

Columbus  
Ophthalmology  
Associates

# COA VISION

Winter 2010

## Glaucoma Awareness

### January is Glaucoma Awareness Month

As part of Glaucoma Awareness month in January, we strongly recommend that those at risk should have a complete eye exam by an ophthalmologist at least every one to two years. Although glaucoma cannot be cured, early detection and treatment can usually preserve vision.

More than three million Americans age 40 and older have glaucoma. Glaucoma is a condition in which the optic nerve, responsible for transmitting visual information from the eye to the brain is damaged. Although the nerve damage is usually associated with elevated pressure inside the eye, other factors can be involved. Glaucoma is an eye disease that gradually may begin with the loss of peripheral vision and then advance to a reduction in central vision. With its painless and gradual loss of vision, glaucoma may have no early warning signs, but it can be detected through a comprehensive dilated eye exam. However, vision loss from glaucoma can be prevented if it is detected and treated in time.

#### Optical Shoppe

*We offer complimentary adjustments & cleanings on your glasses!*

#### *Who Has A Higher Risk For Glaucoma?*

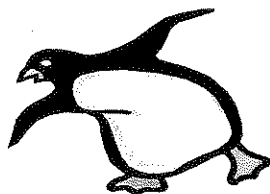
- Everyone over the age of 60
- African-Americans over age of 40
- People with a family history of glaucoma
- Hispanics
- People with other health conditions, such as diabetes
- Individuals that have experienced a serious eye injury.

#### *Symptoms?*

First there may be no symptoms, but as the disease progresses a person with glaucoma may notice:

- Blurred vision
- Loss of peripheral vision
- Difficulty focusing on objects
- Presence of halos around lights

Glaucoma is a lifelong condition. Patients and their doctors work together to agree on a treatment plan that offers the patient the best chance of preserving his or her vision.



## *Lens Options For Cataract Surgery*

There are many factors to consider when determining the best way of treating your cataracts including age, lifestyle and the health of your eye. Eye surgeons have used lens implants to replace the eye's natural lens but until recently, every lens implant has provided only a single fixed point of vision. The next generation of lens implants can now provide patients multiple focal points to provide reading and distance vision after cataract surgery. The **Crystalen®**, and the **ReSTOR® IOL** implants work slightly different and may allow selected patients the ability to see far, intermediate and near and to be less dependant on glasses. Most lens implants will last the life-time of patients. It is very important for patients who are undergoing cataract surgery to fully understand the lens implant options that are available to them.

### *Toric IOL Lens Implants*

Traditionally, during cataract surgery, the human lens is replaced with a monofocal intraocular lens which does not correct astigmatism. The **AcrySof® Toric intraocular lens implant** is similar to a soft toric contact lens in that a certain degree of power is placed in the lens at a precise location to compensate for the corneal astigmatism. The unique design of the **AcrySof® Toric IOL** makes it possible to reduce or eliminate corneal astigmatism and significantly improve uncorrected distance vision.

*Please ask our staff and doctors for additional information about the lens options for cataract surgery.*

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## **Dry Eye Syndrome**

3.2 million Americans have been diagnosed with having chronic dry eye syndrome. Many people do not produce enough tears to keep the surface of the eye moist and clean. With the decreased tear production, it may cause eye irritation and excess tearing or watery eyes. Some of the major symptoms of dry eyes may include burning, stinging and irritation. Having dry eyes can also make it difficult to wear contact lenses and can reduce vision due to the breakdown of the corneal surface. Artificial tears are the first line of therapy for dry eye syndrome. These are available without a prescription. For moderate and severe dry eye syndrome, Restasis® is a prescription medication that is taken twice a day and has been proven to reduce the inflammation and increase tear production. It may take 4-6 weeks before patients begin to feel some relief by taking Restasis®. As dry eye suffers often experience heightened sensitivity in the wind, protective eye wear can also be helpful to improve symptoms.

*Wrap-around sunglasses can help keep moisture in and the wind and irritants out of the eye.*

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## **BOTOX**

Botox Injections can help improve the appearance of worry lines, frown lines, laugh lines and crows feet by creating a smoother more vibrant appearance. Botox works by relaxing the muscles that cause those lines of facial expression, and the results can last for months at a time. In addition, Botox can be used to treat blepharospasms or twitching of the eyelids. Schedule your botox consultation with Dr. Beckman and discuss how Botox can improve your appearance by reducing the unwanted facial lines.

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### **Services Offered At Columbus Ophthalmology Associates**

- Cataract Surgery - Crystalens®, ReSTOR IOL®, AcrySof® Toric IOL
- Glaucoma Treatment & Surgery
- Diabetic Retinopathy
- Pediatric Ophthalmology
- Optical Center (Dublin)
- Treatment of Dry Eye Syndrome
- Corneal Transplant
- Eye Exams
- Botox Injections
- Corneal Refractive Therapy

