehabilitation. It is possible for people with vision impairments to continue to live independent and meaningful lives with the help of skilled optometric care and the assistance of an occupational therapist. Practitioners can help people with low vision to continue living in their own homes and complete daily tasks, such as showering, dressing, cooking, grocery shopping, managing finances, and getting around in the community. Total Eye Care Center also employs an occupational therapist for low vision patients in need of just these types of services.

What can an occupational therapist do?

- Evaluate a person's environment at work and at home to determine how it can be altered to make the most out of a person's remaining vision.
- Educate a person on how to compensate for vision loss by using other senses, such as touch, hearing, and smell.

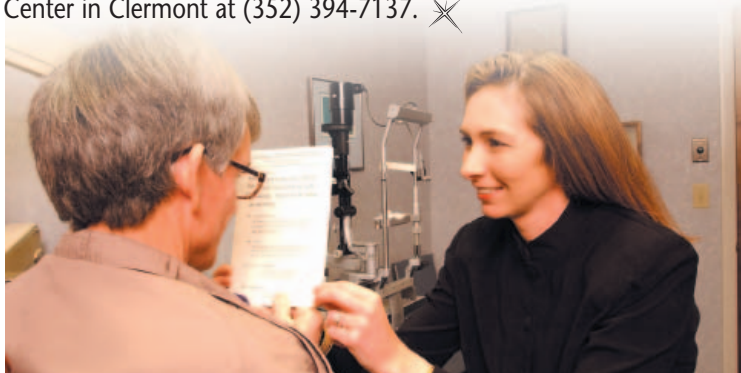
- Recommend and train a person to use assistive devices that can aid in completing daily activities, such as magnifiers, audio equipment, and voice-activated computers.

What can friends and family of a person with low vision do?

- Stay educated about the person's vision ability.
- Help and support a person with low vision in adapting his or her home to keep it safe and functional.
- Help a person with low vision access community resources, including talking books, audio reader services, and centers for the blind.
- Consult your physician about obtaining a referral to occupational therapy.

Need more information?

A vision impairment is a serious issue that may affect many aspects of a person's life, including work and leisure activities. If you would like to consult our low vision specialist or find out more about how an occupational therapist may help you, please call Total Eye Care Center in Clermont at (352) 394-7137. ✖



Glaucoma Treatment Options

At Total Eye Care Center, we believe in making information available to our patients. Medical treatment is the way to address glaucoma and patient knowledge can be the power which overcomes fear of treatment. Diminishing eyesight can be stressful and the idea of surgery can be intimidating. But today, successful treatment and recovery can be achieved in a number of ways.

1) Prescription Eyedrops

It is mandatory to control intraocular pressure (IOP) for the treatment of this eye disease. IOP is managed either by reducing the amount of aqueous fluid, or by increasing its outflow, or drainage from the eye. Treatment is usually begun with prescription eyedrops. Prescription eyedrops are usually well tolerated, but side effects can occur. Ask one of our staff if this treatment is right for you.

2) Oral Medications

Oral medications are rarely needed since the varieties of prescription eyedrops have expanded in recent years. As with most medications, there can be potential side effects. Therefore, package inserts should always be read and understood and glaucoma treatment must be determined on an individual basis.

3) Laser Treatment

Laser use for glaucoma may precede or be used in conjunction with topical glaucoma medications. Generally there are two types of laser treatments. The first is a treatment for narrow angle glaucoma in which an opening is made in the peripheral iris to allow aqueous fluid to get to the drain unimpeded. The second type of laser treatment is for open angle glaucoma in which the drain is treated to allow fluid to drain faster.

4) Incisional Surgery

These surgical procedures are usually reserved as a final glaucoma treatment. The purpose of "Incisional Surgery" is to create a canal from inside the eye to outside the eye which allows for increased outflow, or drainage, of the "aqueous" from the eye and this lowers the Intraocular pressure (IOP). Recently, new medications have been used in conjunction with this type of surgery to prevent scar tissue from closing the surgically created canal. ✖