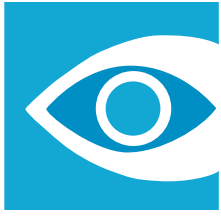


THE FUTURE
Is Now At...



Family
Eye Care Clinic P.C.

Modern Technology with Old Fashioned Caring



Dr. Randal M. Cox • Dr. Terry D. Foster • Dr. Adam R. Cox
Therapeutic Optometrists • Optometric Glaucoma Specialists



Spring 2013

Include
sunglasses
on your summer
"To Do List"



Does that sound surprising? It shouldn't. The start of summer vacation may symbolize the end of the school year, but it doesn't mean the sun is finished for the year. Sunglasses are meant to be year-round aids in the battle against our overexposure to ultraviolet (UV) rays, not to mention the fact that children's eyes are more vulnerable to UV rays than adults' eyes are. Sunglasses also fight against glare and reflection at the baseball field, on the water, and on family trips.

Cumulative sun damage to the eyes starting in childhood can eventually lead to macular degeneration, cataracts, and other disorders that can cause temporary and permanent vision loss in adulthood.

At **Family Eye Care Clinic**, we have sunglasses in many styles, designs, colors, sizes, and all price ranges to please even the most particular of tastes. Give us a call at **(903) 796-8288** or just drop in to browse. You do not need an appointment to see what our optical has to offer!



Proudly serving Cass County since 1980

Our doctors and staff at Family Eye Care Clinic have over 275 years of experience in eye care. We are here today and we will be here tomorrow!

The Family Eye Care Clinic is dedicated to serving our patients with the highest quality of vision care. Our aim is to treat our patients with sincere respect, courtesy, and fairness. We believe that our patients are our friends and that our relationship can last a lifetime.

Our goal is to earn our patient's trust and loyalty, and to maximize the quality of their lives by our commitment to their complete vision wellness.

We strive to exceed our patient's expectations and help each patient understand all aspects of their eye health care.

We invite you
to visit our website at
www.familyeyecareclinic.net



We are located at
719 West Main Street
Atlanta

Caring for your eye health is our top priority at Family Eye Care Clinic, P.C.

Handling EYE EMERGENCIES

Some signs of eye emergencies include partial or total loss of vision; a visible wound; discoloration of the eye, even if a wound is not evident; intense pain; and bleeding or leakage of clear fluid. Contact with chemicals, including fumes, may entail stinging, burning, and chemical burns.

As with any eye emergency, seek medical help immediately. In addition, here are some general guidelines to follow:

- When there is a blunt trauma to the eye, apply a cold compress in some form or fashion, but without putting pressure on the eye.
- For chemical contact, flush the eyes with water for at least 15 minutes, whether from a faucet, a shower, or by pouring water into the eye from a clean container. Utilize an eyewash station if one is available (e.g., a lab setting). If only one eye is affected, be sure that water doesn't flow from your "bad" eye into your "good" eye.
- For a cut to the eye or eyelid, do not wash with water (or *any* liquid), and don't apply any pressure.
- If there is a foreign object in the eye, do not attempt to remove it. Do not rub your eye or apply pressure. Cover the eye loosely with gauze or a cloth patch.

As always, prevention is the best policy. Protective eyewear for any potentially hazardous task, and for contact sports, is strongly recommended.



Contact lens compliance is crucial

Human nature being what it is, we sometimes take things for granted when all is well. Contact lens wearers are no exception. Changing lenses on the required schedule, thoroughly washing one's hands before handling lenses, using the appropriate cleaning solutions in the proper manner, alerting us when you experience discomfort, and following through on scheduled appointments are key to a healthy contact-wearing experience. Vigilance must be ongoing; being lackadaisical is not an option.

Contact lenses are medical devices. As such, they should not be taken lightly. And more than that, your eyes should be treated with the respect they deserve—you only get one pair.

The consequences of improper contact lens care and wear provide the opportunity viruses or bacteria need to infiltrate the body's defenses. Conjunctivitis, an infection or inflammation of the thin covering of the sclera (the white of the eye) and the inside of the eyelid, is just itching to make life miserable. Keratitis is an infection or inflammation of the cornea that poses a significant threat to vision if not managed by a professional in a timely way.

Improper use of contacts can lead to corneal ulcers, corneal edema (swelling), neovascularization (extra blood vessel growth), and infiltrates (groups of white blood cells). All these have the potential to cause scarring of the cornea, adversely impacting vision.

Contact lens compliance is vital. Be consistent in doing everything you can to keep your eyes healthy and your vision sharp. We stand ready to assist you in this endeavor.



There are tears, but baby's not crying

Approximately 30 percent of infants suffer from blocked tear ducts. Since newborns don't produce tears until at least two weeks of age, symptoms likely won't be evident immediately.

Tears keep the eyes moist and clean. Blinking squeezes tears into ducts in the inner corner of the eye. The tears then drain out small tubes (nasolacrimal ducts) into the back of the nose. Blockage of the ducts forces tears to back up, resulting in crusting in the corners of the eyes (due to mucus) and watery eyes.

Ninety-five percent of the time, blocked tear ducts will spontaneously open as the infant grows, usually prior to their first birthday. Until that time, an antibiotic ointment might be recommended to stem the flow of discharge from the eye. Massage of the lacrimal sac may help open a blocked duct in some circumstances.

Occasionally, a blocked tear duct may lead to infection of the nasolacrimal sac, located between the inner corner of the eye and the nose. This can result in redness, swelling, and pain. An oral antibiotic may be prescribed to heal the infection and prevent it from spreading.

If symptoms linger too long or occur repeatedly, a nasolacrimal duct probing may be necessary, which involves the insertion of a thin metal probe into the lacrimal duct to clear any blockage, a process that takes only a few minutes.

If you have any questions about your child's eye health, please give our office a call.

Low vision is an obstacle, but it's NOT insurmountable

Low vision is vision that cannot be fully corrected by ordinary prescription lenses, surgery, or medicine. It is not the same as being blind. It may involve a loss of central vision, peripheral (side) vision, contrast sensitivity, depth perception, or visual processing. These impairments are generally caused by conditions or diseases such as macular degeneration (almost half of cases), glaucoma, cataracts, diabetic retinopathy, retinitis pigmentosa, or stroke. *Low vision is not a normal part of aging.*

Low vision impacts everyday tasks or activities. Reading, writing, shopping, driving, and recognizing loved ones' faces, among many other things we likely take for granted, may be impaired. The effects of low vision can't be reversed. Anytime you experience a change in vision, it's important to have it checked out at our office to get to the bottom of the matter. Regular eye exams are vital to preventing, halting, or slowing the progression of a given eye disease or condition.

Those with low vision are not without recourse, however. Proper lighting, magnifiers, special eyeglasses, telescopes, adjusting the angles at which you view things, new technology, and other practical measures can aid your day-to-day living—not to mention getting diseases properly diagnosed to slow their progression and limit their harm.

Low vision is a hurdle in one's life, but a hurdle that can be overcome.

LOW VISION IS NOT A NORMAL PART OF AGING.



Pregnancy can give birth to vision disturbances

As if hormonal changes, fluid retention, altered metabolism and blood circulation, and unique food cravings weren't enough, vision disturbances can also be a feature of the pregnancy experience.

Water retention may cause a change in the thickness and curvature of the cornea, affecting vision. It's one reason why laser eye surgery isn't such a good idea during pregnancy and why it's not the best of times to be fitted for contact lenses.

Expectant moms may also experience drier eyes due to hormonal disturbances. Contacts that had been wonderfully comfortable may become a slight nuisance.

There are dry-eye remedies, but some contain active ingredients that don't jibe well with pregnancy. Please consult with us and your family doctor before purchasing and using a product of this kind. Our recommendation is to wear contacts for shorter periods of time and to have a good backup pair of glasses at the ready.

A pregnant woman who has diabetes is at risk for developing or exacerbating diabetic retinopathy—leaking blood vessels in the retina that can cause vision impairment. Periodic exams during the course of the pregnancy are strongly recommended.

Glaucoma may actually improve during pregnancy, so medications may have to be adjusted. Some glaucoma medications may be reduced or eliminated due to risk to the unborn child.

Some women may find they suffer from scotomata, which are stable (nonfloating, nonscattering) dark spots in the field of vision. These may indicate preeclampsia or eclampsia, complications that can cause dangerously high blood pressure.

Most visual disturbances during pregnancy are minor and their effects temporary. But if you have any concerns whatsoever, please give our office a call.



Take action against “lazy eye”

Our brain’s got a mind of its own

Amblyopia (lazy eye) is an eye condition in which there is less of a physical problem and more of a neurological one. Our brain and eyes must work together to produce vision. Sometimes the nerve pathway from one of our eyes to the brain does not develop properly during childhood. A few reasons for this are **1)** misalignment of one eye that is obvious sometimes and sometimes not, **2)** a refractive error in one eye that is not the same in the other eye, or **3)** a cataract or trauma in one eye.

Our brain is confused by the difference in vision between the two eyes and basically ignores the visual input from the weaker eye. In effect, our brain makes a decision behind our back! Amblyopia mainly affects younger children, who are usually readily treatable. The older a child becomes, the more difficult it becomes to treat and help them recover.

One treatment method is eye patching, in which an eye patch is placed over the “good” eye, forcing the brain to use the “bad” eye. Glasses and medicated eyedrops may also be used in other cases. Surgery may be required for eye muscle problems or if cataracts are present.

The only way to detect amblyopia is with a comprehensive eye health and vision evaluation. This condition will not improve on its own and will likely worsen. If not treated, it can lead to legal blindness in the affected eye and severe depth perception issues.

Call us to schedule an appointment.



Family Eye Care Clinic, P.C.

719 West Main Street • Atlanta, TX 75551

Appointments and Consultations:

(903) 796-8288

Website:

www.familyeyecareclinic.net



719 West Main Street
Atlanta, TX 75551

PRESORTED
STANDARD
U.S. POSTAGE PAID
LANCASTER, PA
PERMIT NO. 242

RETURN SERVICE REQUESTED

Family Eye Care Clinic gets social

Family Eye Care Clinic strives to stay at the top of technology in all aspects of eye care. Our team has set a goal to take this a few steps further in 2013. The more interaction we have with our patients, the better each patient’s experience will be. Social media is an opportunity for our office to have open communications with our patients at all times.

We are excited to announce that we recently launched a Family Eye Care Clinic Facebook page, providing our patients with continuous information about what is happening at our office and around the world of eye care. Want some quick information about eye health or need to watch a video to help you get those contact lenses in your eyes? Check out our Facebook page! Did you have a great experience at our office or forget to ask a question during your visit? Please tell us all about it by leaving a comment on our wall. Additionally, our team will continue to keep you updated about the latest and greatest products and instrumentation new to our office.

The second step we have taken is the launch of a brand-new website. We are thrilled at the outcome of the new site and the fantastic information now available to our patients. The website provides our patients with information about vision, ocular health, current events happening at Family Eye Care Clinic, and details about new technology in our office. Before your next visit, try printing our office forms from our website and fill them out before you arrive. Going green this year? Fill the office forms out electronically from the website and our office will have the information before you arrive. The website also offers our patients an eyeglasses guide. This detailed questionnaire will assist you in selecting the perfect pair of frames and lenses before your next appointment at Family Eye Care Clinic. The results are printable, and we would love for you to bring the information with you to the office.

The Family Eye Care Clinic team continues to provide our patients with the most up-to-date eye care available. Our mission is to stay on the cutting edge of technology, and we expect that these two additions to our practice will provide better patient education about vision and ocular health while allowing our doctors to provide the best eye care available. Tell us what you think about the new website and Facebook page the next time you are in the office, or leave a comment on our page. Thank you!

© Copyright 2013. Newsletters, Ink. Corp. Printed in the U.S.A. www.NewslettersInk.com
The information included in this newsletter is not intended as a substitute for personal, professional advice.
For your specific situation, please consult our office.