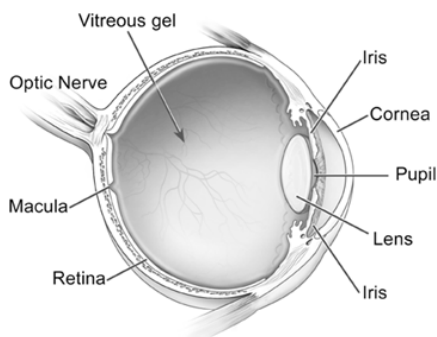


GLAUCOMA

You may have heard the term glaucoma but are not really sure what it really means. We test for this disease at every comprehensive eye examination and now have a new instrument that will help us detect early glaucoma as well as other eye diseases. In this issue of our quarterly newsletter we will discuss **glaucoma**, a group of eye diseases that can cause slow and painless progressive loss of vision. Glaucoma can occur in infants due to congenital defects but it more commonly occurs in adults. You are at greater risk of developing glaucoma if you are African-American, over 60, of Asian descent, have a family history of glaucoma or have had a severe injury to the eye. To explain glaucoma, let's first start with a brief explanation of how the eye works.



Cross-section of the Human Eye

Light enters the clear tissue on the front of the eye (on the right of the diagram) and is then focused on the **retina**, the nerve tissue that lines the inside of the eye. The light stimulates the retinal cells and creates a nerve signal that must then travel through a bundle of nerves called the **optic nerve** (left side of diagram) back to the brain so that we can "see" or detect the light.

In glaucoma, the optic nerve is damaged eventually resulting in loss of side or peripheral vision. This nerve damage was first thought to be due only to high intraocular pressure (IOP), the pressure of the clear fluid inside the eye. While researchers are still learning more about glaucoma, we do know that glaucoma can occur without high IOP and that there are many different types and causes of glaucoma.

Diagnosis of glaucoma is made as a result of several tests. One test is **ophthalmoscopy** in which Dr. Yin uses a microscope to look at your optic nerve head, or optic disc, for signs of glaucoma damage. Glaucoma damage will cause changes in the appearance of the disc. A second test is **tonometry** to measure of your IOP. Higher IOP can put you at greater risk for glaucoma, but glaucoma can also occur in individuals with low IOP. Ophthalmoscopy and tonometry are part of your annual eye examination. If either of these tests reveals abnormal results, then further testing is needed. One of these additional tests is **perimetry** or visual field testing. We have a new perimeter that allows us to run fast efficient screening tests as well as more detailed tests of your area of vision. We will run the quick screening test on all adult patients as part of your annual exam. This easy test only requires you to look at a target and press a button when you detect flickers of light anywhere within your field of vision.

If the test results are abnormal, further testing is necessary to determine if you truly have glaucoma, the type of glaucoma and the extent of existing damage. If you have glaucoma, we may treat your disease with daily prescription eye drops or refer you to a surgeon for surgery or laser treatment. Careful life-long monitoring is needed to determine if treatment remains adequate. *If you have been prescribed medication for glaucoma, it is extremely important that you use your medication as directed to prevent vision loss.* The worst cases of glaucoma that we have seen are in patients who have not had an eye exam in many years or have not been compliant with treatment and follow-up visits.

Because **most patients with glaucoma have no symptoms** we recommend a comprehensive eye examination *at least* every 2 years for adults under 60 years of age. For those over 60 annual examinations are best. If it is time for your comprehensive exam, please call us at 913-341-3900 or schedule online at www.yineyecare.com.

This is only a brief overview of glaucoma. For more detailed information, visit http://www.glaucomafoundation.org/about_glaucoma.htm and <http://aoa.org/Glaucoma.xml>.

WHAT'S NEW IN OPTICAL

MICHAEL KORS Sleek and sophisticated, the Michael Kors eyewear line represents modern American style. With signature detailing and mixing of textures and materials this eyewear collection is designed for women and men who embrace high fashion. We are proud to feature Michael Kors sunglasses and frames for prescription lenses.

Coming soon: New BCBG MaxAzria, Ellen Tracy & Jessica McClintock sunglasses.



Problem: Sunshine on Snow Rx: Polarized Sunglasses

Pardon us for repeating ourselves (see past newsletters) but . . . on those bright, sunny, snow-packed days, we gave many thanks for our polarized sunglasses.

The polarization eliminates reflections of sun rays off horizontal surfaces such as streets and car hoods.

We offer many options in both prescription and non-prescription polarized sun solutions that are available in neutral gray and contrast-enhancing brown and even photochromic (changeable tint). We have chic, conservative and sporty sunglass styles. If we don't have your style, we're happy to special order.

Stop by on a sunny day and see the difference polarization makes.



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