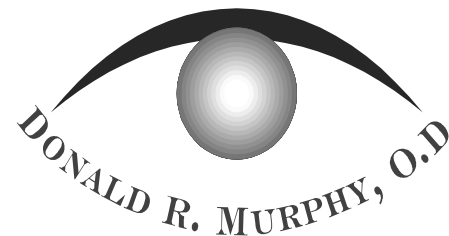


The Eye Care News

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We Care About Your Eye Care

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Corneal Refractive Therapy New Name Same Game or New Science

A retainer contact lens to reduce nearsightedness by flattening the front surface of the eye is not a new concept. In the middle of the last century this idea became popular with some doctors. The problem was predictability and obtaining a proper fit so that the lens would center and affect the curvature on the area of the cornea you wanted to modify. Otherwise, you ended up with distorted vision. Because of the variable results of the procedure, the original orthokeratology lost favor with almost all eye practitioners.

In the 1980's, polymer science brought new materials for contact lenses. Plastics with high oxygen permeability promoted good eye health by allowing the cornea to "breathe". Only in the last few years though have we seen the development computer-guided lathes that enable contact lens designs that not only fit the eye well, but they also promote the reduction of myopia.

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Summa Participation

Summa Health System has recently decided to broaden its eye care program to include optometrists. This strategic move will allow you to receive almost all of your foreseeable eye care needs from our office. Naturally, we will continue to work with Summa specialists in retinal, cataract surgery, glaucoma, neuro-ophthalmic and other subspecialties should your needs require it.

If you previously had to switch to a Summa provider, you are welcome to return to our office for your eye care. Even if you were gone only a short period, you will notice a multitude of advances in care and instrumentation since you left. If you would like to have your most recent exam charts transferred to our office, we will need only your signature on an authorization form for the release of your records.

EMERGENCY CARE AFTER OFFICE HOURS

Dial 330-710-0551

Enter your area code and telephone
number
after the beeps

Our Web Site

Looking for a science project, try our web site: www.DonaldMurphyOD.com. One project is a cow eye dissection. There are detailed instructions and pictures of the different eye structures. This project does involve the use of cutting instruments so please make sure adult supervision is present if you are on the young side.

We continuously update with new information. We have purposely tried to make our site more of an informational source for your eye care needs as opposed to a site with a bunch of commercials and pop-ups. We hope you find it enlightening and enjoyable.

Other New Topics on Our Web Site

Science Project:
The Electromagnetic Spectrum

Macular Degeneration:
Verteporfin Therapy
The Implantable Miniature Telescope

Email Us

Don't want to pick up the telephone, try email. You can reach any of us:

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Carla, Office Manager	carla@
Michelle, Optician	michelle@
Chris, Ophthalmic Technician	chris@

After the @ add donaldmurphyod.com

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Will the 2002 version of orthokeratology have a place in today's refractive correction realm? Maybe? This procedure is completely reversible so those that do not wish to risk an undesirable outcome with refractive surgery can rest assured that this will not happen with orthokeratology. One of the nice features of this new concept is the overnight wear of the retainer lens, much like the orthodontist uses for teeth. To maintain the desired curvatures on each eye, the lenses are worn while sleeping and then removed upon awakening.

Right now, we are investigating the lenses currently available in the United States. It appears though other countries have the lead in this aspect of eye care and have not yet sought Food and Drug Administration approval for use in the USA.

New Home Diabetes Test

If you are one of our diabetic patients, you know the importance of diligent glucose control as a measure to prevent diabetic complications such as diabetic retinopathy. While most of you self-monitor your glucose, the HbA1c test has been a very reliable test to monitor your blood sugar control over a three month period.

The FDA has recently approved the A1c-Now home test. You may want to discuss this new test with your doctor at your next visit.

Doctor's Corner



To Rub or Not To Rub

"No Rub" seems to be the latest buzz word in the contact lens solution world. No longer do you need to apply friction to the lens to loosen up the proteins and oils that adhere to the lens courtesy of your tears. Just squirt each side of the lens for five seconds when you take them out and before you put them in. That is 20 seconds worth of squirting per out and back in cycle. Plus, don't forget about the solution you have to put in the well of your lens case to disinfect the lenses.

I am not trying to be personal, but when you take a shower do you just turn around in the shower spray and then get out. Hopefully not. We use a wash cloth, a shower sponge or maybe just our hand to rub the dirt and oils from our skin. Does squirting your lenses for 20 seconds work better? Probably not, but it sure uses up your solution about three times faster.

For many of you, we have recommended a hydrogen peroxide-based solution (Clear Care, Pureyes, A0sept) because of recurring eye infections and inflammations. We still want you to rub your lenses even with a peroxide-based solution. Spending a little extra time cleaning and caring for your lenses will produce dividends in the form of cleaner, more comfortable lenses that last longer. The answer to the question is:

RUB!