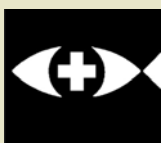




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MECA

MEMPHIS EYE, CATARACT & LASER CENTER

6485 POPLAR AVENUE...MEMPHIS, TENNESSEE

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The physicians and staff of MECA Eye and Laser Center have been serving patients and physicians since 1968. We have six physicians and a staff of highly trained ophthalmic assistants, nurses and scrub technicians.

New Multifocal Lenses Change Lives

Things were getting darker for Sandy Goldstein, 74, and suddenly her bifocal contact lenses that worked great for four years were rapidly changing in prescription. In May, she received IOL implants and the light is shining near and far. "It's like my eyes are teenagers again," she delights. She doesn't need her reading glasses and can see as far as anyone with 20/20 vision.

Multifocal Implants - "It's like my eyes are teenagers again!"

She can see the clock from bed at night and read the ever elusive fine print on brochures and documents.

Plus, she says, "It's nice not having to keep track of where you put your glasses, and there's no cleaning any contact lenses."

The intraocular lenses have improved her everyday life and she's happy to recommend them to others. "I think they're wonderful!"

Kathleen Thomason couldn't wait to throw out her bifocals when she learned about the intraocular implants available at MECA Eye and Laser Center. This active 72-year-old fiber artist has to be able to focus on intricate patterns while weaving collages and art quilts. Thanks to intraocular lenses she received in August, her near and distance vision is near perfect.

"The first day I had one eye fixed and I couldn't believe I could see all the street signs," she says. "It blew me away, with just one eye!"

Intraocular lenses, also called IOLs, come in both monofocal and multifocal varieties. They are used to replace lenses clouded by cataract changes and refractive disorders. The monofocal implant, some called the standard IOL, brings light and images to a focus at a specified point, such as distance vision or for near vision. They

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Dry Eyes

Dry Eyes is a very common eye condition that affects millions of Americans. For the eyes to stay comfortable and vision optimal, a normal, thin film of tears bathes the eyes. These tears not only wash away dust, but also soothe the eyes, provide oxygen and nutrients to the cornea, as well as help defend against eye infections by removing microorganisms that can colonize in the eyes. There are three main layers that make up this tear film:

- The innermost layer is called the mucus layer. The mucus layer coats the cornea with a smooth layer of lubricating material called mucin. The mucus forms a foundation so the tear film can adhere or stick to the eye.
- The middle layer is called the aqueous layer, and it is composed primarily of water along with small amounts of salt, proteins and other compounds. It provides moisture and supplies oxygen and other important nutrients to the cornea.
- The outermost layer of the tear film is called the lipid layer. The lipid layer is actually an oily film that seals the tear film on the eye and helps prevent evaporation.

A deficiency in any one or more of the tear film layers can lead to dry eyes.

There are many factors that can contribute to dry eyes:

- The natural aging process, especially during menopause
- Exposure to hot, dry or windy climates
- Poor air quality from pollution or cigarette smoke
- Prolonged computer use or intense reading
- Contact lens wear
- Side effects of using certain medications such as antihistamines and birth control pills

There are two general ways that someone gets dry eyes - decreased tear production or increased tear evaporation.

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New Multifocal Lenses Change Lives (Continued from page 1)

do not focus at points at every range. Therefore, patients, who have these lenses, usually need some type of reading aid, such as bifocals or reading glasses, for their best vision either at distance or for near. The multifocal lens, or sometimes referred to as the “SmartLens” or “Deluxe Lens”, focuses at near and distance. Therefore, one can see at distance clearly but can also see near objects clearly, thus restoring clarity without the need for further corrective contact lenses or glasses.

Kathleen qualified for multifocal lenses which correct vision at multiple ranges. After her surgery, Kathleen says, “I was sewing up a storm today with no glasses!”

After seeing the procedure performed on her father, mother and husband, she knew it was for her. While the latest implants are not yet fully covered by insurance, many people are choosing the “Deluxe” multifocal lenses.

**Multifocal Implants -
“It just changed my
life!”**

“Glasses were a bother,” she says. “I use my eyes all the time. It doesn’t make any sense to not do something that makes your life more pleasant.”

Now she can read menus, museum placards and even small print without glasses. And no more keeping up with glasses.

“It just changed my life!”

Anthony Tope, 54, had cataracts in both eyes that forced him to stop driving at night because it blinded him when headlights hit the windshield. Now his multifocal lenses have him back on the road. “I am tickled to death,” he maintains. “I started wearing glasses in 1965 and couldn’t remember how things looked without glasses.”

“The doctor asked me if I wanted to see distance or up close more and I said I wanted both if possible.”

Fortunately he was a candidate and received multifocal lenses over the summer. Cataract and implant procedures are performed on an outpatient basis and patients can usually return to normal activities the next day.

“Nothing hurt, it was totally painless and it was super easy,” Anthony says. “I recommend the implants and the doctors at MECA to anybody that has a problem. I would do it again and again and again if I had to.”

Talk to your ophthalmologist about your options.

**Multifocal Implants -
“I was tickled to
death. I couldn’t
remember how things
looked without
glasses”**

Dry Eyes (Continued from page 1)

- Diseases that affect the ability to make tears, such as Sjogren’s syndrome, rheumatoid arthritis and collagen vascular diseases
- Structural problems with the eyes that will not allow them to close properly or a problem with the tear ducts

The most common symptoms of dry eyes include dryness, itching, burning, irritation or grittiness, redness, blurry vision that gets clearer as you blink, light sensitivity and contrary to common sense - excessive tearing. These excessive tears are mostly water and do not have the lubricating qualities or the rich composition of normal tears.

One test that diagnoses dry eyes is the Schirmer Test. A small piece of special paper is placed inside the lower eyelid to measure tear production. Tear Staining is another method of using special dyes to help highlight problems with the surface of the eye and the tear film quality.

There are various treatments for dry eyes:

- Artificial tear drops and/or ointments (do not confuse artificial tears with formulas that just “get the red out”)
- Temporary or permanent punctual plugs
- Restasis and/or other medications
- Surgery

There are preventive measures that help to minimize dry eye symptoms:

- Drink plenty of water to keep the body moisturized.
- Protect the eyes from harsh weather conditions like wind and dust.
- When watching TV, using the computer or other eye straining activities, take frequent breaks and blink often.
- Contact lens wearers should keep eyes well hydrated and see their eye doctor for routine evaluations.
- Avoid having excessive air movement by decreasing the speed of ceiling fans and/or oscillating fans.
- Eat healthy foods containing eye nutrients especially with vitamin A, C, and E and if need be, take supplements containing flax seed and Omega-3 fatty acids.



**Panoptx sunglasses,
available in our Optical
Shop, can help with dry eyes
because they keep out wind,
pollen, and dust with their
Orbital Seal.**

*MECA has served Memphis and the surrounding communities for over 40 years.
We were here yesterday, and we will be here tomorrow.*

First Aid Techniques For Eye Injuries

One million people injure their eyes each year in the United States. Many of these incidents result in serious injuries or loss of sight. First aid techniques, administered immediately after an eye injury occurs, can make a vital difference to the success of further medical treatment.

Remember, first aid is just that - treatment given before experienced medical help is available.

Particles in the eye

Do not rub your eye when it has a particle or speck in it. Lift the upper lid over the lower lid. Blink and let the eye's fluid flush out the particle. Repeat this procedure. If the particle remains after repeated efforts, keep the lid closed (patching the eye loosely is helpful) and see an Ophthalmologist.

Blows to the eye

Apply an ice-cold compress to the eye immediately. Hold it there for 15 minutes to

reduce pain and swelling. A black eye or blurred vision can indicate internal eye damage. Consult an Ophthalmologist.

Cuts to the eye and lid

Bandage the eye lightly and seek medical help immediately. Do not attempt to wash out the eye or remove an object stuck in the eye. Do not apply pressure to the injured eye or eyelid and be careful not to rub the eye.

Chemical burns

Immediately flood eye with water (do not use an eye cup). Use your fingers to keep the eye open as wide as possible. Hold your head under a faucet or pour water gently but continuously into the eye from any clean container for at least 15 minutes. Roll the eyeball as much as possible while washing out the eye. Do not bandage the eye. Find medical help immediately.

MECA Staff Member's Papua New Guinea Trip

Jill Rice, a Surgical Tech, for MECA was invited on a mission trip, with 9 other Medical individuals, to Hauna Village, Papua New Guinea early this year. This is her story:

"After five days and eight plane changes, we then had an eight hour journey by canoe before arriving at our destination. The canoe is not what you might think. It is a floating forty foot tree that has been dug out by hand. Thankfully the missionaries brought chairs for us to sit on so we could ride in some comfort.

Hauna Village is an extremely remote village located inland on the Eastern Sepic River. The people still live a tribal life style with no modern conveniences. Electricity comes strictly from generators and all water comes from rainwater caught in big vats. Roads do not exist since there are no cars or bicycles.



The people still live a tribal life

Being the only medical team to visit Hauna, we have to carry all of our supplies, such as microscopes, lens implants and all other sterile surgical supplies, by boat. Keeping these supplies dry is a major concern since any moisture would render all supplies unusable. Despite the most torrential rainstorm I've ever seen, our supplies arrived safely intact.

Each morning we had to walk across a swinging rope bridge, about 150 feet long, to reach the two story cinder block used as a medical clinic. Below the bridge crocodile and piranha



The water has crocodile and piranha

To help with our long 12 hour days in the clinic, the nationals, who have learned English, work tirelessly to interpret, unload boxes, cook, do our laundry or whatever else we needed. We performed 67 cataract operations in four days. About 25 other surgical procedures were performed as well.

The main spoken language is called Pidgin even though there are over eight hundred documented languages among the four tribes. Since the Pidgin language has no word for cataract, they call it "Big Smoke".

Cataracts are very common amongst the villagers. They receive a lot of injuries from arrows since they hunt wild boars for food. They also receive many eye injuries while cutting palm trees for shelters.

The villagers are a gracious people preparing only the best for us. Meals were quite interesting as we

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Did you know that...

- In 60 A.D. the renowned Roman Emperor, Nero, used emerald lenses to view gladiator games.
- Hardly considered a luxury item today, long ago in the 14th century, eyeglasses were an extravagant statement of wealth and power.
- In 1972 The U.S. Food and Drug Administration instituted the industry's first Drop Ball Test, mandating that all eyeglass lenses pass a minimum level of shatter-resistance to insure public eye safety.
- Babies cry but do not produce tears until one to three months after birth.
- A child's vision system is completely developed at nine years of age.
- Jacqueline Kennedy Onassis, the former first lady, is credited with helping to make sunglasses a fashion accessory.
- Each of our eyelashes has a "lifespan" of approximately five months.
- An ant has two eyes, each of which is made up of many smaller eyes. This type of eye is called a compound eye.
- An owl can see a mouse moving more than 150 feet away, with light no brighter than candle-light.
- Dogs can not distinguish between red and green

The ideas and/or recommendations expressed in "Did You Know That..." do not necessarily reflect the opinions of the Memphis Eye, Cataract, Laser and Surgery Center.



MECA Staff Member (Continued from page 3)

were served smoked grub worms, boiled possum with the skin and hair still intact, crocodile meat with greens, rice, and sweet potatoes boiled in coconut milk. The main food staple consists of pulp from the Sago palm tree, boiled to a rubbery consistency and served in banana leaves on a palm leaf that is used like a plate. Our sleeping quarters were huge square huts that rose about ten feet off the ground. These huts are built high on poles to keep rising water



Main food staple

out. Each hut has an open fire pit burning continuously, and there is very little furniture and no interior walls.

Our trip was a huge success, which made leaving a sad occasion. The people were so thankful and loving towards all that we did.”



Jill Rice, along with two other team members, with cataract surgery patients



Emily Oliver, our Esthetician, will be happy to help with questions or an appointment.

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