

# Insight

Our Perspective  
on Vision, Health  
& Lifestyles!



## Suburban Eye Care, P.C.



32415 Five Mile

(Between Farmington  
& Merriman Rds.)

Livonia, MI 48154

(734) 525-8170

Suburbaneyecare.com  
lowvisionofmichigan.com



### Optometrists

Dr. John P. Jacobi

Dr. Brett R. Arnold



### Founders

Dr. Lawrence E. Beecher

Dr. Ned B. Grover

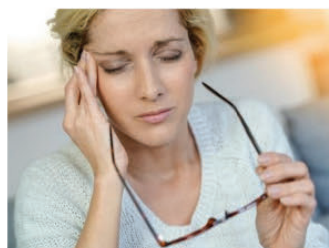
## New Lens Technology: *Improving Comfort & Reducing Pain*

Sometimes new product designs overpromise and underdeliver. However, there have been two recent advancements that have satisfied our doctors and improved daily life for many of our patients.

**Progressive Lens Design Breakthrough.** This newly designed lens provides your reading and distance prescription throughout the lens, meaning you no longer have to move your head to find just-the-right-spot when reading near or far. The vision through these lenses has been reported as crisp with a smooth transition from reading a phone or computer screen to telling the time on a clock across the room. If you have been unsuccessful at adapting to the traditional progressive design in the past, expect our Opticians to introduce you to this new lens design. Our patients have been loving it!



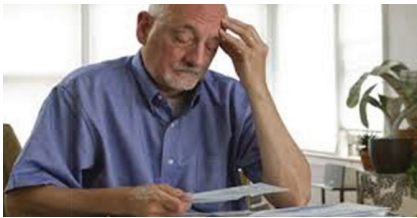
**Suffer from Migraines or Light Sensitivity?** Studies have shown that lenses with a very specific, filters offer relief to patients. It blocks visible light at the green-to-blue end of the color spectrum, which decreases light sensitivity. This has proven to decrease symptoms associated with photophobia – an aversive response and abnormal intolerance to light. Photophobia is a common symptom of those with migraines and Benign essential blepharospasm (BEB) – a disorder characterized by spasmodic contractions in the eye that can impact a person’s quality of life. We are excited to have a relatively easy, inexpensive option to improve blink frequency, light sensitivity and functional limitations for our patients impacted by these disorders. Be sure to let your doctor know if you suffer from migraines, as these lenses could change your life! ◆



### DID YOU KNOW?

◆ A minor adjustment to your eyeglasses can make a HUGE difference in how you experience your vision. Stop in for a complimentary eyeglass “Spa Treatment” - we’ll adjust, clean and tighten your glasses!

## How to Help Parents Struggling with Vision Loss



The holidays may have been a very difficult time for seniors living with vision loss and for their children. Anxiety and depression often accompany vision loss which can become obvious to family members during the ‘most wonderful time of the year.’ As you become aware of these behaviors, such as isolating or lack of socialization, how can you help?

From a visual function, independence and safety perspective, low vision interventions will be key; and research shows the earlier, the better. “For every month of not reading, it will take a week of practice to regain reading skills,” says Dr. Jacobi. “Not being able to read a menu, recognize family members faces or safely navigate new surroundings quickly breeds anxiety.”

We recognize this behavior and help those with low vision to regain function and confidence. The functional aspects of vision are addressed in our clinic with the prescribing and training with low vision devices. Call us to schedule a low vision evaluation and keep your parents in the game of life. ◆

## Contact Lenses Offer New Treatments

Contact lenses can help make vision crisp and clear for those who are nearsighted, farsighted or both. Contact lenses are powerful medical devices that can do much more.

Soft, multifocal contact lenses have proven to be **effective at reducing myopia progression**. During normal, continual wear, a precise prescription can actually prevent myopia from progressing. The contact lenses can correct or reduce stress on the eyes’ focusing system, which is considered a stimulus for structural changes in the eye that cannot be reversed.

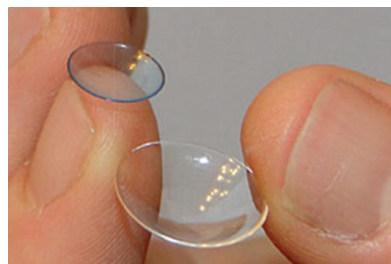
Another great treatment comes in the form of a **scleral contact lens** – *large-diameter gas permeable lenses that vault over the entire corneal surface and rest on the “white” of the eye (the sclera).*

These lenses offer great comfort and are ideal for:

- Contact lens drop outs, due to poor sight or dry eye
- Poor sight from corneal disease
- Former gas permeable contact lens wearers
- Dry eye treatment

Contact lenses may be a great treatment option that your doctor will discuss with you. If you have never worn contact lenses, we have a few ways to get you started.

You may call us to determine if you are a good candidate for wearing contact lenses, and most are. Another option is to schedule a free *Contact Lens Test Drive*. Our Test Drive was designed to provide our patients who have never worn contact lenses before an opportunity to experience the comfort and clarity while in our office. If you or your child have never worn contact lenses before and are interested in wearing them, call us to schedule your free *Contact Lens Test Drive* today. ◆



*Scleral lenses are more stable on the eye because they are larger than conventional GP lenses. Comfort is comparable to soft lenses and vision is crisp.*

### DID YOU KNOW?

◆ During the months of July and August, we offer free eye exams to incoming kindergartners. Schedule early as these spots fill quickly!

## FLASHES & FLOATERS: What Do They Mean?

Have you experienced the presence of light-like flashes or web-like dark areas floating back and forth across the vision in one of your eyes? These are symptoms of a possible retinal tear or detachment.

In reality, 90% of the time the sudden appearance of flashes and floaters signals a more benign condition termed posterior vitreous detachment (PVD). At birth, the vitreous gel fills the back of the eye. It begins as a jelly-like substance. Over time, it liquifies and forms pockets of fluid.

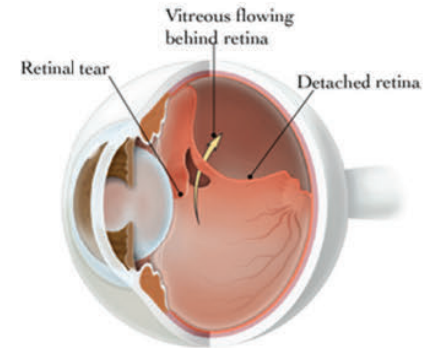
Traction between the vitreous and retina sparks the flashes. A tear of the vitreous or retina results in the larger, dark floaters.

However, 10% of the time the retina is torn and tumbles about in the vitreous gel. At times, fluid finds its way behind the retinal tear and further lifts the tissue creating a retinal detachment. At this stage, the patient has entered into an emergent stage. Arresting the process at the tear saves a patient from a more-risky retinal attachment surgery.

The only preventative measure for a PVD, retinal tear, or retinal detachment is education. Sudden onset of dark and large or dark and multiple floaters associated with or without flashes, should be evaluated immediately. *Denial of signs and symptoms is the number one cause of a poor outcome.* Call us if symptoms appear or you have questions. ◆

### PVD (Posterior Vitreous Detachment): Contributing Factors to Who is More Prone

- A family history of retinal tears or detachment
- Increased age over 50+
- Being nearsighted – the more nearsighted, the more risk
- Trauma to the eye
- Previous eye surgery



## Workshops & Events

**Vision & Learning Workshops** - 2nd Tuesday of each month, free and in-office. Learn how vision impacts learning and symptoms of a vision issue can mimic ADD and ADHD. Informative and an Educator must! Go to [suburbaneyecare.com](http://suburbaneyecare.com) for information and to register.

**Livonia Senior Center Workshops** - 3rd Wednesday of each month, free and at the Livonia Senior Center. Go to [www.ci.livonia.mi.us](http://www.ci.livonia.mi.us) for topics and details to register.

**Trunk Show** - Do you like to stay ahead of the trends? Save-the-Date for our fashion-forward, must-see annual eyeglass Trunk Show! Saturday, April 21 from 8AM - 2PM. Follow us on Facebook and check our website for details!

**Contact Lens Test Drive** - Come experience the comfort and vision of contact lenses during an in-office experience! Call for dates and details of our next, **FREE Contact Lens Test Drive!**

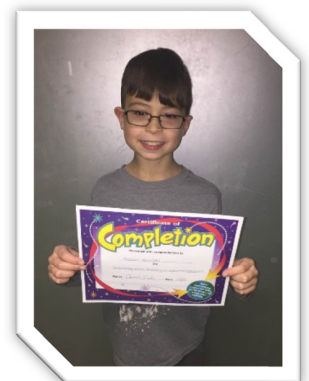
## Instead of Fighting My Son to Read, He Now Fights to Read Longer

*Preston's Story in His Mother's Words*

"Preston was really struggling in school. He had been evaluated for a learning disability and was diagnosed with Attention Deficit Disorder, but nothing really fit. Homework almost always ended with tears and he hated reading. Vision therapy for Preston has made a world of difference. **Instead of fighting him to read, he fights to read for longer before bed.** He is able to complete his homework without us sitting over him telling him to focus constantly. He has improved his reading level in school and is actually comprehending what he's reading. I am so happy that we were finally able to find something to help him. *It's done wonders for both his educational and emotional well-being.*"

Preston was diagnosed by Dr. Jacobi with **Convergence Excess** – a miscoordination of the eyes resulting in a tendency for the eyes to turn inward. It is considered Convergence Excess when more energy is required than the patient can offer comfortably with endurance.

Amanda, Preston's vision therapist remembers his frustration but she "...remained optimistic because of his determination and great support system at home and at school. It is incredibly rewarding to be involved in such a huge shift in how Preston experiences life." Preston continues to do well and enjoys to read. If your child's story sounds like Preston's, call today to schedule a Vision Evaluation. ◆





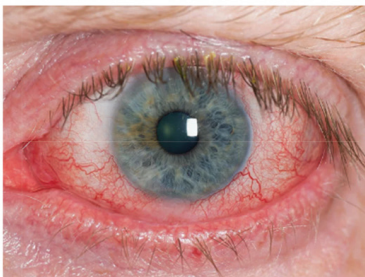
# Suburban Eye Care, P.C.

32415 Five Mile  
Livonia, MI 48154

PSRST STD  
U.S. POSTAGE  
PAID  
PERMIT #1230  
LIVONIA, MI



## New Tools for Dry Eye Sufferers



Frustrated that your artificial tears offer little to no relief of your eye discomfort? Dry Eye is caused by a chronic lack of enough lubricant and moisture on the surface of the eye. Close to 30 million Americans suffer from it, and it affects twice as many women as men.

It's common for conditions other than tear deficiency to cause irritated eyes, such as blepharitis, meibomian gland dysfunction, or ocular allergies. A new tool called TearLab tests the tears on the eye surface to determine if dryness is the culprit for eye irritation.

It works by analyzing the concentration of salt in each tear drop. Salty tears are often the result of inflammation caused by chronic dry eye. If allergies or another eye condition are the main reason for discomfort, this test often reveals a normal amount of salt in each tear drop.

The TearLab test is good for determining an accurate diagnosis as well as tracking the efficacy of dry eye treatment plans. After establishing a baseline and beginning a treatment regimen, the results should continue to improve. This is beneficial when starting dry eye supplements and prescription eye drops to determine if they are working or if additional steps should be taken. This medical tool further enables our doctors to create a plan of care tailored to your specific needs! ◆

Factors Associated with Dry Eye Disease	
• Computer Use	• Smoking
• Aging	• Health Conditions
• Menopause	• Medications
• Surgery	• Eyelid Problems
• Contact Lens Wear	• Indoor Environment
• Outdoor Environment	