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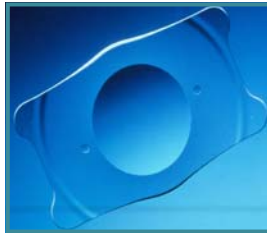
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The physicians and staff of MECA Eye and Laser Center have been serving patients and physicians since 1968. We have six physicians, one optometrist and a staff of highly trained ophthalmic assistants, nurses and scrub technicians.

ICL - Implantable Contact Lens

If you wear contact lens or glasses, have you ever given much thought as to how time consuming the task of clear vision can be? From having to have colored soap in the shower, to the cleaning of contacts or simply trying to remember where you left your glasses, you might wish you never had to worry with such things.

Today there is an ideal alternative procedure for those not interested in Excimer laser surgery or not a candidate due to high levels of extreme myopia (near-sightedness), hyperopia (far-sightedness) and/or astigmatism. This procedure is called Implantable Contact Lenses (ICLs), also known as phakic IOLs. ICLs correct vision in much the same way that external contact



Implantable Contact Lens

lenses do, except this thin, oblong plastic, foldable lens is implanted behind the iris and in front of the eye's natural lens. This lens is made from a material called Collamer, a collagen co-polymer that contains a small amount of purified collagen, making it very biocompatible. The lens works by properly adjusting the way that light reflects back to the retina.

The ICL is.....a permanent fixture of the eye.

One benefit of the ICL is it becomes a permanent fixture of the eye, avoiding time consuming maintenance. They do not get lost and they do

not have to be replaced like glasses or contact lenses. Keep in mind though, this phakic implant does not help presbyopia, or the need for reading glasses due to age.

Below are some reasons why a patient may choose ICLs:

- Nearsightedness more than -8.0 D and up to -20.0 D
- Farsightedness more than +4.0 D and up to +18.0 D

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Nutrition and Your Eyes

Good nutrition is very important for, not only your general health, but eye health as well. Most of us know that good nutrition helps our body to grow, repair wear and tear, protect against infection and function properly. But did you know that good nutrition and eye health go hand in hand? An example of this is an eye condition called 'xerophthalmia'. Xerophthalmia is a common cause of childhood blindness in developing countries. This condition is caused by a lack of vitamin A in a person's diet. It can be prevented by eating fresh vegetables and protein such as meat, cheese, fish, milk, and nuts.

Smoking and passive smoking also causes harm to the tissues of the eye which can lead to degeneration.

Today there are over 22 million Americans that suffer from cataracts **and** age-related macular degeneration (AMD) which are the two leading causes of visual loss and blindness. Good eye nutrition can assist in preventing cataracts from forming and play an important role in the prevention of macular degeneration. Healthy eating habits can mean healthy eyes.

Good eye nutrition can assist in preventing cataracts...and...in the prevention of macular degeneration.

Below are some good suggestions for improving and preserving our eyesight naturally through good nutrition:

- **Omega -3 fatty acids (fish oil):** wild salmon, sardines, Atlantic mackerel, trout, pumpkin seeds, soybean oil, walnuts, Flax seeds
- Omega-3 fatty acids may help protect you from age related macular degeneration and

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MECA EYE, CATARACT, LASER AND SURGERY CENTER

INSIDE • VIEW



Nutrition and Your Eyes (Continued from page 1)

other vision loss problems associated with inadequate nutrition.

- **Vitamin C:** citrus fruits and juices, papaya, cantaloupe, green and sweet red peppers, kale, low sodium tomato juice, Brussels sprouts, strawberries, kiwis, raspberries, mango, broccoli, cauliflower



Vitamin C may help in the prevention of cataracts, the delay of macular degeneration and eye pressure reduction in glaucoma.

- **Vitamin E:** almonds, sunflower seed, safflower oil, peanuts, peanut butter,

corn oil, mango, eggs, avocados
Vitamin E may also help in the prevention of cataracts, as well as, the delay of macular degeneration.

- **Vitamin A:** cantaloupe, kale, apricots, sweet potatoes, mangos, spinach, cod liver oil, red bell peppers, turnip greens, squash, carrots



Vitamin A may help prevent night blindness, cataract and macular degeneration

- **Lutein and Zeaxanthin:** romaine lettuce, corn, spinach, Brussels sprouts, green peas, collard greens, turnip greens, kale, broccoli, zucchini, carrots, persimmons, tangerines

Lutein and Zeaxanthin may help to maintain the health of your lens, retina, macula and optic nerves.

- **Selenium and Zinc:** seafood (especially oysters), lean beef, liver, Brazil nuts, nuts, chick peas, beans, Brewer's yeast, mushrooms, garlic, onions, cabbage, tomatoes, turnips



Selenium and Zinc may help prevent the formation of cataracts and macular degeneration.

Good circulation in and around the eye is the lifeline to keeping your eye tissues healthy and strong. You can help achieve

this by eating a good, balanced diet with lots of fresh fruits and vegetables.

Traditional Medicare Has Changed - What Kind of Medicare Do You Have?

We have many patients that come in for an appointment and tell us they have Medicare. Once we verify their insurance, we find they no longer have traditional Medicare but have one of the new "Medicare Advantage Plans". Please be informed as to what kind of Medicare you have.

In the last couple of years, private insurance companies have started managing new plans, "**Medicare Advantage Plans**", that are different from traditional Medicare. You, as the patient, choose the kind of "Medicare Insurance" you want.

Medicare Plan Choices:

- Medicare Part A (Hospital Insurance)
 - o Covers your inpatient care in hospitals
- Medicare Part B (Medical Insurance)
 - o Helps cover medically-necessary services like doctors' services and outpatient care.
- Medicare Part C (**Medicare Advantage Plans**)
 - o Combines Medicare Part A, Part B and sometimes Part

D, you no longer have Parts A and B separately

- o Managed by private insurance companies approved by Medicare
- o Can charge different copayments, deductibles and coinsurance
- o May have to see doctors that belong to the Plan
- o May need a referral from you primary care provider (PCP) before seeing a physician
- o Will receive new Insurance Cards (then throw your old Medicare cards away)
- Medicare Part D (Medicare Prescription Drug Coverage)
 - o Helps cover prescription drugs

Choosing your Medicare plan is a decision you must make by weighing all the options of the plans offered. You may receive assistance by calling Medicare directly or visiting <http://www.Medicare.gov> on the internet.

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

ICL - Implantable Contact Lens (Continued from page 1)

- Have especially thin corneas
- Have trouble wearing contacts or dislikes glasses
- ICL's create an instant change in one's vision
- It's a safe procedure that is completely reversible

ICL's - a safe procedure that is completely reversible.

MECAs surgeons having been performing vision correction surgery for many years. Even though you may be ruled out as a Excimer laser surgery candidate, there is no reason why you need to forgo getting corrected vision. Implantable contact lenses are a safe proven form of vision correction that has been perfected over many years and quite possibly the alternative you've been waiting for.

Helping The World To See

The World Cataract Foundation was formed in 1978 by Dr. Jerre Minor Freeman. Since that time the World Cataract Foundation (WCF) has grown into a vibrant organization with multiple avenues to "help the world to see." Some of the programs include a medical personnel exchange program, on-site training for residents, doctors and nurses, surgery equipment and supply donations, and surgical teams to perform free surgery in impoverished areas. Each program emphasis is vitally important to the overall mission of WCF.

WCF conducts a biannual surgical mission trip to Ometepec, Guerrero, Mexico. The state of Guerrero is the third poorest state economically in



Ometepec, Mexico

all of Mexico and Ometepec is a small town in the hills of southwest Guerrero about 150 miles south of Acapulco. There is a small 35 bed mission hospital in Ometepec that was built in the 1940's by two gentlemen who were a physician and a Presbyterian minister. The hospital is Hospital de la Amistad, translated Hospital of Friendship, and it serves the needs of a large geographical area. However, there was no eye care available in the area until Dr. Freeman learned about Ometepec and its lack of ophthalmological services. And thus began an annual trip to Hospital de la Amistad that has continued for 38 years!

Planning is the first step in any mission trip. How are all the hundreds of supply and equipment items that will be required for the trip obtained? Over the years a comprehensive 'supply list' has been established by Lori Hudson, Executive Director for WCF. Lori works year round doing

some aspect of organizing a mission trip. Because there are now two trips per year to Ometepec, Lori requests enough supplies for both trips in donation request letters she sends to the various companies from whom we obtain the supplies. Of the 180+ different items required, some are donated, some are purchased at a discount, and some must be purchased at full price. Most

companies are generous in their efforts to support the WCF. There is a multitude of companies and businesses that assist in providing



Counting supplies

supplies and equipment – nationally and locally. There are many 'behind the scenes' people, who may or may not go on the actual trip, who work diligently to make sure the team has everything it needs. It takes months and hundreds of phone calls and emails to get all the supplies in place.

Once the supplies have arrived at the WCF storage room Lori and/or her assistant, Lisa, unpack all the boxes to make sure the supplies are correct in type and quantity. Over the next several weeks, all supplies are counted individually and packed in the most

space-saving form possible. The number of supplies for each



Team members / volunteers packing boxes

trip is packed according to the number of anticipated surgeries that will be performed. (Typically we pack for 170 cataract, 75 pterygium and 15 'other' surgeries). The airline restricts the number

Did you know that...

- Galileo became totally blind shortly before his death. This was probably because of the damage done to his eyes during his many years of looking at the Sun through a telescope.
- While carrots are high in Vitamin A, an essential vitamin for sight, only a small amount is necessary for good vision.
- Reading or doing close work in poor light might be uncomfortable but it will not damage your eyesight.
- Of all the muscles in our body, the eye muscles are the most active.
- An ostrich eye is only two inches across, but it weighs more than its brain.
- Symptoms of computer vision syndrome, or CVS, is eye strain, headaches, blurred vision, and neck and shoulder pain.
- The average adult eyeball weighs about one ounce.
- A bird's eye takes up about 50 percent of its head; our eyes take up about 5 percent of our head. To be comparable to a bird's eyes, the eyes of a human being would have to be the size of baseballs.
- The average human eye can distinguish about 500 different shades of gray.
- Worms do not have eyes.

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.

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Helping The World To See (Continued from page 3)

of boxes and the weight of each box that it allows on the flights. As the date of the trip approaches, available team members and volunteers meet at the storage room to complete the counting and packing of supplies, weighing and taping of each box and/or equipment case. Every box/case will have a sticker placed on it with the assigned number of that box and its exact weight. The exact content of each box is



All boxes and crates accounted for

recorded on a master supply list. This list is used by the airline and customs officials in the USA and Mexico to assist in the process of going through airport security and clearing customs both going into Mexico and returning home. The average number of boxes/cases at the beginning of the trip is 50 and approximately 25-30 will return home. Most of what comes back are the large equipment items such as the microscopes, sterilizers, phacoemulsification machines, etc. WCF insures all the equipment and personnel for the duration of the trip. The value of the equipment and supplies is over a hundred thousand dollars and the value of the personnel is **“priceless.”**

MECA Employees Enjoy Competing in Annual Pumpkin Carving and Decorating Contest

Each year our talented staff takes plain pumpkins and turns them into masterpieces. Some pumpkins have intricate carvings and others are decorated elaborately. The pumpkins are displayed the week before Halloween in our waiting area for the patients to see and vote on. Prizes await the top three winning works of art.

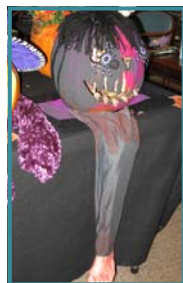
Our patients enjoy participating in our festive fun and the employees enjoy watching the patients circling the tables, back and forth, finally selecting the one pumpkin they feel tops the rest.



First Place Winner



Second Place Winner



Third Place Winner



More pumpkins in the contest

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