

# FOCAL POINT

Important News and Information from Columbia Eye Clinic • Fall 2016

## Specialty Intraocular Lenses Can Reduce Your Dependence on Glasses

If it is time for you to have cataract surgery, we offer a host of the latest advancements in lens implants and surgical procedure options, including laser cataract surgery, to create a custom experience for you.

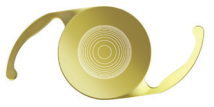


Years ago if you had cataract surgery, the natural cloudy lens was removed and there was nothing to replace it. People had to wear very thick eyeglasses or special contact lenses to be able to see clearly after cataract surgery. Now, we have a replacement for the eye's natural lenses called intraocular lenses (IOLs). There are several types of lens implants available to help reduce or eliminate your dependence on glasses.

So why do some people still require glasses after their surgery while others do not? There are many factors that determine if you will continue to wear full time glasses, part time glasses such as reading glasses, or none at all. These factors include the overall health of the eye, the amount of astigmatism, your current eyeglass prescription and your visual needs.

Patients who have cataract surgery with a monofocal IOL may need glasses for some or all distances. Monofocal IOLs have been used for several decades and are set to provide your best uncorrected vision at one focal point. Many people who choose a monofocal IOL have it set for distance vision and use reading glasses for near activities. On the other hand, a person whose IOLs are set to correct near vision would need glasses to see distant objects clearly.

—Continued on page 2. See **“Intraocular Lenses.”**

### Intraocular Lens Choices

	Near	Intermediate	Distance	Astigmatism
<b>Multifocal Lens</b> 	✓	✓	✓	✗
A Multifocal lens implant is designed to correct your near, intermediate and distance vision. In the appropriate patient, this can mean less dependence on glasses.*				
<b>Astigmatism Lens</b> 	✗	✗	✓	✓
The majority of patients have some level of astigmatism. Moderate to severe levels of astigmatism can now be corrected with a special toric lens. This can reduce the dependence on glasses for distance vision.*				
<b>Standard Lens</b> 	✗	✗	✓	✗
Our standard lens is suitable for patients who do not mind wearing glasses and/or reading glasses. This lens has a single focal point and glasses will be required for other distances. This lens is typically covered by Medicare and insurance.*				
*Cost in addition to Medicare and/or insurance co-payments, deductibles and co-insurance.				



Before

After

Before

After

## Facial Rejuvenation Using Botox<sup>®</sup> Cosmetic

Botox is the most popular cosmetic medical treatment in the United States and is popular among men and women looking for economical and non-surgical facial rejuvenation. Botox has been used safely and effectively in Ophthalmology since the 1980's.

Botox is a safe, naturally occurring substance that causes muscle relaxation typically lasting three to four months. These effects can be harnessed by our physicians to improve frown lines between the brows, crow's feet at the outer corners of the eyes, horizontal lines in the forehead and eyebrow height and shape.

Injections are made in our office with a tiny needle, directly into the muscle(s) causing wrinkles or facial aging. The injections are only mildly uncomfortable and take only a few seconds. Effects are usually fully evident by one week. Improvements in facial appearance typically last three to four months.

If you are interested in restoring a more youthful appearance without surgery, ask your Columbia Eye Clinic physician if Botox cosmetic the right option for you. ●

**Botox has been used safely and effectively in Ophthalmology since the 1980's.**

## Intraocular Lenses —Continued from cover.

Monofocal IOLs can also be set for monovision, which is distance vision in one eye and near vision in the other eye. If you are considering monovision, your ophthalmologist may suggest trying this technique with contact lenses first to see how well you can adapt. If you require crisp, detailed vision, monovision may not be the best approach for you.

Astigmatism is an imperfection in the curvature of your cornea. Astigmatism correcting IOLs can also be used to help decrease the dependence upon glasses. These IOLs are monofocal IOLs that correct astigmatism so you can see without glasses at one distance. You may still rely on glasses for some activities.

Multifocal IOLs utilize advanced technology and offer a series of focal zones or rings built into the IOL. Depending on where light focuses through the zones, you may be able to see distance, intermediate and near objects clearly. The ability to read and perform other tasks without glasses varies from person to person but it is generally best when multifocal IOLs are placed in both eyes.

Regardless of the type of lens you select, you may still need to rely on glasses some of the time, but if correctly selected, your IOLs can greatly reduce your dependence on glasses. Discuss your options with your ophthalmologist to determine the IOL that best suits your vision needs and lifestyle. ●

# Keeping Your Work and Play in Perfect Focus

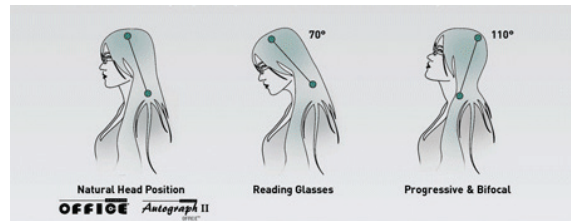
The Optical Departments at Columbia Eye Clinic offer lens options for a variety of specific tasks to optimize your vision while at work or play. Specialty lenses are available for golf, reading, office & computer work and specific sports.

*Shamir*,<sup>TM</sup> the leading manufacturer of the most advanced digital lenses on the market, offers custom lens solutions for people who need to concentrate on close work at the computer while keeping near surroundings precisely in focus, or for work at the computer while also focusing on mid-distance workspace.

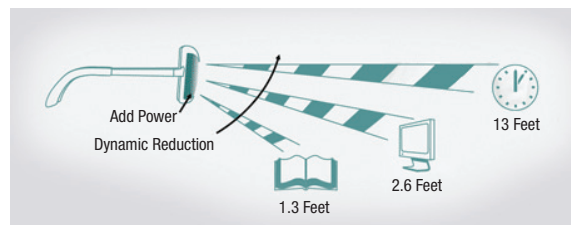
*Shamir Computer*<sup>TM</sup> lenses, provide a wide field of near viewing with clear vision up to five feet – a far greater depth-of-field than offered by conventional reading lenses. *Computer*<sup>TM</sup> lenses are also ideal for occupations that require clear vision for any task performed within five feet.

*Shamir WorkSpace*<sup>TM</sup> lenses are the best solution when priority focus is both mid-distance and near viewing, offering a greater depth-of-field up to ten feet. *WorkSpace*<sup>TM</sup> lenses allow for sharp vision whether focusing on the desk, or a colleague or customer across the room.

*Shamir Office*<sup>TM</sup> lenses provide wide, clear, near and intermediate vision up to 13 feet, giving you optimal intermediate vision that bi-focals, progressive nor



Shamir Office<sup>TM</sup> Keeps your head out of awkward positions at work.



Shamir Office<sup>TM</sup> provides you with perfect vision from 1-13 feet.

reading glasses can because those lens types do not “focus” on intermediate vision.

One of the most common complaints in today’s workplace is back or neck problems at the end of the work day from trying to focus on a computer screen while wearing bi-focals or poorly fit progressives. With *Shamir Computer*,<sup>TM</sup> *WorkSpace*,<sup>TM</sup> and *Office*,<sup>TM</sup> people with presbyopia (age-related loss of near vision) no longer need to hold their head in awkward positions to see. The lenses are customized so the wearer can hold their head and neck in a natural, comfortable position while enjoying perfect focus. ●

## Half Off a Second Pair of Specialty Glasses



**Purchase one complete pair of prescription glasses and get half off a second pair of specialty glasses for golf, reading, office and computer or sports.\***

Offer valid through December 31, 2016

\*Excludes sunglasses.  
Other restrictions may apply.



columbiaeyeclinic.com

**Downtown** • Columbia, SC • 803.748.8680  
**Northeast** • Columbia, SC • 803.806.0071  
**Highway 378** • Lexington, SC • 803.806.0088



## Columbia Eye Clinic Physicians

- Derek L. Barker, M.D.
- William Cain, Jr., M.D.
- Edward G. Crosswell, M.D.
- Hal H. Crosswell, Jr., M.D.
- H. Holland Crosswell, III, M.D.
- William F. Crosswell, M.D.
- Charles D. Finley, M.D.
- Lynn Hicks Snoddy, M.D.
- Derrick A. Huey, M.D.
- William A. Johnson, Jr., M.D.
- Edward G. Mintz, M.D.
- R. Mitchell Newman, Jr., M.D.
- D. Reynell Harder Smith, D.O.
- Garner J. Wild, M.D.



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