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The Pennsylvania College
of Optometry
at Salus University



Eyesight

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How the Computer Affects Your Eyes:

- *Computer Vision Syndrome (CVS) is a condition in which individuals experience visual problems related to computer work.*
- *Common symptoms of CVS are eyestrain, headaches and blurred vision.*
- *Computer screens are not as "clear" as printed material, making it uncomfortable to view for several hours.*
- *Page three provides helpful hints on how to adjust your workspace to be more comfortable for your eyes and body.*
- *If problems persist, call 215.276.6111 to make an appointment for an eye exam with one of The Eye Institute's expert doctors.*

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"Looking Out For Kids" Fundraiser a Great Success

The "Looking Out for Kids" (LOFK) charity fundraiser held Friday evening, November 7, 2008, was a great success. LJ Smith, tight end for the Philadelphia Eagles, graciously hosted the event for the second consecutive year. LJ and over 200 guests had a great time at the event, which raised funds to benefit the public school children of Philadelphia. Monies raised are used to provide vision care services and eyeglasses to uninsured or underinsured children in The School District of Philadelphia.

The Eye Institute is especially grateful to the event's corporate sponsors, as their generous contributions helped ensure the event's financial success. Sponsors included: Fox Rothschild LLP: Attorneys at Law; Dr. James Lewis; Davis Vision; America's Best Contacts and Eyeglasses; The Mergis Group; Crown Holdings, Inc.; Partners in Vision; Armstrong, Doyle & Carroll, Inc.; VSP (Vision Service Plan); Commercial Flooring Systems and Marchon.

The fundraiser also brought out other professional

athletes including Philadelphia Eagles' A.J. Feeley, Kevin Curtis and Brent Celek. Andre Iguodala and Theo Ratliff of the Philadelphia 76ers were also in attendance. Congresswoman Allyson Y. Schwartz of the 13th Congressional District and Dr. Maria Pitre, The School District of Philadelphia's Chief Academic Officer, also demonstrated their support by attending. During the program, Dr. Pitre publicly acknowledged the valuable work The Eye Institute and the Looking

Out For Kids charity fundraiser does on behalf of children within the school district.

If you would like to help The Eye Institute provide vision care services and eyeglasses to the children of Philadelphia, tax-deductible contributions can be made to "Looking Out for Kids" and mailed to:

Dr. Susan C. Oleszewski
The Eye Institute
1200 West Godfrey Avenue
Philadelphia, PA 19141



Vice President for Patient Care Services at TEI, Dr. Susan Oleszewski, LJ Smith and Dr. Maria Pitre, Chief Academic Officer for the School District of Philadelphia, presented the night's program. (Photo by John Dolores Photography)

To view more event photos,
visit www.TEIVision.com/news/news.htm

Computer Vision Syndrome

An increasing number of individuals use computers in their daily lives with many experiencing visual difficulties related to this use.



The American Optometric Association's recommended proper computer workstation positioning.

What is Computer Vision Syndrome (CVS)?

According to the American Optometric Association, Computer Vision Syndrome (CVS) is the "complex of eye and vision problems related to near work experienced during or connected with computer work." Studies indicate 90% of people who work on a computer for three hours or more report symptoms of CVS.

What are common symptoms of CVS?

Common symptoms of CVS are:

- Eyestrain
- Light sensitivity (photophobia)
- Blurred or double vision
- Head, neck or backaches
- Dry or irritated eyes

When did CVS first begin?

In the 1990's, the use of computers expanded rapidly across the country. Today, with over 200 million computers in the United States, they have become part of our daily lives. In the workplace, the computer's versatility started to replace portions of our jobs. Many workers resented switching to computers and complained about symptoms they felt using a computer induced.

Why do people develop CVS?

Computer users might develop CVS for a number of reasons, including:

- Computer users are using a computer often, and therefore viewing a computer screen for hours at a time. Extended near tasks of this nature can be very visually stressful.
- Computer screens are typically not as "clear" as printed material, thereby making it more challenging to comfortably view the screen for hours at a time.
- The brightness of a computer screen may be uncomfortable for the eyes.

- Computer screens may have glare problems depending upon where they are positioned with respect to room lighting and external light through windows.
- The position of the screen may be too high or too low to comfortably view for long periods of time.

What are some tips for minimizing the problems associated with CVS?

- Take alternative task breaks throughout the day to relieve stress associated with extended computer work. Tasks that do not require looking at a computer screen or other near work will reduce computer related eyestrain and provide your eyes with needed breaks.
- Adjust the monitor's brightness and contrast to more comfortable levels.
- To reduce glare on the computer screen; use shades or blinds for windows and bright sun light.
- Use an adjustable chair allowing you to sit at a comfortable height. The screen should be positioned at a 10-20 degree angle and located at an approximate 24 inch viewing distance.
- Use artificial tear drops if

you are experiencing dry or irritated eyes. Blinking more frequently may also help dry eye symptoms.

Special computer eye wear may be the answer:

In addition to adjusting your workspace, it is essential that the most appropriate eye glass prescription is in place for computer use. Because a person's computer screen is often located at a different distance than one's typical reading distance, there may be a benefit from a separate prescription for use at the computer. For some bifocal wearers, the smaller viewing area through the reading area of the bifocal or progressive lens ("invisible bifocal") can create additional visual challenges for a computer user. In this case, a pair of glasses (without the bifocal) with the lens prescription ideal for computer use has been a great option for many.

Update your computer eyewear NOW with the *COUPON* on page four, but hurry, it's a limited time offer!



Spotlight on...

Dr. Brandy Scombordi-Raghu

"Kids are more fun than adults," Dr. Scombordi-Raghu said. Since 2001, she has been treating patients – mainly infants, toddlers and children – at The Eye Institute's Pediatric Binocular Vision Service.

As a mother of four – ranging in age from five months to 15-years-old – Dr. Scombordi-Raghu enjoys when her patients experience positive outcomes, especially those undergoing vision therapy. "I like good outcomes, when the child is able to see something they didn't before or when you see their

grades improve," she said. According to Dr. Scombordi-Raghu, treating a simple binocular problem with vision therapy can take anywhere from three to six months unless the child has a more serious condition.

But, not all problems can be repaired. "The sad part is when you find something that can't be fixed," she said about the difficulties of her job.

Dr. Scombordi-Raghu is currently heading up the development of a new pediatric practice at The Eye

Institute's Mt. Airy location, 7145 Germantown Avenue. "I'm super excited to be in Mt. Airy, I love the neighborhood and the area," she said. She will be available for appointments at the Mt. Airy location for not only children but adults as well on Wednesday afternoons from 1 p.m. through 5 p.m.

Call 215.276.6111 to make an appointment at The Eye Institute's Mt. Airy location today.



Dr. Scombordi-Raghu in the Electrodiagnostic Service.

About Dr. Scombordi:

- Bachelor's degree in chemistry: Temple University
- Doctor of Optometry: The Pennsylvania College of Optometry
- Residency: The Eye Institute
- Philadelphia Clinical Director: Special Olympics Healthy Athletes Lions Club International Opening Eyes Program

The Eye Institute Joins in the Fight Against ALS

On the rainy morning of November 8, 2008, a team of staff and student doctors from The Eye Institute (TEI), (their team aptly named "Visionaries"), participated in the Walk to Defeat ALS. The Greater Philadelphia Chapter of the ALS Association assists individuals with this neuromuscular disorder and their families. The ALS Walk and fundraiser has been the primary charity of the Philadelphia Phillies since 1984. This year, the walk occurred at Citizens Bank Park with the Phillie Phanatic and over 2,000 supporters in tow.

Not only did The Eye Institute field a team for the first time, but they also became one of the event's 40 plus corporate sponsors. Roxanne Walter, Manager of Sponsor Relations for the Walk, indicated that although the Philadelphia Chapter

obtains corporate sponsors each year, in recent years there has been an influx of businesses becoming more involved by organizing fundraising teams for the charity. "More corporations are supporting their employees that want to get involved with us and we really appreciate that," Walters said.

The Pennsylvania College of Optometry's Class of 2012 student Angela Yang agrees. "It was great to get involved and volunteer in a group representing The Eye Institute," she said. "It was great to see all of the support from faculty, residents, staff and students."

Even with the bad weather, the walk turned out to be a success. "It was an amazing event in spite of the rain, people's spirits were high and they really

enjoyed themselves," Walter said.

Money raised from the walk helps the 30-year-old local chapter provide medical care to people with ALS in the Philadelphia area, as well as supporting ALS research. With over 5,000 people diagnosed each year, this event became the perfect opportunity for the "Visionaries" team to

gain knowledge about the devastating affects of this paralyzing disorder. The walk definitely made all of us more aware of how lucky we are to have healthy, functioning bodies," Yang said. "I think it's great TEI is so involved in the community, not only promoting eye care, but overall health care as well."



Members of the "Visionaries" team proudly display their team spirit while supporting the Walk to Defeat ALS.

For more event photos, visit www.TEIVision.com/news/news.htm.



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The "Clear Choice" for Your Vision Care Needs

Three convenient locations to serve you:

**The Eye Institute
1200 West Godfrey Avenue
Philadelphia, PA 19141**

**The Eye Institute
at Mount Airy
7145 Germantown Avenue
Philadelphia, PA 19119**

**The Eye Institute
at Strawberry Mansion
2901 North 29th Street
Philadelphia, PA 19132**

**Main: 215-276-6000
Appointments: 215-276-6111
Website: www.TElvision.com**

***The Eye Institute is the clinical practice of the Pennsylvania College of Optometry at Salus University.**

Stockings of Cheer: The Eye Institute Brightens One Local Charity's Holiday



Vice President for Patient Care Services at TEI, Dr. Susan Oleszewski, presents donations to Interim House West's Anita Williams and Brian Armstrong.

This holiday season, instead of exchanging gifts with one another, The Eye Institute's (TEI) administration and staff slipped into the Christmas spirit by providing gifts to those less fortunate. Dr. Susan Oleszewski, Vice President for Patient Care Services at TEI, identified the women and children of Interim House West as the community-based organization during this season of giving. Interim House West, located just a short distance south of TEI, treats women with mental illness and substance abuse problems. The program also helps care for the children of these women, nearly 40 in number. During the span of just a few weeks, TEI's administration and staff collected over \$450, as well as several bags of clothing, toys and food for Interim House West's deserving families. Even in this economy, TEI helped make a difference in the lives of those at Interim House West.

TAKE FRAMES ON
YOUR PURCHASE
50% OFF OF A SECOND
PAIR OF GLASSES



This coupon can be used at any of the three Eye Institute locations.

Offer valid through March 1, 2009. Coupon must be presented at time of initial order. Offer valid on customer self-payment only for the second pair of glasses. Nontransferable.



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