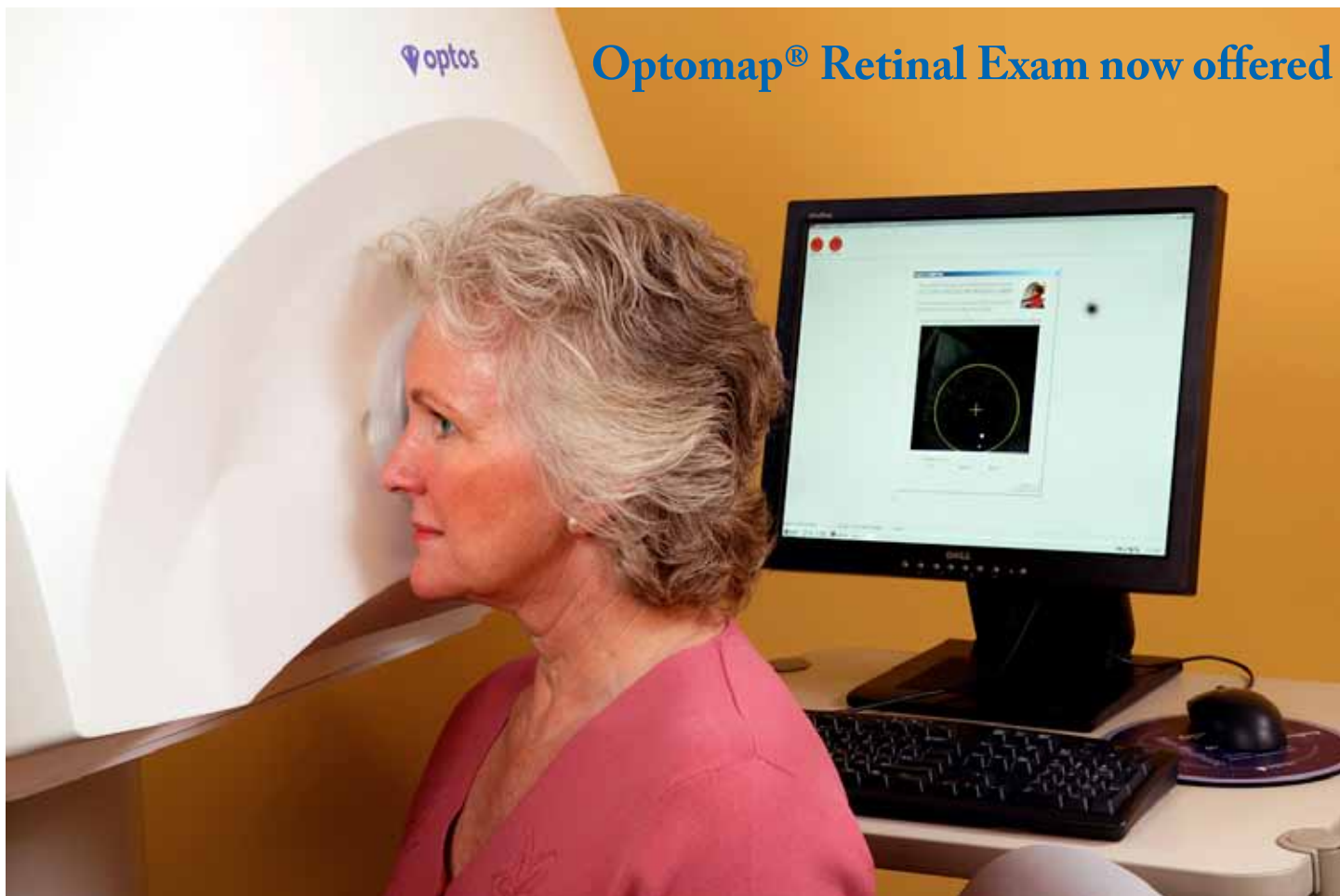


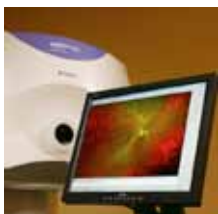
# The Eye Line

## Your Updated Eye News and Views Presented to you by Fort Myers Eye Associates, PA



**Optomap® Retinal Exam now offered**

### Optomap® Retinal Exam Saves Vision



Story after story of vision and, on some rarer occasions, lives saved from having the Optomap® Retinal Exam performed utilizing the technologically advanced Panoramic 200® Scanning Laser Ophthalmoscope.

Developed by Douglas Anderson whose son lost sight in one eye at the age of five due to an undetected retinal detachment, he set out to create an advanced diagnostic system that would capture an unprecedented view of the retina that was patient-friendly and comprehensive.

### Why Annual Eye Exams?



There are so many eye diseases (such as glaucoma and retinal disease) and systemic diseases (such as diabetes and high blood pressure) that can affect the eyes long before they affect the vision that patients will not know they may have these conditions until it is too late.

In young patients, there may be undiagnosed lazy eyes, eye turns, learning-related vision problems, and even ocular disease that may affect the patients' vision, health, and well-being for the rest of their lives.

# Common Eye Problems

Here are some examples of common eye conditions we see here at Fort Myers Eye Associates, PA. Who knows, maybe you have one or more of these conditions...



## Computer Vision Syndrome

Over 70 million Americans suffer from *Computer Vision Syndrome* while working on a computer. Symptoms of this condition include burning, tearing, feelings of strain or even headaches (usually on the forehead, over or around the eyes), fatigue, and/or blurry vision at distance, near, or both while viewing the computer or even after having worked on a computer all day long. In fact, many patients believe they have a distance vision problem when they arrive for their eye exam when it's truly the constant strain on their *accommodative* (or, focusing) or *convergence* (or, pointing of the eyes guided by the muscles surrounding their eyes) system. It's important to let your eye doctor know how many hours per day you work on a computer and whether or not you are experiencing any eye strain.

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## Presbyopia

Having trouble seeing the numbers on your cell phone? Did you wake up one morning and realize you can no longer see the numbers in the phone book? Are you over 40 and struggling with all that close work? You are probably suffering from one of the most common reasons for patients seeing their eye doctors, sometimes for the very first time (sadly enough!). There are many theories as to why this actually takes place but the location of this vision change is in the focusing system of the eye. The options for vision correction have improved with progressive lenses for eye wear and monovision or bifocals for contacts.

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## Learning-related Vision Problems

Dr. David Dalesio is a Behavioral Optometrist specializing in the diagnosis and treatment of *learning-related vision problems*. Many school-aged children who struggle at school may actually have one or more of these learning-related vision problems. Most of these children actually have "perfect" 20/20 vision. Even if they have had a complete eye exam, many Optometrists and Ophthalmologists do not specialize in this area so they do not test for these problems. And vision screenings would never detect a learning-related vision problem.

Please check our web site at [www.EyeDocks.com](http://www.EyeDocks.com) for a list of symptoms and signs to watch out for if you feel your child may have a learning-related vision problem.

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## Glaucoma

Glaucoma is a class of eye diseases and is the second leading cause of blindness in the United States. There are typically no signs or symptoms for this blinding eye disease until significant loss of vision has occurred. Unless patients obtain annual eye exams, they may not know they have this condition until it is too late. By the time a patient with undiagnosed glaucoma has his or her eye exam, the vision may be reduced to only a 10 degree field of view. Treatment at this stage will not improve or save the vision. It is very discouraging knowing that, if the patient had been seen earlier, the vision could have been saved.

## Exotropia (a condition in which one or both eyes turn out) Triples the Risk for Mental Illness

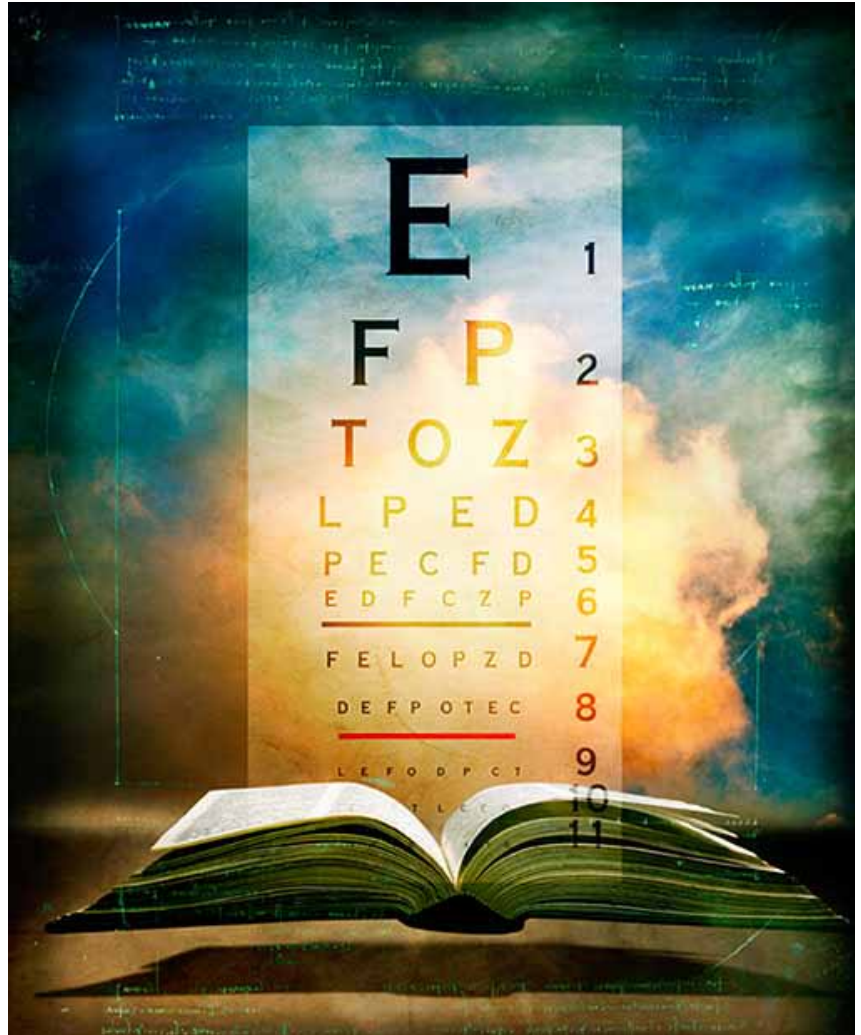
According to an article in *Review of Optometry*, December 2008, children with strabismus (an eye turn) are at a significantly increased risk of developing mental illness by early adulthood, according to a study in the November issue of *Pediatrics*.

The retrospective study examined the medical records of 407 patients with strabismus and compared them with the records of children matched for age and sex, but with normal eye alignment.

The researchers found that children with exotropia were three times more likely to develop a psychiatric disorder than children with normal eye alignment, yet children with esotropia showed no increase in the incidence of mental illnesses.

Also, patients with intermittent exotropia were significantly more likely to have mental health disorders, mental health-related emergency department visits, mental health-related hospitalizations and thought of suicide or homicide.

This can be crucial information for primary care doctors. "Pediatricians and family practice physicians who see children with strabismus should be aware of the increased risk of mental illness," says lead author Brian Mohney, M.D., of the Mayo Clinic in Rochester, MN.



## Fort Myers Eye Associates, PA

Drs. David Dalesio and Sandra Eveleth



Located in sunny, Southwest Florida, Fort Myers Eye Associates, PA is conveniently located close to many of the local schools and other medical practices, within walking distance of some residential areas, is only ten minutes from the beach, and is about 15 minutes from downtown Fort Myers. The practice offers advanced technology with a personal touch as the doctors and staff believe in "seeing the person behind the eyes." As a full-scope Optometric practice, the doctors provide comprehensive medical and vision eye exams as well as providing a fashionable Optical Boutique.

The strength of the practice resides not only in the many years of experience among the doctors and staff, but also in the compassion and care they show their patients each and every day. Patient referrals continues to be their largest marketing resource.

Please contact our office if you'd like more information on anything you've read in this newsletter by calling **239.437.2004**

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