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Eyesight

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The Importance of Regular Eye Exams

Why are routine eye exams important?

Many eye experts disagree on how often patients should have their eyes examined,

but there is no disagreement that everyone should have a regular eye exam that includes both vision testing and an eye health evaluation.



What information is gathered in a comprehensive eye exam?

Vision testing and correcting decreased vision with lenses (eyeglasses or contact lenses) is a key component to a comprehensive eye exam. It is essential that an eye doctor determine what lens prescription will provide a patient with "perfect vision" (20/20 vision). If a patient's best vision with lenses is reduced, additional testing is required to understand why.

In addition to determining the patient's prescription (refractive error), a

comprehensive eye exam should also determine how well both eyes work together.

- Testing to determine if the patient's eyes are aligned is important. Some patients have crossed or turned eyes, suggesting that the two eyes are not working together (strabismus). **Strabismus** can lead to poor depth perception and the inability to achieve "perfect vision" (20/20), also known as **amblyopia**.
- Testing to determine if the two eyes are working efficiently as a "team" is an essential part of an eye exam. When the eyes do not work well together, problems such as headaches and eyestrain can affect reading and other near tasks. These **eye teaming problems** can be troublesome for school age children where reading is important to academic achievement.
- The comprehensive eye exam should also include testing that will assess focusing skills in children and adults. In adults (starting around 40 years

of age) the eye's ability to focus up close begins to decrease (presbyopia). **Presbyopia** is not serious, but only the correct prescription will help.

Checking eye health is an essential part of a vision exam and can reveal important information including the following:

- Knowing a patient's internal eye pressure can determine if a patient is at risk for developing glaucoma. **Glaucoma**, a painless disease, can lead to loss of vision if not treated and is more prevalent in African Americans.
- Examining the retinal blood vessels provides a "snapshot" of how diseases like diabetes and high blood pressure are affecting blood vessels throughout the body. This information, when conveyed to a patient's medical doctor can be quite valuable in how the patient is medically managed.

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The Importance of Regular Eye Exams

How often should adults have their eyes examined?

A yearly eye exam is a good idea, but some believe annual exams might be excessive. Consider the following when determining how often to see your eye doctor:

- After 40 years old, having an eye exam every 18 to 24 months is a good idea.
- At around 60 years old, annual exams should be considered because of the increased risk of

developing cataracts, glaucoma, macular degeneration and other diseases of the aging eye.

- Annual exams are absolutely necessary for patients with diabetes. If you have **diabetic retinopathy** (leaking retinal blood vessels in diabetics), more frequent exams may be necessary.
- An annual exam and contact lens evaluation is necessary for contact lens wearers. The

annual exam will ensure there are no unwanted effects of contact lens wear and make sure the contact lens prescription is up-to-date.

MAKE AN APPOINTMENT TODAY!
Call 215.276.6111 or visit www.TEIVision.com to schedule an annual eye exam.

Fourth Annual "Looking Out for Kids" Charity Event

The fourth annual "Looking Out for Kids" charity fundraiser will be held in early November 2010 at the Hafter Student Center on the Elkins Park campus of Salus University.

The charity event raises funds to provide vision care and eyeglasses to uninsured and under insured children in Philadelphia and its surrounding communities. Using these funds, The Eye Institute is making a difference in the lives of children whose families

cannot afford eye care services and eyeglasses.

Good vision is absolutely necessary for academic success. During the 2009-2010 academic year, the "Looking Out for Kids" funds paid for over 500 vision exams and nearly 900 pairs of eyeglasses for children.

A successful 2010 event will ensure we continue to provide this valuable service to under served children. Your help is necessary to ensure success.

To make a monetary donation to the LOFKs fund, to purchase tickets for the November event, to donate silent auction items or to become a corporate sponsor, call 215.276.6070 or visit www.TEIVision.com/LOFK.

For questions or more information on how to become involved in the "Looking Out for Kids" initiative, email LookingOutforKids@salus.edu.

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OR TRANSITIONS® LENSES

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Cannot be combined or used with any other offer.
Some insurance restrictions may apply.

Offer valid at any of the three Eye Institute locations.

 **The Eye Institute** OFFER ENDS: 11/30/2010

The Benefits of AR Coating

Anti-Reflective (AR) coating is an optical finish applied to the lens of eyeglasses to help reduce glare and reflections. This coating allows more light to pass through, which in turn helps patients see more clearly and helps reduce eye strain. While AR minimizes glare at nighttime from headlights and street lights, it also helps protect eyes from reflections off of computer screens.

Ask an Eyeworks' optician for more details about the benefits of AR coating.

Relocation of Satellite

The Eye Institute (TEI) at Strawberry Mansion will be relocated to the Falls Center complex at 3300 Henry Avenue. On the site of the former Medical College of Pennsylvania Hospital, the new location is only a mile and a half

from TEI's Strawberry Mansion site and accessible by public transportation.

The expected grand opening will occur in December.

To make an appointment, call 215.276.6111.

Acknowledgements



For more information, visit www.alcon.com.

Helping High School Students Find Their Vision

Working alongside primary eye care doctors at The Eye Institute, filing patient charts, cleaning contact lenses and learning how to use eye care instruments are just a few of the tasks Philadelphia Academies, Inc. students were involved in this summer.

The Eye Institute's doctors, optometric interns and support staff helped mentor three students from Martin Luther King High School for the second consecutive year. Senior Tyree Molett along with juniors Shaquanda Johnson and Ernades Jovin learned all about eye care, eye diseases and much more while on site four days a week for six weeks. "The thing I enjoyed the most was observing the eye doctors and seeing how they worked with

patients," Molett said. This experience combined with their course work helped the soon-to-be college bound teenagers focus their interests. "I didn't really think about being an eye doctor before I came here, but it's interesting," Johnson, 17, said. After learning the importance of eye health, and how annual exams can help determine if other health problems exist, she became curious.

Molett, who aspires to be an optometrist or registered nurse, also enjoyed a similar experience. "I would recommend this internship to anyone working in the health field because at first, I was just doing it for the experience, and after the first week, I started to become interested in optometry because of what I was learning," he said.



Philadelphia Academies, Inc. interns, Tyree Molett, Shaquanda Johnson and Ernades Jovin, try on fashion eyewear during the last week of their internship in The Eye Institute's Eyeworks center. (Photo by Alexis Abate)

For more information on Philadelphia Academies, Inc., visit www.academiesinc.org.

Visit www.TEIVision.com for more photos.

The Eye Institute Participates in Back to School Block Party

On the morning of August 6, 2010, The Eye Institute (TEI) participated in The School District of Philadelphia's Back to School Block Party outside its headquarters on 440 North Broad Street. Even before the gates opened, hundreds of people gathered to enjoy workshops, kid friendly zones, local radio broadcasts, games, giveaways and much more.

As students prepared to begin another school year, The Eye Institute wanted parents and children to understand the importance of comprehensive eye exams. Good vision is an essential part of learning and success and hidden vision problems can put your child at

risk. With an eye toward educating teachers, parents and kids about the importance of good vision for academic success, TEI's tables were packed with informational brochures about vision and eye health. In addition to information, a golden bingo wheel was a fun way to win perfect back to school giveaways such as pens, pencils, first aid kits, hand sanitizers and water bottles. With over 50,000 people in attendance, the 10-hour long second annual block party proved to be a great success.



The Eye Institute's tables were filled with important information about eye health and fun giveaways. (Photos by Alexis Abate)

Steel Beam Signing

During the third annual "Dog Days of Summer," The Eye Institute's and Salus University's doctors, staff and interns made their mark (by signing their names) on one of the steel beams that serves as part of the new building's structure.



The Eye Institute
1200 West Godfrey Avenue
Philadelphia, PA 19141

The Eye Institute (Mt. Airy)
7145 Germantown Avenue
Philadelphia, PA 19119

The Eye Institute (Strawberry Mansion)
2301 North 29th Street
Philadelphia, PA 19132

The Eye Institute (Falls Center) *Fall 2010*
3300 Henry Avenue
Philadelphia, PA 19129

Main: 215.276.6000

Appointments: 215.276.6111

Website: www.TEIVision.com

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

Renovation Updates

The \$10 million dollar “face lift” for The Eye Institute is well under way. So far, we are on target to deliver the same quality eye care in the new facility in late spring 2011. As you pass 1200 West Godfrey Avenue (The Eye Institute’s Oak Lane address), the property has all the signs of a construction site, including piles of dirt, a cinder block foundation for the new addition, walls removed from the old building and construction machinery everywhere. Even though the Godfrey Street side of the property is messy, the mess represents signs of the new building’s progress.

During this period of construction and renovation, please remember:

- ***The Eye Institute continues to deliver all services on the modified upper level.*** When coming to The Eye Institute, please park and enter the building on the Spencer Street side of the property.
- ***The pediatric service is now temporarily located on the upper level in a modular facility accessible to the right of the building’s Spencer Street entrance.***
- ***Call 215.276.6111 for all appointments.***
- The Eye Institute is currently on target to unveil the newly renovated building in late spring 2011.

As always, thank you for your loyalty to The Eye Institute and for your patience and understanding during this period of construction and renovation.

WE CONTINUE TO REMAIN OPEN DURING RENOVATIONS!



(Top): The Eye Institute’s lower level renovations before the build out of a 15,000 square foot addition. (Middle): The Eye Institute’s pediatric department is currently housed adjacent to the building in a temporary modular facility. (Bottom): Patients continue to be evaluated during renovations on the upper level of the building.