



A Quarterly Publication
of The Eye Institute of
The Pennsylvania College
of Optometry
at Salus University



Eyesight

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Correcting Your Vision with Laser Surgery

Most people who wear glasses or contact lenses wish they didn't have to. Thanks to laser eye surgery, there is an alternative to reduce dependence on glasses and contact lenses or possibly eliminate them completely. In order to eliminate the inconvenience of contact lenses or eyeglasses, millions of patients have been motivated to find out if they are good candidates for Laser Vision Correction.

What is Laser Vision Correction?

Laser Vision Correction is a phrase used to describe a number of Laser Eye Surgery procedures that reshape the cornea (the curved front tissue of the eye). One of the most commonly selected laser procedures to correct refractive errors such as myopia (nearsightedness), hyperopia (farsightedness), or astigmatism is LASIK (laser assisted in situ keratomileusis). LASIK eye surgery, which produces clear vision, has become the most popular vision surgery in the country. More than one million

Americans undergo LASIK each year. In most cases, LASIK treatment results in excellent outcomes for patients, with them experiencing 20/20 vision without eyeglasses or contact lenses.

The LASIK Procedure:

In LASIK, a laser precisely reshapes the cornea. A painless five minute in-office procedure begins with folding back a very thin hinged corneal flap created by a very sharp blade or a computer-guided laser. With the corneal flap peeled back, the cornea is reshaped with this laser. After the procedure, patients experience immediately improved vision, although it might take weeks or months for the patient's vision to stabilize. Irrespective of how long it takes for vision to stabilize, there is little or no discomfort following the procedure.

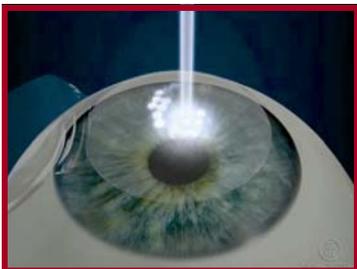
Am I a good candidate for LASIK?

A pre-LASIK eye examination must be

completed to determine if a patient is a good candidate for LASIK. The pre-LASIK work up includes all components of a routine comprehensive eye exam, including refraction and ocular health examination using dilating eye drops. Additional testing includes precise measurement of the curvature of the front of the eye using a corneal topographer and measuring the corneal thickness (pachymetry). All candidates must be at least 18 years of age and must have no change in their refraction for at least one year.

Does my medical insurance pay for LASIK?

LASIK is not covered by insurance. The cost for LASIK varies among surgeons. Complete understanding of the cost and fee structure for the procedure should be discussed with the surgeon you have chosen.



Very thin corneal flap (.004 inches) folded back during LASIK. (Photo credit: Eyemaginations)

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The Eye Institute Influences the Lives of Two Local Students



Philadelphia Academies, Inc. interns, Donye Rosser shows Tamieka Tomlinson fashionable eyeglasses in TEI's Eyeworks Eyewear Center.

(Photo by Alexis Abate)

"This internship at The Eye Institute provided me with a great start to understanding the health care field."

- Tamieka Tomlinson,
Philadelphia Academies, Inc.
Intern

For six weeks during the summer, two Martin Luther King High School seniors learned what it was like to work alongside primary eye care doctors, optometric interns and support staff at The Eye Institute (TEI). Donye Rosser and Tamieka Tomlinson applied to intern at TEI through Philadelphia Academies, Inc. (www.academiesinc.org) While both students participated in everything from confirming patient appointments to filing and observing

examinations, they also learned about other interesting areas in eye care delivery. Tomlinson is interested in medicine, with thoughts of becoming a neurologist. She was particularly interested in her time spent with Dr. Kelly Malloy, who manages TEI patients suffering from vision problems with neurological symptoms. "Some people have [vision] disorders and people don't often take the time to think it's because a side of their brain isn't working properly," she said.

Rosser enjoyed taking and viewing photographs of the retina (back of the eye). "It's not everyday you get to look at the back of someone's eye," he said. Of their overall experiences during their time at TEI, both were excited and grateful, noting that vision involves a lot more than what people generally think. "It was a good experience for me," Tomlinson said. "This internship at The Eye Institute provided me with a great start to understanding the health care field. I received a lot of guidance from the doctors and interns."

The Bright Eyes Of Wagner Middle School Shine at TEI

"It's my most favorite thing," Nurse Joanne Packer of General Louis Wagner Middle School, 1701 W. Chelton Ave., said about her long-standing partnership with The Eye Institute (TEI). Since first taking her students to visit TEI, she has come to value the services offered as a neighborhood resource to her students and their families. "The partnership we have with TEI has provided me with a wealth of resources in terms of getting kids vision screenings and identifying children with more complex eye problems, which might not have been picked up on a regular screening," she said. Being able to screen dozens of kids in one

morning, which could take Packer two weeks to accomplish, allows her to use her time more effectively. Adolescence is a time when eyes are changing quickly. Some of Packer's students experience more complicated vision problems. Kids who never needed glasses or who should have received them sooner are identified for the first time through TEI screenings. Some kids who've worn glasses everyday also have rapid progression of their vision problems. At this age, parents often take their children to the eye doctors twice as much. But, parents are eager to become involved and so are

the kids. Many children have that "aha" moment when they first try on their glasses - now realizing the benefits of seeing clearly. To keep the kids' interest, Packer developed a fun tradition. Each time a student receives a new pair of glasses, he/she takes a photo - donning various facial expressions - which are on display (pictured to the right) on the walls in TEI's pediatric department. "This program (TEI's partnership with The School District of Philadelphia) has done such wonders for the children to provide them with the ability to be able to see," she said.



Wagner Middle School's Nurse Packer stands proudly beside pictures of her students sporting their new eyeglasses.

(Photo by Alexis Abate)

Affordable LASIK with Dr. James Lewis

Are you interested in LASIK?

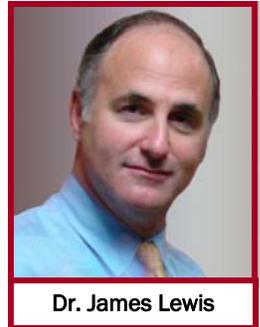
The staff at The Eye Institute (TEI) can provide you with a pre-LASIK eye examination at no cost. If you are determined to be a good candidate for LASIK following your pre-LASIK eye exam, you will be referred to Dr. James Lewis, a highly qualified refractive surgeon. Dr. Lewis will discuss the procedure and what you should expect in the days and weeks following, as well as his fees and creative ways to afford the procedure through payment plans.

Dr. Lewis has performed 10,000 LASIK procedures with excellent results. TEI's administration and professional staff have a great deal of confidence in Dr. Lewis' skills.

About Dr. James Lewis:

Dr. Lewis was born and raised in Philadelphia. He attended Princeton University as an undergraduate. He studied medicine at the Thomas Jefferson Medical College and completed his

ophthalmology residency at Duke University in North Carolina. His corneal fellowship training occurred in Adelaide, Australia. Dr. Lewis rejoined TEI's professional staff in 2003 where he provides cornea, cataract, and refractive surgery consultative services to patients at The Eye Institute.



Dr. James Lewis

"LASIK is a wonderful thing. It was painless and the results were immediate."

*-Theresa,
A patient of Dr. Lewis',
who had worn glasses
since the third grade.*

Call 1.888.700.EYES (3937) or visit www.LASIKatTEI.com for more information.

Dog Days of Summer



The Eye Institute's doctors, staff and interns enjoyed a relaxing lunch during the second annual "Dog Days of Summer." (Photos by Alexis Abate)

For the past two summers, The Eye Institute (TEI) treated its staff, doctors and interns to "Dog Days of Summer." This year, over 150 people attended the second and third annual events in July and August.

While beef and turkey dogs ("Dog Days") were the main items, veggie burgers, fixins', chips and Choco Tacos® completed the lunch time treat!

The long days of summer were

the perfect time for TEI to show its staff how much they are appreciated and how their dedication is valued. "Our staff and interns work hard all year to serve the needs of our patients," Dr. Susan Oleszewski, Vice President for Patient Care Services at TEI, said. "This event is just a small token of appreciation for their hard work."



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The Eye Institute would like to acknowledge the generous support of Alcon Laboratories in the production of this newsletter.

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produce and market innovative, high quality eye care products that preserve, restore and enhance vision." For more information on Alcon and their services, visit www.alcon.com.

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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.

Third Annual "Looking Out For Kids" Fundraiser - October 30, 2009



Lisa Nutter,
President of Philadelphia Academies, Inc.,
and Kevin Curtis, wide receiver for the
Philadelphia Eagles, will co-host the third
annual Looking Out For Kids Charity Cocktail
Reception on October 30, 2009.

The third annual
"Looking Out For
Kids" Charity
Cocktail Reception
will be held on
October 30, 2009
at the Hafter
Student Center on
the campus of Salus
University in Elkins
Park - 50 Breyer Drive.

Lisa Nutter, President
of Philadelphia Academies,
Inc. and wife of Mayor
Michael Nutter, and Kevin
Curtis, wide receiver for the
Philadelphia Eagles have
graciously agreed to co-host
this year's event.

All proceeds help provide
vision care services and
eyeglasses to uninsured and
under insured children in

Philadelphia's public
schools. Monies raised
from last year's event
helped fund over 400
comprehensive eye
examinations, more than
2,000 vision screenings
and over 1,000 pairs of
eyeglasses to children who
would not otherwise have
had access to vision care.
Over 200 people attended
the 2008 event and we
hope this year will be even
more successful!

To make a donation,
purchase tickets, donate
silent auction items or
become a corporate
sponsor, call 215.276.6070
or visit www.TElvision.com.

Good Vision is Essential to Learning

Good vision is an
essential component of
learning and success.
As you get your children
ready to return to
school, make sure your
child's vision will
support success in the
classroom.

Call **215.276.6111** to
make an appointment
today for a full eye
exam with one of the
expert pediatric doctors
at The Eye Institute.

**Philadelphia
Academies, Inc.**
Mission as stated on
www.academiesinc.org:
To expand life and
economic options for
Philadelphia public
school students
through career-focused
programming that
prepares young people
for employment and
post-secondary
education.