



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

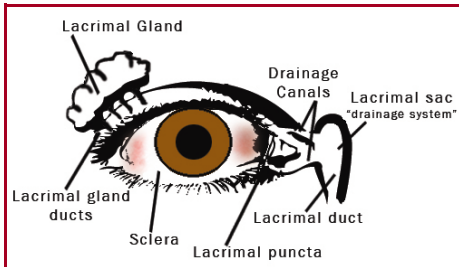


Eyesight

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Dry Eye: Over 10 million Americans Have It...Are You One of Them?

It is estimated over 10 million Americans have been diagnosed with dry eye, a common condition affecting the eye's surface. Dry eye results when there is an



Glands and ducts within the eye facilitate the production and drainage of tears.

improper balance of tear production or poor quality of tears to lubricate and nourish the eye. Tears play an important role in maintaining the health of the front of the eye and in providing clear vision. Our tears have many

functions:

- Tears provide lubrication.
- Tears help reduce eye infections.
- Tears wash away foreign particles.
- Tears keep the eye's surface smooth and clear, contributing to good vision.

What are symptoms of Dry Eye?

People with dry eyes experience many symptoms including irritated, gritty, scratchy, or burning eyes. Some people feel like there is something in their eyes. Patients with dry eyes may

also experience excess watering and blurred vision.

What causes Dry Eye?

Smokey, windy and dry conditions can lead to symptoms of dry eye.

Advancing age (especially in females) is one of the causes of dry eye. Additionally, many prescription and over the counter medications can also cause dry eye.

How do you treat Dry eye?

- **Adding tears:** Managing dry eyes include adding tears (often through using artificial tear drops).
- **Conserving tears:** An additional approach to treatment is blocking tear ducts through which tears drain.
- **Increasing tear production:** Prescription eye drops are also available to increase tear production.
- **Treatment of contributing eyelid or ocular surface inflammation:** Ocular inflammations can contribute to dry eye problems. Therefore, aggressive treatment for underlying inflammations with prescription drops or

ointments may be necessary.

Once you have been diagnosed with dry eye, there are self-care steps to reduce symptoms:

- Remember to blink regularly when reading or staring at a computer screen for long periods of time.
- Increase the level of humidity in the area at work and at home.
- Wear sunglasses outdoors, particularly the wrap around frame design, to reduce exposure to drying winds and sun.
- Use nutritional supplements containing essential fatty acids to decrease dry eye symptoms. Ask your eye doctor if dietary supplements would be helpful.

Inside this issue:

- Sports Eye Wear** 2
- Discount Vision Plan for College and University Students** 2
- Spotlight On... Dr. Gallaway** 3
- The Perfect Sunglass Alternative** 3
- TEI Performs Screenings at Local University Health Fair** 4

If you are experiencing symptoms of dry eye, make an appointment with the dry eye experts at The Eye Institute. For an appointment, call: 215. 276.6111.

Sports Eye Wear: A Great Way to Improve Your Game



Rec-specs (pictured above) are just one of the many options available for sports eye wear at The Eye Institute.

Eye protection should be a major concern for all athletes, especially those in high-risk sports. Thousands of patients, young and old alike, suffer sports-related eye injuries each year. Many of these injuries could have been avoided if the proper protective eyewear had been in place. For outdoor sports, sunglasses are a must, and some sport-specific designs may even help improve your game. Baseball, golf, swimming and bicycling are just a few warm weather sports made more enjoyable with the appropriate eye wear.

Consider the following:

- If you are a swimmer... consider putting your eyeglass prescription in a swim goggle.
- If you are a biker...try a sport frame with both sun protection and style.
- If you play basketball or racquetball...consider a pair of flexible rec-specs (short for recreational spectacles) with shatter proof prescription lenses.
- If you enjoy golf...consider lenses with UV protection and tints to help you follow your ball with precision. Ask about Essilor's Definity™ Lenses - a perfect lens option for golfers. (For more

information, visit www.essilorusa.com or www.definity.com).
 • ...And don't forget, contact lenses might also be a great alternative for a number of sports.
 Corrective lens options are available for nearly all sports. Consult your doctor at The Eye Institute or opticians in The Eye Institute's optical center—"Eye Works." Remember, The Eye Institute can be the "Clear Choice" for your sports eyewear needs.

Call 215.276.6111 to make an appointment or for more information.



Discount Vision Plan for College and University Students



Vision care benefits are often not included as part of many college and university students' health coverage. With this in mind, The Eye Institute is pleased to offer the following discount eye care and eyewear benefit to college and university

students.
 The discount vision plan includes the following components:

- Discounts on all frames and lenses.
- Fee reduction for routine comprehensive vision and ocular health

evaluations.

- Reduction in contact lens fitting fees.
- Reduction in fees for Vision Therapy services.
- Reduction in fees for specialty eye services, including medical eye care.

For complete plan details, visit www.TEIVision.com/special_offers.htm. Valid College Student ID required for appointments.

Acknowledgements



The Eye Institute would like to acknowledge the generous support of Alcon Laboratories in the production of this newsletter.
 Alcon's mission is "to

discover, develop, 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.
 The following sources were used in this newsletter: Essilor of America, Inc. and Cocoons® sunwear.



Spotlight On... Dr. Michael Gallaway

“Kids that go through vision therapy because of its effects on reading and learning, often report sports improvement as well,” Dr. Michael Gallaway said about the importance of vision therapy in sports. A specialist in this field for the past 29 years, Dr. Gallaway has experienced many cases like the one described above. Children who have a hard time keeping track of their place when reading—one of the most common complaints among parents whose children are suffering from a visual problem—may also have

difficulties playing small ball sports such as baseball or racquetball. Perfecting sports’ skills such as depth perception, judging speed and hand-eye coordination are extremely valuable. “Vision therapy includes eye exercises that are used to enhance visual skills and sports performance,” Dr. Gallaway said.

Vision therapy exercises and training the visual system can be extremely effective in improving performance in sports requiring keen visual skills such as baseball. “Better athletes have better visual

skills,” he said. “Visual skills can be enhanced through vision therapy, which allows athletes to perform better on the field.”

Individuals and children participating in sports can also experience eye injuries. But, these injuries are preventable with the appropriate eyewear. “Hinge less, one-piece frames and polycarbonate lenses are my suggestion,” Dr. Gallaway said about what eyewear he thinks is suitable to avoid sports related eye injuries.



Dr. Michael Gallaway waits for his next patient in a pediatric exam suite.

About Dr. Gallaway:

- Bachelor of science degree: Carnegie Mellon University
- Doctor of Optometry: New England College of Optometry
- Residency: The Eye Institute

The Perfect Sunglass Alternative

Summer is here, which means most of us will be spending more time outdoors. When you’re outside on sunny days, you are unaware your eyes are being exposed to harmful ultraviolet rays. For those of us who wear prescription eyeglasses, the best alternative for sun protection is to purchase prescription sunglasses with UV protective lenses. However, prescription sun wear can be expensive, particularly in these economically challenging times. The Eye Institute is currently offering a great alternative to prescription sunglasses. They are called Cocoons®. “Cocoons” are stylish,

specialty sun wear specifically designed for those who wear corrective eyewear. Worn over your own prescription, “Cocoons” offer great features:

- “Cocoons” have polarizing characteristics, which enhance vision, reduce distortion and eliminate glare.
- “Cocoons” are scratch resistant.
- “Cocoons” lenses provide 100% UVA and UVB protection.
- “Cocoons” wrap around design adds protection from elements such as wind and dust, as well as added UV protection.
- “Cocoons” help reduce eyestrain and allow your



Photos by Alexis Abate.

- eyes to remain relaxed.
- “Cocoons” frames are made from flexible and adjustable plastic with multiple lens’ colors (gray, copper, amber and yellow).
- BEST OF ALL, “Cocoons” are moderately priced - a fraction of the cost of prescription sunglasses.

Visit The Eye Institute’s optical store—“Eyeworks” and ask about “Cocoons,” the stylish, cost-effective alternative to prescription sunglasses.



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

**The Eye Institute
at Strawberry Mansion
2301 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.**

The Eye Institute Performs Screenings at Local University Health Fair



The Eye Institute's Optometric Intern evaluates Quattara Fernand's eye health during the La Salle University Health Fair. (Photo by Alexis Abate)

On March 19, 2009, Dr. Shital Mani—a staff member at The Eye Institute and a team of optometry students—provided vision screenings at La Salle University's annual Health Fair.

According to Dr. Mani, approximately 25 screenings were conducted on staff and students—fifteen of whom were recommended to follow up

with a comprehensive eye exam. "We were able to screen some college students who otherwise would not have been able to get an eye exam," Dr. Mani said.

Several individuals screened were asymptomatic and had perfect vision, while others experienced headache symptoms. Screening for vision problems at health

fairs is a valuable service. It provides the perfect opportunity for more serious eye problems to be diagnosed earlier. The Eye Institute and its staff are very involved in community events such as health fairs to help raise awareness and education about the importance of having annual eye exams.

BUY ONE, GET ONE FREE!

BUY ONE PAIR OF EYEGLASSES, GET THE SECOND PAIR FREE.

(SINGLE VISION ONLY)

SECOND PAIR OFFER APPLIES TO SELECT FRAMES ONLY.



Offer valid at any of the three Eye Institute locations through August 1, 2009. Offer good on sunglasses or eyeglasses. Coupon must be presented at time of initial order. Cannot be combined with any other offer or insurance benefit.