



Eye Care Insight

Fall/Winter

BAPTIST EYE SURGEONS



... A Commitment to Lifestyle

Our Physicians are Board Certified by the American Board of Ophthalmology

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Two Convenient Locations

Baptist Eye Institute

2020 Kay Street
Knoxville, TN 37920
865-579-3920

Tennessee Valley Eye Center

140 Capital Drive
Knoxville, TN 37922
865-579-3920

A Commitment to Lifestyle: A Look at Baptist Eye Surgeons

Since 1987, the physicians of Baptist Eye Surgeons (BES) have offered a wide range of medical and surgical eye care aimed at preserving or restoring the gift of sight. Our commitment to excellence in medical eye care is for every patient – from a routine eye exam to diagnosis, treatment, management or surgical intervention for eye disease.

Patients choose BES because of the high level of competency, concern, and caring they receive. All members of the Baptist Eye Surgeons team are highly trained, skilled medical specialists whose expertise covers general ophthalmology, cornea, diabetic diseases, glaucoma, cataract, refractive surgery, external eye disease, and oculoplastics. All BES surgeons are board certified by the American Board of Ophthalmology.

The Baptist Eye Surgeons pioneered refractive surgery in East Tennessee and have performed more refractive surgery than any other practice in the Knoxville area. Likewise, BES performs more eye surgery than any other ophthalmic group in the Knoxville area.

The Baptist Eye Surgeons have partnered with 15 other ophthalmologists to form the Tennessee Valley Eye Center. The state-of-the-art surgery



Knoxville's Own

Dr. Marc Bodenheimer joined the team last year because "Baptist Eye Surgeons is the best group of ophthalmologists in the area." A Tennessee native, Dr. Bodenheimer grew up in Knoxville knowing he wanted to be a part of Baptist Eye Surgeons.

center is unique in that it offers virtually all types of outpatient eye surgery, as opposed to simply being a cataract surgery only facility. This outpatient surgery center is equipped with the latest in eye care technology and employs the most highly trained eye surgery team in the area. Few surgery centers in the U.S. rival the Tennessee Valley Eye Center's level of excellence and unique focus.

The Baptist Eye Surgeons have two convenient locations to meet patient needs – one at the Baptist Eye Institute on the Baptist Hospital campus and another at the Tennessee Valley Eye Center in west Knoxville. BES also has several satellite offices in East Tennessee.

Visit our Website: www.baptisteye.com

Women and Dry Eye

Dry eye syndrome is among the most common eye conditions in the United States. What is dry eye syndrome? In healthy eyes, a thin layer of tears coats the outside surface of the eye, keeping it moist and washing away bits of debris that might fall into the eyes. Dry eye syndrome occurs when the eye doesn't make enough tears, or doesn't make effective tears, or the tears that it does make evaporate too quickly and leave the eye dry and vulnerable.

People with dry eyes often experience dryness, stickiness, and stinging or burning of their eyes. The eyes are often red and irritated. Sometimes the eyes water excessively in an effort to soothe the irritation, but these reflex tears are usually not adequate to fix the problem, and all they do is spill over the eyelid and run down the cheek.

The cause of dry eye syndrome is unknown, but the disease becomes more common as we age, and is particularly common in women. Dry eye syndrome affects women two to three times more often than men. This is thought to be related to hormones. Male hormones (such as testosterone) seem to be good for the tear glands, and female hormones (particularly estrogen) seem to be bad for the tear glands. In a recent study, women who were on hormone replacement therapy after menopause were at higher risk for developing dry eyes. Compared to women not receiving hormone replacement therapy, women using estrogen alone were 70 percent more



If you have dry eye syndrome, there are numerous treatments available to help protect your eyes and your sight.

likely to develop dry eyes, and women on both estrogen and progesterone were 30 percent more likely to develop dry eyes. By one estimate, 1 in 20 women over the age of 50, and 1 in 10 over the age of 75, have dry eye syndrome. This amounts to over 3.2 million middle-aged or older women with dry eye syndrome in the U.S. alone.

One particular form of dry eye syndrome occurs in patients with Sjögren's syndrome. Patients with Sjögren's syndrome suffer from dry eyes and dry mouth, because their

Dry eye syndrome affects women two to three times more often than men.

bodies mistakenly produce small molecules that attack their moisture-producing glands, in addition to causing other problems, such as rheumatoid arthritis or lupus. Ninety percent of people with Sjögren's syndrome are women.

Dry eye syndrome may sound like more of a nuisance than a serious problem. But if left untreated, severe cases of dry eye syndrome can result in permanent loss of sight. These include problems such as inflammation, infection, and scarring of the eye surface.

If you have dry eye syndrome, there are numerous treatments available to help protect your eyes and your sight. For many dry eye sufferers, small changes in their daily habits can make the problem better. For others, tear replacement drops, medications, and plugs to block tears from escaping once they reach the eye surface are all effective in reducing or eliminating dry eye symptoms. **Your doctor can help you develop a treatment plan that's right for you.**

Lens Implant Choices After Cataract Surgery

The lens of your eye is an important structure. In order to see clearly at all distances (from up close to far away), your eye must be able to change its focus power. The lens of your eye is responsible for this change in focus—it changes its shape to bring whatever you're looking at into clear focus. In your early 40's you lost the ability to see up close, and required either bifocals, or at least reading glasses. This was because as we age, the lens hardens and cannot change its shape anymore, and in order to focus at different distances, more than one glasses prescription was required.

As we age even more, the lens becomes cloudy. This cloudiness of the lens is called a cataract. Cataract is a common problem among aging Americans, and cataract surgery is the most common surgery performed on adults in the United States. In cataract surgery, the cloudy lens is removed. In order for you to see clearly afterward, a new lens (called an intraocular lens implant, or IOL) must be inserted at the time of surgery.

Selecting the right implant for your eye is very important for your vision after surgery. Your doctor will take measurements before your surgery to determine how strong your lens is, so an implant with the same strength can be put in during the surgery. If you wear glasses, the implant strength can be adjusted to replace both your lens and your glasses.

Like your aging lens, the implant cannot change its shape to help you see both up close and off at a distance. But several options are available to help you minimize—or even eliminate—your need for any type of glasses after cataract surgery.



Talk with your doctor about the various types of implants available, and their effects on your vision after surgery.

For instance, your doctor may place implants in your eyes with the appropriate strength for you to see well at a distance, and you can wear reading glasses when you want to see up close, such as for reading.

Another option is for your doctor to select the implant strength for you to see clearly off at a distance for one eye, and a different strength—the one for up close—for your other eye, so that you can see clearly at all distances without glasses after surgery. This works well for most people, but some people have trouble with depth perception when their two eyes are focused at different distances.

In recent years, several types of bifocal and/or multifocal implants have been developed. These lenses allow you to see clearly at a variety of distances, effectively eliminating the need for glasses. Several manufacturers, including Alcon, Advanced

Medical Optics, and Eyeonics, have recently received approval from the FDA for new technology multi-focal lenses following cataract surgery. It should be noted, however, that multi-focal lens technology is evolving rapidly and patients are encouraged to consult with their doctor about these offerings. Also, this technology is relatively expensive and is considered elective by Medicare and most payers, thus the difference in price between a standard cataract IOL and the new technology must be paid by the patient.

Talk with your doctor about the various types of implants available, and their effects on your vision after surgery. You and your doctor will develop a plan that pairs you with the best type of implants for your eyes and your vision needs.

Meet the Baptist Eye Surgeons Team of Physicians

EXCELLENCE IN EYE CARE

All members of the Baptist Eye Surgeons physician team are board certified by the American Board of Ophthalmology.



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