



SALUS
UNIVERSITY

The Eye Institute

EYESIGHT

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Glaucoma-Get the Facts

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of the eye called the optic nerve. It is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

Glaucoma is a leading cause of blindness among African-Americans. And, it's also highly prevalent in Hispanics over the age of 65.

Risk Factors

Several things can cause high eye pressure and glaucoma:

- Family history of glaucoma
- Underlying conditions like diabetes or high blood pressure
- Regular use of certain medications, including steroids
- Thin corneas (the clear layer in front of your pupils)
- Extreme nearsightedness or farsightedness
- Being over age 60
- African-American and/or Hispanic descent

Symptoms

Symptoms can vary based on the severity of your condition and the type of glaucoma. The most common type of glaucoma has no early warning signs and can only be detected during a comprehensive eye exam. If undetected and untreated, glaucoma first causes peripheral vision loss and eventually can lead to blindness.

Treatment

While there is no cure for glaucoma, there are certain treatment options available to delay the progression of the disease.

- **Medicines.** Prescription eye drops are the most common treatment. They lower the pressure in your eye and prevent damage to your optic nerve.
- **Laser treatment.** To lower pressure in your eye, doctors can use lasers to help the fluid drain out of your eye. It's a simple procedure your doctor can do in the office.
- **Surgery.** If medicines and laser treatments don't work, your doctor might suggest surgery. There are several different types of surgery that can help the fluid drain out of your eye.

Talk over your options with your doctor. While glaucoma is a serious disease, treatment works well.

If you have any of the above risk factors and have not had an eye exam in the past year, contact The Eye Institute at 215.276.6111 to schedule an appointment.



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What is Lazy Eye?

Amblyopia (also called lazy eye) is a loss of vision, or poor vision, in an eye that did not develop correctly in early childhood. Also called lazy eye, in patients with amblyopia - one eye (the amblyopic eye) has weaker vision than the other eye. While amblyopia most often affects one eye, it can occur in both.

Amblyopia starts in childhood, and is the most common cause of vision loss in children. Up to three out of 100 children have it. The good news is early treatment works well and usually prevents long-term vision problems.

Symptoms of Lazy Eye

Symptoms of amblyopia can be hard to notice because the condition usually develops in one eye, and may not present with a noticeable eye turn. In addition, children generally learn how to ignore the lazy eye and compensate by using the other eye. Children with amblyopia may also have poor depth perception. Other symptoms may include:

- Squinting
- Shutting one eye
- Tilting their head
- A cross-eyed appearance
- Poor eye-hand coordination

In many cases, parents don't know their child has amblyopia until a doctor diagnoses it during an eye exam.

Risk Factors

Some children are born with amblyopia and others develop it later in childhood. The chances of having amblyopia are higher in children who:

- Were born premature
- Were smaller than average at birth
- Have a family history of amblyopia, childhood cataracts, or other eye conditions
- Have developmental disabilities

Treatment

Treatment includes eye patches, drops, glasses or contact lenses, and sometimes surgery. For most children with lazy eye, proper treatment improves vision within weeks to several months. Treatment might last from six months to two years. Untreated, lazy eye can cause permanent vision loss.

Comprehensive eye exams are highly recommended for all infants and pre-school children to confirm healthy vision development and to rule out any problems. If there is a family history of lazy eye, it is important to have your child examined regularly, as lazy eye can be an inherited condition.

Early detection and vision screenings are important because the parts of the brain that control vision are developed early in life. The best time to treat amblyopia is in infancy and early childhood.

The Eye Institute of Salus University (TEI) has a specialized, pediatric department, devoted to providing top-quality care for children's eye issues.

For more information or to schedule an appointment with one of TEI's pediatric optometrists call 215.276.6111.





Annual LOFK Event Comes Up Large for Big Red Bus

Geoff Brandon, the senior vice president/regional vice president for TD Bank in the Philadelphia market, was introduced in 2013 to Dr. Oleszewski, and started a dialogue about the critical need for better eye care and eyewear for students in Norristown and other communities in the Philadelphia area.

“That relationship between Salus and TD Bank is still going strong to this day as TD Bank was named the Lighthouse Award winner at the annual Looking Out for Kids (LOFK) charity fundraiser May 1, 2021.

This year’s event was a combination of livestream and virtual, with a specific focus on the University’s Mobile Healthcare Unit, affectionally known as the Big Red Bus (BRB).

Since its inception, vision services and eyeglasses have been provided to children in Philadelphia schools expanding in 2013 to include the Norristown Area School District and more recently, with the mobile care unit, in Montgomery and Delaware county schools.

But the bus is in critical need of being replaced and this year’s LOFK event raised money to make that a reality.

“We refer to it (the bus) as a she. She’s a labor of love and we spend a lot of time together. She’s a member of our team,” said Dr. Brandy Scombordi-Raghu, pediatric optometrist at The Eye Institute (TEI) and coordinator of the School Vision Program, as well as the primary provider on the bus. “She’s 20 years old. In 2009 we got this nice new wrap (exterior) and she looks fantastic on the outside. But on the inside, she needs some work and she’s

showing her age. We need updated equipment and a more efficient layout.”

Replacing the BRB has also been a highly personal goal for Cathie Muhr, who joined TEI in 1981 as an optometric technician, the third generation of her family to work in optometry.

After retiring from TEI in 2010, an opportunity presented itself to Muhr, as the University’s School Vision Program expanded to a new model, doing eye exams inside Norristown schools. She joined the team, and also provided patient care services on the BRB that traveled to other schools.

Her commitment to the program is why she recently donated \$100,000 to the Big Red Bus project in the name of her family, which provided a tremendous financial foundation on which the LOFK event could build to fund a new vision van.

During the virtual portion of the program, attendees heard a report from Rosemary Connors, NBC-10 anchor in Philadelphia and longtime host of the pre-pandemic LOFK event, about the needs of the BRB; and from Reade Fahs, chief executive officer of National Vision, Inc. and a member of the Salus Board of Trustees since 2017, who spoke about National Vision’s sponsorship of this year’s LOFK event and support for the University.

The \$15,000 goal set at the beginning of the fundraiser was quickly surpassed as the live event opened up for pledges. By the end of the evening, the University has raised more than \$25,000 in pledges. The event attracted 100 people, who logged in

to join the festivities virtually. In total, LOFK raised \$135,000 for the bus.

Salus officials were pleased that the event was a success and attracted pledges that far surpassed the goal. “We were able to thank our donors and meet our goal, which is to make enough money to replace the bus,” said Jacqueline Patterson, MPA, vice president of Institutional Advancement and Community Relations.

Salus president, Dr. Michael H. Mittelman was pleased with the event as well. “This was fabulous. It’s a great cause and it’s not hard to get people involved. But speaking from the heart like Cathy (Muhr) and Geoff (Brandon) did, that serves everybody,” he said.

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SalusUhealth.com/TEI



Pennsylvania Ear Institute

Pennsylvania Ear Institute
8380 Old York Road, Suite 120
Elkins Park, PA 19027
Appointments: 215.780.3180

SalusUhealth.com/PEI

At Salus University's health facilities The Eye Institute, Pennsylvania Ear Institute, Speech-Language Institute and Occupational Therapy Institute compassionate doctors, clinicians and support staff have dedicated their lives to improving the health and well-being of our community. They provide highly specialized vision, hearing and balance, speech-language pathology and occupational therapy services all in an effort to improve the quality of life for patients and clients.

If you have a caregiver who has made a meaningful impact on your life, please consider sending them a note of gratitude and making a charitable gift to the clinic in his or her honor. Although the amount of your contribution remains confidential, your Healthcare Hero will be notified of your honorary gift and he or she will be given special recognition.



Honor your Healthcare Hero

Your gift not only demonstrates deep gratitude for the care you received, but it will play a critical role in enhancing access to care, advancing innovation and improving the patient and client experience in our community.

To donate, visit salusuhealth.com/give.