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Eyes of York Hours:

Monday 8:00 a.m. to 5:00 p.m.
Tuesday 7:30 a.m. to 5:00 p.m.
Wednesday 8:00 a.m. to 5:00 p.m.
Thursday 7:30 a.m. to 5:00 p.m.
Friday 7:30 a.m. to 12:30 p.m.

Eyes of York Newsletter Fall 2008

Fall in Love with our "New Look"

After months of hard work, Eyes of York has a new Website LIVE on line!

Our staff and doctors have worked together not only to update our look, but also to update our information and procedures. As you may already know, Eyes of York is the first practice in York to perform iLASIK; a 100% customized all laser lasik procedure using Intralase and CustomVue technology. We also perform Advance PRK Treatments, NearVision CK, Deluxe Cataract Surgery and much more. All of these newest procedures are explained in detail on our revamped website with such practical topics as "How LASIK Works" and "What to Expect". We have simplified the navigation as well so you never feel "lost" like you do on some websites.

Eyes of York has organized and prioritized the content based on feedback from our patients and

referring doctors. We have also included new sections with our patients' input and opinions... so you can see for yourself the

experiences your friends and family have with our practice.

And we are not finished. Our Media Center will soon have our recent videos, some of our archive footage of mission trips, and testimonial "bloopers" so stay tuned. Furthermore, we hope to soon have all forms and surgery instruction papers available

for you to print; in case you are at home or away and have forgotten something. As you would expect, Eyes of York is always looking for ways to provide you with the best service possible.

Finally, we would like to hear from you! If you feel there is something we might add to enhance our web services please let us know. And visit us at www.eyesofyork.com.



Before/After Contest

We all change over the years. For some of us, we add a wrinkle or two. For others, we do something more dramatic; like get married, have kids, retire, take that once in a lifetime trip. And yet many patients have come to Eyes of York over the years and have allowed us the privilege of changing them. Laser Vision Correction Surgery can be life changing for many people. The benefits that patients experience from the surgery go beyond the simple relief of daily glasses or contact lens wear. Those who have had the surgery know that inner feeling of confidence and happiness. That special something they feel when asked "You look different...did you do something new with your hair?" Yeah, we know!

Well, Eyes of York wants to see your edge. How has your Laser Vision



Correction changed you? Is there something that has happened in your life resulting in part from the "new YOU"? Please share with us!

If you are a patient of our practice who has already had laser vision correction we are challenging you to a contest! Create in a print

media or short video a Before/After Laser Vision Correction version of yourself, and receive two free movie passes on us just for fun. Then after the contest closing day of December 1st 2008, all presentations will be judged in 4 categories: Celebrity, Most Original, Comedy and Best of Show. Don't forget your 50 word commentary with your entry. Prizes will be awarded for each category with the Best of Show awarded our Grand Prize Week-End Get-Away!

Entry forms can be picked up at Eyes of York or just call us and we'll mail you one.

So start creating! We can't wait to see your before and after "change". Good luck!

November: Diabetic Eye Disease Month

OCT Testing available at Eyes of York

Diabetes is a leading cause of adult blindness in the United States. Although many diabetics are concerned about their eyes, most diabetics will have only minor eye problems. By receiving regular eye exams, diabetic eye disorders can be kept to a minimum and early treatment in many cases can preserve good vision.

Diabetes affects the eyes by damaging small blood vessels in the retina. The retina is the thin layer of nerve tissue that lines the back of the eye. Like film in a camera, the retina records the picture you see and sends the image signal to your brain.

Small capillaries are easily damaged by high blood sugar and can be found in other organs affected by

diabetes such as the heart, kidneys, and peripheral circulation. When the capillaries in the retina are damaged the vessels either leak or shut down. This damage results in vision loss over time and is a process known as diabetic retinopathy. Most diabetic retinopathy is not symptomatic until it is advanced and difficult to treat.

Diabetic retinopathy is diagnosed by having a dilated eye examination. Therefore, all diabetics regardless of whether they are having great blood sugar control or not should have a dilated eye exam regularly (usually once per year) with their primary eye care doctor. If retina problems are suspected, advanced testing such as **OCT** (Optical Coherence Tomography) can further delineate swelling and other abnormalities of the retina. Eyes of York is one of the

few eye care centers in York to offer patients this advanced technology.

In most cases, eye problems in diabetics can be prevented. Prevention begins with excellent diabetes, high blood pressure, and cholesterol management. Keeping all of these conditions as normal as possible will greatly lower the risk of developing retinopathy or worsening retinopathy. When retinopathy is present, instituting treatment as soon as possible will help to prevent vision loss. Consequently, your routine eye exam is the key to keeping your good vision now and in the future. Eyes of York, your future in sight.