

State University of New York
State College of Optometry
The University Optometric Center

VISION

WINTER 2004

INNOVATIVE DEVICES ENHANCE REMAINING VISION

People with reduced vision or loss of side vision which cannot be corrected with standard glasses or contact lenses have low vision. Low vision patients have difficulty with daily tasks such as reading, writing, watching television and walking. Nearly 14 million Americans—about one out of every 20 people—have low vision. It may be caused by a number of conditions including macular degeneration, cataract, glaucoma, diabetic retinopathy, optic atrophy or other ocular effects of a stroke. Age-related macular degeneration accounts for almost 45 percent of all cases of low vision.

At the University Optometric Center's Low Vision Service, a team of low vision experts help patients make the most of their remaining vision.

"We have the latest in low vision devices to enable our patients to maximize their vision so they can continue to live fulfilling lives. Our instrumentation ranges from simple hand-held magnifiers to high tech devices such as the Enhanced Vision System's V-Max and The Traveller, a portable flat screen video magnifier," said Dr. William O'Connell, chief of the Low Vision Rehabilitation Service.

When a patient comes in to the unit, he receives a comprehensive low vision evaluation which carefully assesses the patient's current visual status and identifies goals and needs. Then the doctor designs an individualized rehabilitation program.

Patients are given personalized instruction on the use of low vision devices. Meeting the demands of a computerized society, the Center's Technology Unit enables the staff to evaluate patients for computer adaptations and modifications. The low vision doctors will also look at lighting and environmental designs in the patient's home or work setting in order to maximize function in a real world setting.



The Traveller magnifier can give 16X magnification



Dr. William O'Connell helps patient with new binocular lenses

DO YOU HAVE LOW VISION?

Take this quiz and find out

There are many signs that can signal vision loss. For example, even with your regular glasses, do you have difficulty:

- Reading your newspaper, mail, bills or price labels in the store?
- Recognizing faces of friends and relatives?
- Doing things that require you to see well up close such as cooking, sewing or fixing things around the house?
- Picking out and matching the colors of your clothes?
- Doing things at work or home because lights seem dimmer than they used to be?
- Reading street and bus signs or names of stores?

If you answered "yes" to any of these questions, vision changes like these could be early warning signs of eye disease. Regular eye exams should be part of your routine health care.

To schedule a Low Vision appointment call **212-780-4956**.

(Provided by the National Eye Institute)

January is National Glaucoma Month

Nearly three million people over 40 have glaucoma. Because glaucoma usually has no obvious symptoms, you may not know you have the disease until a serious loss of vision occurs.

If you have one or more of these factors, you could be at risk of developing glaucoma.

- Older than 45
- A family history of glaucoma
- High intraocular pressure (pressure inside the eye)
- African ancestry
- Diabetes
- Severe nearsightedness
- Use of steroids or cortisone for a long time
- Previous eye injury

Glaucoma is one of the most common causes of preventable blindness. Make a New Year's Resolution today to have an eye examination and glaucoma test in January. Call the University Optometric Center's **Glaucoma Institute** at **212-780-5020**.

Ask the Doctor



Dr. Joan Portello
ASSOCIATE CLINICAL PROFESSOR

Important Phone Numbers

To Schedule an Appointment

212.780.4950

Adult Primary Care Service

212.780.4950/4952

Children With Special Needs

212.780.4996

Clinical Administration

212.780.4930

Contact Lens Unit

212.780.5030

Head Trauma / Rehabilitation Unit

212.780.4956

Homebound Vision Care Program

212.780.4930

Infant's Vision Unit

212.780.4996

Insurance Information

212.780.4078

Laser Eye Institute

212.780.0872

Learning Disabilities Unit

212.780.4990

Low Vision Service

212.780.4956

Ocular Disease & Special Testing

212.780.5020

Ophthalmic Dispensary (Glasses)

212.780.5929

Pediatric Vision Unit

212.780.4996

The Glaucoma Institute

212.780.5020

Vision Therapy Service

212.780.4960

Vision Rehabilitation Unit

212.780.4960

What is dry eye?

Dry eye is a condition caused either by a lack of tears, or having tears of poor quality that don't wet the eye properly. Tears are necessary for the normal lubrication and comfort of the eye, and to wash away particles such as dust that might get into the eye. The symptoms of dry eye may make the eye appear red, feel scratchy, gritty or have a burning sensation, can make the eye feel sore or painful, and may even be watery. Common causes include aging (approximately 75% of people over 65 years of age experience dry eyes), contact lens wear, underlying disease or side effects of medication. Dry eye can also result from environmental factors such as exposure to air pollution, smoke, high altitude, excessive cold or dry atmospheric conditions.

Can anything be done to relieve the dryness?

First, establish the underlying cause. The initial stage of therapy for mild dry eye is to use preservative-free artificial tears. These can be purchased from a pharmacy or drug store without a prescription. Your eye care practitioner will recommend the best choice. Moderate dry eye conditions often benefit from more viscous artificial tears. For example, patients having Sjögren's syndrome frequently obtain favorable relief with cyclosporine emulsion. This agent reduces the inflammation in the eye, which leads to an increase in the patient's tear production.

What about punctal plugs?

When artificial tears fail to provide satisfactory relief, your optometrist may suggest punctal plugs. These tiny, flexible plugs partially block the tear ducts, so that tears are not carried away from the surface of the eye as quickly. Collagen implants are generally used first as a temporary measure. These will dissolve naturally in 3 to 5 days. This allows the doctor to determine if semi-permanent punctal plugs will be beneficial. Insertion of the plug is a quick, safe, and painless procedure, and the plugs can be easily removed if necessary. This non-surgical technique provides immediate relief from dry eyes.

I was told I have blepharitis. What is this?

Blepharitis is inflammation at the base of the eyelashes. It is generally caused by a bacterial infection. This makes the eyelids appear red and irritated, with scales that cling to the base of the eyelashes. The symptoms of this condition are generally worse in the morning, and may include burning, grittiness and mild sensitivity to light. The best treatment is to clean the edge of the eyelid thoroughly. Warm compresses may be applied to the lid, followed by a light scrubbing with a cotton swab soaked in a mixture of water and baby shampoo. In acute cases of blepharitis, an antibiotic ointment may be prescribed for application to the lid margins. If the blepharitis also leads to dry eye, then artificial tears may also be recommended.



University Optometric Center



Vision is published by the University Optometric Center, The College of Optometry, State University of New York. Address all correspondence to:

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212.780.4950 Telephone
<http://www.sunyopt.edu>

LASER INSTITUTE TO GET NEWEST TECHNOLOGY

The Laser Eye Institute at the University Optometric Center will soon install the recently FDA-approved Zyoptix advanced laser eye surgery system.

Since 2001, surgeons in Europe, Asia, Latin America and Canada have used this personalized laser vision correction technology designed by Bausch & Lomb.

This system allows the surgeon to create a precise map of both the inside and outside surfaces of each patient's cornea, and using wave-front technology, gives the surgeon the ability to measure the unique imperfections within each patient's optical system.

Results from the clinical trials reveal more than 91 percent of patients had unaided 20/20 vision or better and 70 percent had 20/16 vision. In addition, 40 percent of patients reported having better night driving vision. Six months after surgery, 99 percent of the patients who participated in the clinical trials reported that they were satisfied with the results and said that their quality of vision had improved. No one was dissatisfied.

"This new laser eye surgery system is an exciting breakthrough in vision correction. With this wave-front guided customized laser, we are able to correct aberrations that have not been corrected with other lasers, providing the patient with better vision," said Harry Koster, M.D., a surgeon in the Laser Eye Institute.

For information about this new laser technology and to schedule a free consultation to find out if you are a candidate for surgery, call Dr. Christine Javenes, Director, toll-free 866-726-2020.



Participating Insurance Programs

- Aetna/U.S. Health Care
- Centercare
- Cigna
- Davis Vision
- Empire Blue Cross/Shield
- Empire Plan
- Guildnet
- GHI
- Healthnet
- HIP of New York
- Medicaid
- Medicare
- Multiplan
- NVA
- Oxford
- United Healthcare
- Visiting Nurse Services
- VSP

If you do not see your plan listed, ask the operator when you call to schedule your appointment. Telephone: 212.780.4950

Calendar of Events

JANUARY

Monday, 5th | Iris Rosen
Support Group for survivors of traumatic brain injury and their loved ones

Monday, 5th | Dr. O'Connell
New technologies in Low Vision care

Friday, 9th | Ms. Tursky, RN & Ms. Day, RN
Diabetes and your eyes

Wednesday, 14th | Jenny Warmflash, csw
Coping with Diabetes

Thursday, 15th
Vision Screening: 5PM – 7PM

Tuesday, 17th | Dr. Dul
New strategies in Glaucoma Diagnosis

Tuesday, 20th | Dr. Javenes
LASIK refractive surgery: Get the facts

Wednesday, 21st | Dr. O'Connell
Can a vitamin a day keep the eye doctor away?

Friday, 23rd | Esther Tursky & Evelyn Day
A lifetime commitment
—taking Glaucoma Medications

Monday, 26th
Free LASIK consults: 1PM – 7PM

Monday, 26th | Iris Rosen, csw-R
Support group for individuals with visual impairments/low vision issues and their loved ones

Wednesday, 28th | Jenny Warmflash, csw
Coping with Glaucoma

Thursday, 29th | Dr. Dul
New strategies in Glaucoma Diagnosis

FEBRUARY

Monday, 2nd | Iris Rosen, csw-R
Support Group for survivors of traumatic brain injury and their loved ones

Wednesday, 4th | Dr. Friedman
Does your child avoid reading? Maybe his eyes aren't looking in the right place

Tuesday, 10th | Dr. Chung
Myopia: Can it be controlled?

Tuesday, 17th | Dr. Byne
Does your child avoid reading? Maybe his eyes aren't looking in the right place

Thursday, 19th
Vision Screening: 5PM – 7PM

Monday, 23rd | Iris Rosen, csw-R
Support Group for survivors of traumatic brain injury and their loved ones

Tuesday, 24th | Dr. Javenes
LASIK refractive surgery: Get the facts

Thursday, 26th | Dr. Wong
Aging and the eyes

Join us for this series of free talks by our faculty experts. All talks begin at 12:15 PM

University Optometric Center
33 West 42nd Street
(between 5th and 6th Avenues)
New York, NY 10036
212-780-4950

MARCH

Monday, 1st
Free LASIK consults: 1PM – 7PM

Monday, 1st | Iris Rosen, csw-R
Support Group for survivors of traumatic brain injury and their loved ones

Tuesday, 2nd | Nancy Kirsch, LICENCED OPTICIAN
Lightweight safety lenses and protective eyewear

Wednesday, 10th | Dr. Kaplan
Why do dry eyes tear?

Thursday, 11th | Dr. Miranda
Lose your glasses without surgery—Get the facts about corneal refractive surgery

Friday, 12th | Esther Tursky & Evelyn Day
Eye saving measures to save your sight

Monday, 15th | Iris Rosen, csw
Support Group for survivors of traumatic brain injury and their loved ones

Tuesday, 16th | Dr. Dul
Allergies on the rise: The itchy, scratchy show

Tuesday, 23rd | Dr. Vaz
Lose your glasses without surgery—Get the facts about corneal refractive surgery

Wednesday, 24th | Dr. Kaplan
Allergies vs. contact lenses: the battle continues

Thursday, 25th
Vision Screening: 5PM – 7PM

Friday, 26th | Esther Tursky & Evelyn Day
Eye saving measures to save your sight

Tuesday, 30th | Dr. Javenes
LASIK refractive surgery: Get the facts

What's Inside...

- Newest Low Vision Devices
- What is Dry Eye?
- 3-Month Events Calendar

Remember to keep others in sight... With a gift to the SUNY College of Optometry's foundation, the Optometric Center of New York, you can support important research and clinical programs. You can also leave a gift in your will.

For additional information on how you can make a tax-deductible gift, call the Office of Institutional Advancement at 212.780.5060

HOW TO GET TO THE UNIVERSITY OPTOMETRIC CENTER

33 West 42nd Street, New York, NY 10036 (between 5th and 6th Avenues)

SUBWAY: The IND line (B, D, Q, and F) stops across the street at 42nd St and 6th Ave. The Flushing line (7 train) stops at 42nd and 5th Ave. The IRT (1 and 9) stops one block west of the Times Square Station. The IRT (4, 5, and 6) stop two blocks east at Grand Central.

BUSES: MTA buses: M42 and M104 stop half a block away.

Vision is published six times a year by the Office of Institutional Advancement
SUNY College of Optometry
33 West 42nd Street
New York, NY 10036
www.sunyopt.edu

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Institutional Advancement
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Be sure to check out our
Calendar of Events

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VISION

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