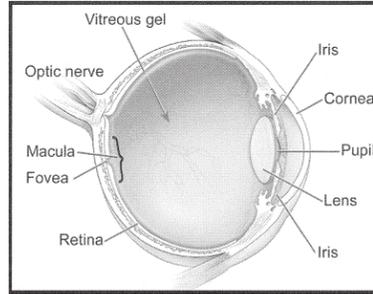


EYE NEWS YOU CAN USE

THE MIRACULOUS EYE

The eye is a unique and complex sensory organ. About 85% of the total sensory input to our brains originates from our sense of sight, while the other 15% comes from the other four senses of hearing, smell, touch, and taste. Their location is strategic for gathering information for the brain. The eyelids and the position of the eyes within the bony cavity (socket or orbit) are major protective mechanisms for the eyes. The membrane (conjunctiva) lining the white of the eye and the under surface of the eyelids keeps the eye moist.



Cataracts are one of the most common reasons people lose vision after the age of 50. The great news is that with advanced technology and surgical options, this condition is almost always treatable. The vast majority of patients who need cataract surgery see much better after surgery and complications are rare. Cataract surgery is a short outpatient procedure. In this procedure, the natural lens of the eye is removed and replaced with a manufactured clear lens.

Not only have the technique and technology used to remove the cataract made tremendous advances, but so has the implanted intraocular lens. This translates into more options for our patients in determining what type of intraocular lens best suits their individual vision needs and life style. These lenses can reduce patient's need for glasses by helping the eye to see not only at distance but also reading and computer. For those with astigmatism, our surgeons can implant special astigmatism-correcting lenses which significantly reduce their astigmatism and thus improve their distance vision without glasses.

For those who dislike wearing reading glasses, the surgeons at the **Cottonwood Eye and Laser Clinic** have the ability to implant the newest generation of intraocular lenses which are termed "presbyopia-correcting IOLs." These lenses correct presbyopia, or the inability to focus up close without glasses (a condition affecting most people over age 40). These lenses provide clearer vision at multiple ranges such as reading a book and seeing road signs, often without the use of glasses. There are several different options of these lenses that your surgeon can discuss with you to tailor the lens used to your individual vision needs.

For ophthalmologists, the ability to reduce or eliminate astigmatism and correct vision at multiple distances with cataract surgery are truly some of the most exciting advances in recent history. For additional information, you can set up an appointment or visit our website at www.cottonwoodeye.com.

The eye itself has a spherical shape measuring about one inch in diameter. It consists of a clear, transparent dome at the front (the cornea) that is surrounded by the white of the eyeball (the sclera). The iris of the eye is the circular, colored portion within the eye and behind the cornea. The pupil, appearing black, is the central opening within the iris. Behind the iris and pupil is the lens. The space behind the back of the cornea and the front of the lens is called the anterior chamber and is filled with aqueous fluid. Behind the lens is a large cavity filled by a transparent gel known as vitreous. The inside of the back of the eye is lined by the retina, a thin, light-sensitive tissue that changes light images to electrical signals via a chemical reaction. These electrical signals generated by the retina are sent to our brain through the optic nerve. Our brain interprets what our eyes see. The fovea is the middle of the macula (central retina).

LATEST ADVANCES IN CATARACT SURGERY

Cataract surgery has evolved tremendously over the decades, but perhaps most appreciably within the last several years. Newer techniques and technology have revolutionized this procedure, which is the most common surgery performed in the United States.

FOR YOUR NEXT EYE APPOINTMENT

Bring the following items with you to your eye exam:

- 1) List of current medications, dosages, and allergies.
- 2) Your glasses and any written or other information about your contact lenses.
- 3) Name and address of your primary care physician.
- 4) Current insurance information or cards.
- 5) Driver license or other form of identification.

When you are having a procedure/treatment/surgery done in our office, it is usually preferred to have someone drive you home from your appointment.

We generally prefer to dilate your eyes for a complete eye exam. If a dilated exam is performed, at the conclusion of the exam, the doctor will place drops in your eyes that aid in the reversal of the dilation in approximately 30-60 minutes. During this time, your vision may be blurry for close-up and you will be light sensitive. We do provide dark glasses to take with you, but you must be careful driving until the dilation has worn off.

LATISSE® (longer, thicker eyelashes)

Latisse® is the first and only FDA-approved prescription treatment for eyelash growth. Latisse can be prescribed at your eye exam visit. It usually takes about 2 months to see the full effect of Latisse®, which is applied to the base of the eyelashes every night after makeup removal and prior to sleep. If you stop Latisse®, your eyelashes return to their previous appearance over several weeks to months. Side effects are very rare but can include eyelid skin darkening, which may be reversible, and a potential for increased darkening of the iris, which is likely to be permanent. A more common side effect is itching of the eyelids or redness where the medication is applied. For more information on Latisse®, go to: www.latisse.com If you are interested in this new medication, please make an appointment today at the **Cottonwood Eye & Laser Clinic**.

MEET THE NEWEST ADDITIONS TO OUR STAFF.



Pictured above (l. to r.) are Dee Jay, Preston Meek, and Jacque Brown.

DEE JAY is a native of Utah, graduating from Hillcrest High School. She attended Salt Lake Community College and graduated from Gulf Coast Community with an associates degree in Medical Business. She has worked in retina, cataract and lasik centers as well as optical shops. She is a Certified Ophthalmic Assistant (COA) since 1996. Dee came back to Salt Lake from Florida after 25 years. Dee met her soul mate, Phil Jay, in 1978. They have 3 children: Kim, Crystal, and Philip, and 3 grandchildren. Her spare time is spent swimming, hiking, motorcycling, and, of course, shopping.

PRESTON MEEK was born and raised in Sandy, Utah and is a Brighton High School graduate. He has worked as an optician for several years and has studied biology and human anatomy at the University of Utah. Preston started at Cottonwood Eye & Laser clinic last year and has a great appreciation for the eye and performing diagnostic tests under direction of the clinic doctors. His time away from the office is spent playing with his 3 awesome boys and fantastic wife. He loves to play golf and wakeboard.

JACQUE BROWN is originally from Ohio. She attended Art Institute of Atlanta, and later moved to Alaska to enjoy the great outdoors. She began her career in the dental field as practice administrator with a prosthodontist in Anchorage. She was able to leave the work environment with the birth of her daughter and son. In 1994 her family decided to move to Utah to be near family and re-enter the work force. She worked as a licensed loan officer before getting back into health care. She was hired by American Dental Association for sales and marketing, and was treatment coordinator for a dental office. Jacque now enjoys being part of our office staff.