



Doctor's Note: Not all glasses provide the right kind of protection from the sun. Contact Dr. Smith for a full array of safe lenses.

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- Prescription Sunglasses
- Non-prescription Sunglasses
- Contact Lenses (non disposable)

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Expires: 10/30/2002



Dr. Phil Smith & Associates  
Total Family Eyecare  
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San Diego, CA 92103

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Permit #1

The tears we shed when sad do more than release emotions. They bathe and lubricate the front surface of your eyes. In fact, nourishing tears are formed each time you blink unless you have dry eye syndrome.

surgical closure of the drainage ducts may be recommended.



**Risk Factors**  
Aging – 75% of those over 65 have dry eye syndrome.

## Soothing Dry Eyes

Never heard of this particular eye condition? Many people haven't, even though approximately 20% of the U.S. population suffers from it.

**Symptoms include dry, red, gritty eyes.** Odd as it seems, watery eyes are also a symptom. **Excessive dry eye syndrome**, if untreated, can result in vision impairment.

You can minimize the effects by blinking frequently to produce additional tears or using artificial tears, a non-prescription optical solution. In a more severe case, small plugs may be inserted in the corner of each eye to slow tear drainage. Sometimes,

**Environment** – Exposure to smoke, air conditioning, fluorescent lights and wind.

**Medications** – Antihistamines, decongestants, blood pressure medication, beta blockers and antidepressants may deplete natural tears.

**Disease** – Diabetes, glaucoma, cataracts, asthma, arthritis or thyroid abnormalities.

**Contact Lenses** – Soft contact lenses rapidly evaporate tears from the eye surface, which may cause discomfort and irritation.

**Computer Use** – Forgetting to blink while glued to the monitor dries your eyes.

"If you're bothered by dry eyes, ask me for specific recommendations based on your own vision history."

## Update on Dr. Smith

In January, Dr. Smith and Kenda had their first vacation in two years and took the advice of many of our patients and did their first cruise to the southern Caribbean. The food, entertainment, and activities were as good as all had said they would be and they now recommend this mode of travel to all of you.

The state Optometric Association meeting was in Sacramento this year, and Dr. Smith was on the House of Delegates committee serving as an advisor to the speaker. In January 2001 the Optometric Therapeutics Bill was passed and Dr. Smith meets with a group of doctors each month to assess and make recommendation regarding their glaucoma treatment. If you find you need medical treatment for eye infections, glaucoma, eye allergies, or removal of foreign bodies from the eye, contact Dr. Smith for an appointment.

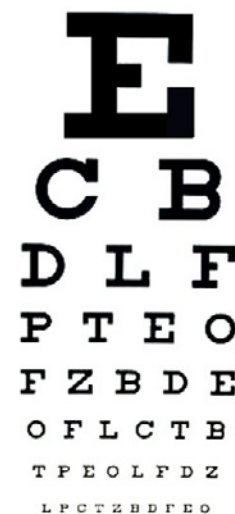
In May the practice had installed the first laser camera in San Diego for taking pictures of the inside of the eye without dilation. See the article on OPTOS MAPPING on the front page.

Finally, Dr. Smith and his wife will be going back to school. Starting later this year, they will be attending National University working towards their master's degree in psychology and eventually Marriage and Family Counseling credentials. They hope to do couple counseling. Dr. Smith will still be practicing Optometry, but will be cutting back to three days per week so he can go to school.



Questions  
or  
Comments

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Eye Care | Treatment | Information | Doctor's Corner

A Newsletter From Dr. Phil Smith & Associates

v1 Issue 1 10/01/2002

3666 Fourth Avenue - San Diego, CA 92103 - phone 619-297-4331 - fax 619-297-6572

Although high pressure within your eyes is not the same as high blood pressure, it is cause for concern and a leading cause of blindness in the U.S. Elevated pressure within the eye is called glaucoma and is often referred to as the "sneak thief of sight" because it can be present for some time without noticeable symptoms.

## What is Glaucoma?

Glaucoma occurs when intraocular pressure within your eye remains elevated over a period of time. The pressure within your eye involves the aqueous fluid that nourishes the eye while maintaining its firmness and shape. Intraocular pressure can be compared to tire pressure: it needs to be maintained within a constant, safe range in order to retain shape and function.

Glaucoma most often occurs in people over 40 years of age. While there is no cure for glaucoma, it can be controlled if it is diagnosed and treated early.

## Types of Glaucoma

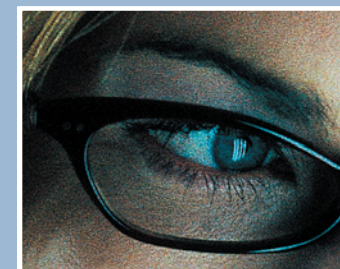
The sudden onset of glaucoma is called narrow angle or acute glaucoma. This rare form can happen suddenly and can be very painful. Acute narrow angle glaucoma is considered an emergency

that requires immediate medical attention.

## Possible indications include:

- Intense eye pain, which may result in headache, nausea and vomiting
- Redness of the eye(s)
- Blurred vision
- Swollen or cloudy cornea(s)
- Haloed around lights

## SNEAK THIEF



## OF SIGHT

Chronic glaucoma is more common and occurs slowly over time. Peripheral or side vision can be damaged before symptoms are recognized. Therefore, you should have a complete eye exam, including a test for glaucoma, every two years or as directed.

*continued on page 2*



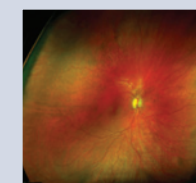
We are pleased to inform you that during your next visit, you will experience the benefits of the latest technology in eye exams – the Optomap™ Retinal Exam. *The Optomap will produce the most comprehensive image of your retina, and allow us to perform a more thorough exam than was previously possible.* The result is that we can better

prevent or reduce vision loss in our patients with a simple, quick and patient-friendly new exam.

Any routine eye exam should always include a careful look at the retina, which is located at the back of the eye, to screen for abnormalities or disease. The sensitive tissue that makes up the retina is susceptible to a variety of diseases that can ultimately lead to partial loss of vision or even complete blindness. Early detection of any retinal abnormality is thus crucial. Previously, this screening was done by dilating the pupils, a procedure that many patients found uncomfortable, inconvenient and time-consuming.

The Optomap is made possible by using a new technology – the Panoramic200™ Retinal Imaging System. The Optomap enables us to see nearly all of your retina. Furthermore, it eliminates the discomfort and inconvenience associated with pupil dilation. *As a result, you will not experience blurred vision or sensitivity to light following your eye exam.* It is important to note however, that should any abnormalities be detected or if we cannot obtain an acceptable image, dilation may be necessary.

We will be discussing this revolutionary exam with you further at your next appointment. We are dedicated to offering our patients the best eye care possible, and acquiring the tools to help us do so. We look forward to seeing you during your next visit – and providing the most comprehensive and advanced vision care available.





Doctor's Note: Anytime in San Diego is the best time to wear sunglasses. Dr. Smith can custom fit your glasses with UV protected lenses.

continued from page 1

### Risk Factors

- Age: Being 40 years or older
- Family history of the disease
- Abnormally high intraocular pressure
- Being African-American
- Having diabetes
- Being nearsighted
- Previous eye injury

### Diagnosis & Treatment

A complete eye exam includes a test to determine if you have glaucoma or may be likely to develop the disease. The exam includes a tonometry test to measure intraocular pressure. A visual field test may be done to assess your range of vision.

Glaucoma is treated by using prescription eye drops and medicines to lower intraocular pressure. Once medical treatment is started, it is usually continued for life even though the type of medication may change from time to time. In some cases, laser surgery may be recommended to open drainage canals to ease the flow of aqueous fluid.

"While glaucoma cannot be prevented or cured, early diagnosis is essential. This is the only way to prevent vision impairment and blindness."

## The Future of Lens Care

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## ACHOO

### Focus on Allergies

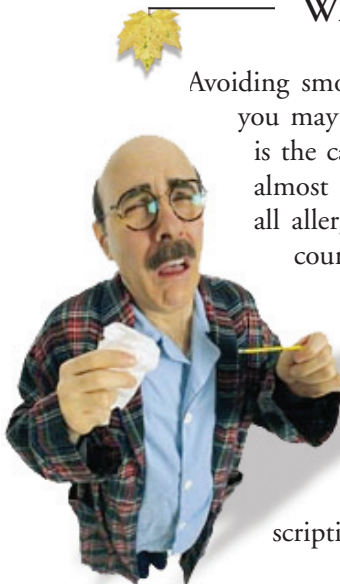
You know the symptoms: itchy, watery eyes that burn with fire-like redness. Along with a runny nose and sneezing, this is a classic allergic reaction to pollen, mold, dust and/or pet dander.

More than 22 million Americans have allergies and most also suffer from conjunctivitis or pink eye. Contact lenses wearers may be particularly uncomfortable and suffer dry eye in addition to allergic symptoms. Relieving symptoms and protecting your vision from complications are important.

### What to Do

Avoiding smoke and polluted air is advised, but you may resist changes if your loveable kitty is the cause of allergic episodes. Because it's almost impossible to prevent exposure to all allergens, most people turn to over-the-counter and prescription medications for symptom relief.

Even though your doctor may prescribe an allergy medication, itchy eyes may still be an uncomfortable problem. I can help you choose over-the-counter or prescription eye drops to relieve symptoms.



# Click On

## Good Computer Vision



After staring at the monitor for hours while checking your latest E-mail, investment updates and news around the globe, your eyes are raw and red. Your teen emerges from her room, rubbing blurry eyes after spending hours composing the term paper that's due tomorrow. And, your spouse complains that his contact lenses are uncomfortable after a day at work in front of his computer.

Your family and individuals across the country are experiencing a new vision condition that is so common it has its own name: computer vision syndrome. Welcome to the modern world of technology, instant communication and eye irritation.

Computer vision syndrome covers a range of eye difficulties that occur from spending time connected to your keyboard and monitor. *The most common symptoms are:*

- Sore or tired eyes
- Headaches
- Blurred near or distance vision
- Irritation (dryness, redness, burning sensation)
- Contact lens discomfort
- Neck, shoulder or back pain

Eye doctors have found that many computer users become so intent on watching the screen, they literally forget to blink. This affects the production and distribution of tears, which soothe and nourish the front surface of the eyes and are necessary for healthy eyes. Another cause of computer vision syndrome is poor ergonomic set up of the workstation.

Ease the strain and observe the 20 – 20 rule. Take a break from the screen every 20 minutes and focus on an object at least 20 feet away. Take time to move your eyes around and, while you're at it, get up for a stretch. Your eyes, back and shoulders will feel better.

These suggestions may help you alleviate eye discomfort:

### Examine Your Work Station Arrangement

The next time you are in the office, don't forget to ask Dr. Smith about computer vision.

1. Ideally, your monitor should be located about 20 – 28 inches (arm's length) from your face, depending on its size. If you have difficulty seeing your work on the screen at that distance or find that it is more comfortable to work either much closer or further than the recommended range,

you should have a complete eye exam. You may benefit from vision correction for nearsightedness or farsightedness.

2. Whatever you look at most of the time – the computer screen or reference material – should be situated straight in front of your line of vision, so you don't have to turn or look sideways.

The center of the monitor should be positioned four to nine inches below eye level. If the screen is too low, raise it by using spacers available from computer and office supply stores. Or, go for the old-fashioned fix: the telephone book. Computers that are too high are often resting on top of the CPU or brains of the computer system. Move the CPU to the side or under your desk.

### Lighting, Glare & More

Bright lights can contribute to computer vision syndrome. It's easy to remove nuisance lights and reduce glare:

1. Turn off lights that bother you, consulting with others in your work area before making any changes. Many offices provide the option of turning off a single row of fixtures. You can always turn lights back on if you find that less lighting hampers your ability to work. If you can't turn off offending lights, consider wearing a visor to block overhead lights.

2. Eliminate reflections which reduce contrast and make it difficult to see your work. This can be especially bothersome if you work with a dark background. If possible, remove the offending source of light. Otherwise, you might consider using a hood or anti-reflection screen to reduce reflections.

When you have your eyes checked, discuss your computer use and any vision difficulties with me. Don't forget to ask about special variable prescription eyeglasses that are available to correct for near, intermediate (computer work) and distance vision.

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