



SALUS
UNIVERSITY

The Eye Institute

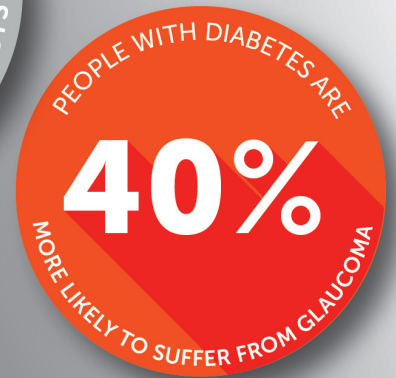
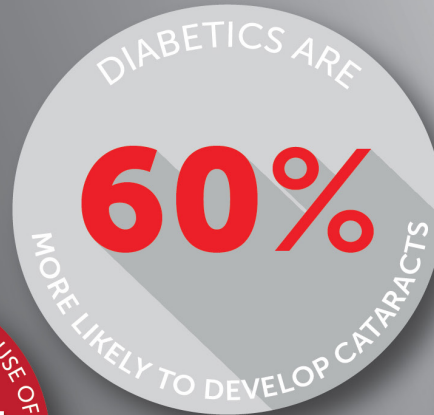
EYESIGHT

A Quarterly Publication of The Eye Institute of Salus University

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INSIGHT INTO VISION COMPLICATIONS AND DIABETES



VISION ISSUES FOR DIABETIC PATIENTS

In honor of Diabetes Awareness month, we wanted to make our patients aware of three common eye-related conditions diabetics may be at risk for developing.

Glaucoma

Glaucoma usually occurs because of a build-up of fluid in the eye, causing increased pressure. The pressure can damage the optic nerve, which sends images to the brain and helps people see. If glaucoma goes untreated, the pressure can cause permanent blindness. Symptoms include: severe headaches, eye pain, nausea, vomiting, blurred vision, eye redness, seeing halos around

lights, blind spots in your vision or tunnel vision.

Those with diabetes are 40 percent more likely to develop glaucoma. Being over 40 years old and the length of time people have had diabetes also increases their risk of having glaucoma. There are several treatment options available, including medicated eye drops and surgery.

Cataracts

A cataract is a clouding of the eye's lens. It occurs when protein builds up on the lens, blocking light and making

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MEET TEI'S NEWEST DOCTORS



Dr. Jessica Ackert

She is a primary and specialty care provider, specializing in treating uveitis, the inflammation of the middle layer of the eye.



Dr. Erin Kenny

She is a low vision residency-trained provider, working in primary care and the William Feinbloom Vision Rehabilitation Center.



Dr. Harpreet Minhas


She is a primary care provider at TEI's Oak Lane location and former resident at TEI.




Dr. Andrew Meagher

He is a residency-trained primary care provider at TEI's Chestnut Hill location.

DID YOU KNOW?

 Those with hearing loss wait an average of seven years before seeking assistance. Do not let your hearing issues go unattended. Audiologists at the Pennsylvania Ear Institute of Salus University offer comprehensive hearing evaluations and treatment options. Call **215.780.3180** to schedule an appointment.

 Six to eight million people in the U.S. have some form of language impairment. Salus University's Speech-Language Institute provides full assessment and treatment services for communication disorders. Call **215.780.3150** to schedule an appointment.

Did You Know? is a recurring feature of TEI's *Eyesight* newsletter. To send suggestions, email rstengel@salus.edu.

HEARING SCREENINGS AT TEI

While The Eye Institute specializes in comprehensive vision care, we believe in the importance of offering well-rounded health services. Every Tuesday morning and afternoon at our Oak Lane location, Doctors of Audiology from the Pennsylvania Ear Institute (PEI) will provide complimentary hearing screenings to patients.

Using state-of-the-art technology, audiologists can identify potential hearing deficits and recommend treatment options. If you require a more extensive evaluation, PEI is conveniently located at 8380 Old York Road, Suite 120, Elkins Park, PA 19027 – just 10 minutes north on PA-611.

DIABETES

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vision foggy. Warning signs include: cloudy/blurry vision, colors appearing faded, seeing halos around lights, poor night vision, double vision or frequent prescription changes in your eyeglasses/contact lenses.

While cataracts typically occur in older people, diabetic patients are more likely to develop them at an earlier age. In the beginning stages of a developing cataract, new glasses, brighter lighting and anti-glare sunglasses may help ease symptoms. For more advanced cataracts, surgery may be required for removal.

Diabetic Retinopathy

Caused by damage to the blood vessels in the retina, diabetic retinopathy takes on two forms – nonproliferative and proliferative.

Nonproliferative Retinopathy

In the more common form, nonproliferative retinopathy, blood vessels in the back of the eye

balloon and form pouches. In this early stage, patients may not experience any symptoms.

Proliferative Retinopathy

This form occurs after the condition has progressed. The blood vessels are closed off because they are seriously damaged. New, weaker vessels grow and may leak blood, which cloud vision. They can also cause scar tissue to develop, which can distort the retina or detach it.

Your doctor may monitor certain factors: your diet, exercise and blood sugar levels in order to prevent the condition from worsening. Laser treatments and surgery are other options if the disease has progressed.

All three of these conditions can be detected in a comprehensive eye exam from an optometrist. The Eye Institute provides specialized treatment plans for those with diabetes, glaucoma, cataracts and diabetic retinopathy.

Call 215.276.6111 to schedule an appointment.

“LOOKING OUT FOR KIDS” BY THE NUMBERS



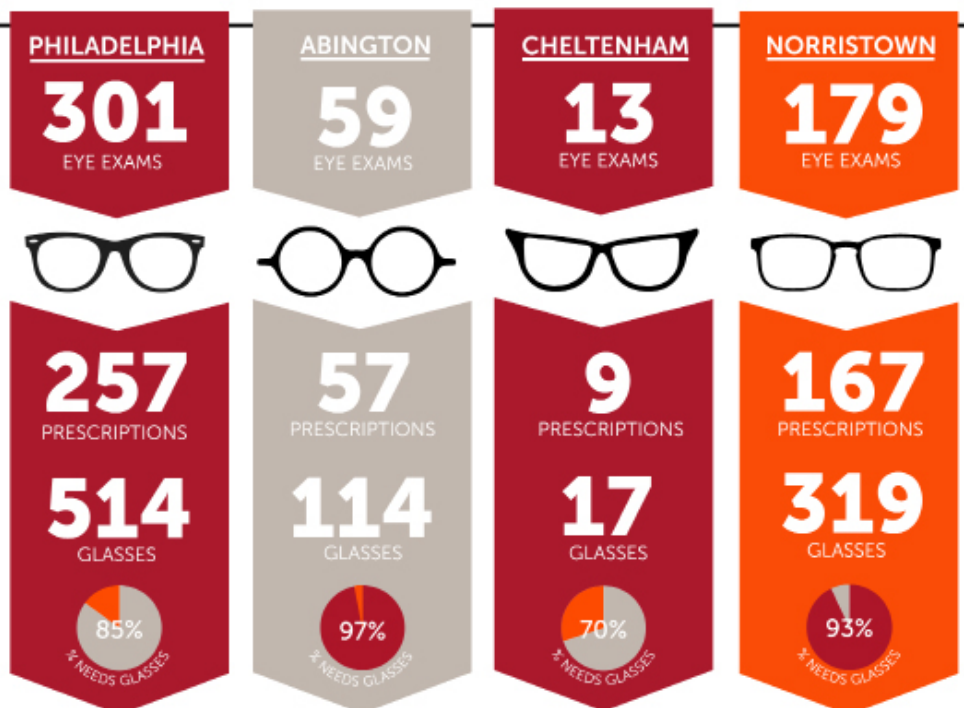
One in four children experiences a vision problem resulting in poor school performance.



Gifts as small as \$50 can help fund important services such as a complete eye exam for a child, whereas \$110 includes two pairs of glasses.

Learn more about this year’s “Looking Out For Kids” charity fundraiser on page 4

THE SCHOOL VISION PROGRAM





The Eye Institute (Oak Lane)
1200 West Godfrey Avenue
Philadelphia, PA 19141

The Eye Institute (East Falls)
One Falls Center
3300 Henry Avenue, Suite 104
Philadelphia, PA 19129

The Eye Institute (Chestnut Hill)
Chestnut Hill Plaza
7630 Germantown Avenue, #4
Philadelphia, PA 19118

Main: 215.276.6000
Appointments: 215.276.6111
Website: SalusUhealth.com/TEI

STAY CONNECTED:



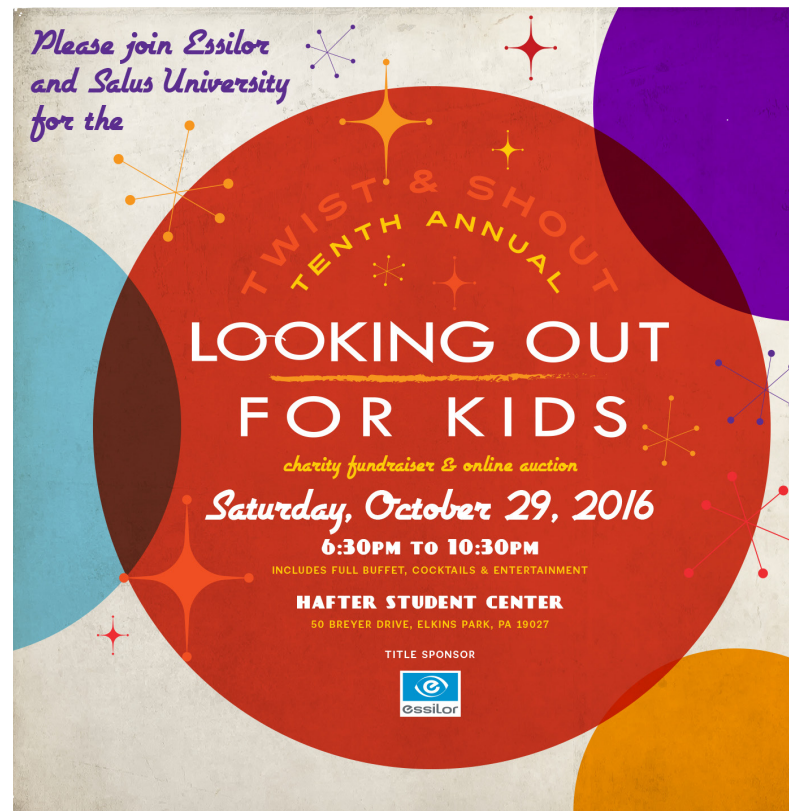
The Eye Institute is the clinical optometric practice of Salus University.

“LOOKING OUT FOR KIDS” GOES RETRO FOR 10-YEAR ANNIVERSARY

On Saturday, October 29, 2016, The Eye Institute (TEI) of Salus University will celebrate the tenth anniversary of its annual “Looking Out for Kids” (LOFK) charity fundraiser.

This year’s ‘50s-themed event will take place at the Hafter Student Center, located on the Elkins Park campus of Salus University, from 6:30-10:30 p.m. Guests can enjoy retro-themed hors d’oeuvres, cocktails, enticing auction items, live entertainment and even a special appearance from The King of Rock ‘n’ Roll himself – Elvis.

All proceeds raised from the event support the university’s school vision programs throughout the Philadelphia, Norristown, Abington and Cheltenham School Districts, which benefit underprivileged children. In the 2015-16 school year, TEI provided more than 2,000 vision screenings to children and dispensed hundreds of eyeglasses—at no cost.



Learn more at:

SalusUhealth.com/LOFK

For tickets and to register to bid, visit:

biddingforgood.com/lookingoutforkids