



*“My experience at Herschel LASIK at Magruder Eye Institute was excellent. From my first visit which was a consultation with Dr. Herschel to my post-operative care, I felt all my questions were thoroughly answered. Dr. Herschel is very personable, communicative and patient oriented. He cared more about the health of my eyes than just doing a LASIK procedure. I highly recommend Dr. Herschel and his staff.”*

-Noopur R.

### **New Year: New Look**

The office at Herschel LASIK at Magruder Eye Institute will be undergoing a facelift for the New Year. For those who visit Herschel LASIK, be prepared to experience the transformation with us during the next six weeks. The LASIK Team will make every attempt to continue to provide a world class experience while undergoing renovations. Herschel LASIK is committed to ensuring personalized care with technology delivering a level of safety, excellence and precision.

Our renovations will allow us to see our patients more efficiently while at the same time providing the comfortable and caring environment we have shown in the past. Dr. Herschel and the LASIK Team are excited to present their new look for the New Year.



*Out with the old, in with the new!*

## Giving Back : Playing For Kids



On November 15, 2010 **D.J. Gregory**, founder of the Walking For Kids Foundation joined forces with 3-time PGA tour winner **Robert Gamez** to form the 2010 Playing for Kids Pro/Am Golf Tournament in an effort to raise money to help children with disabilities D.J. was born with cerebral palsy and was told at one point that he would never walk and would be confined to a wheel chair. With high spirits and the help of his parents, D.J. learned how to walk with the use of a cane. Robert Gamez has raised over one million dollars for various children's charities through celebrity golf fundraisers.

The 2010 Playing For Kids Pro/Am Golf Event benefits United Cerebral Palsy, Make a Wish Foundation, St. Jude Children's Research Hospital, The First Tee, Community Coordinated Care for Children and Arnold Palmer Hospital for Children.

## Flex Spending: Use it or lose it

Flex Spending Accounts (or FSA) allows an employee to set aside a portion of his or her earnings to pay for qualified expenses, most commonly for medical expenses not covered by insurance. Money set aside to a FSA is not subject to payroll taxes, resulting in a substantial payroll tax savings. Many patients pay for their vision correction procedure with a Flex Spending Account"

It is important to remember that the money set aside in a FSA must be spent within the coverage period. Any money that is left unspent at the end of the coverage period is forfeited. For patients who would like to open a FSA, it is vital to confirm your candidacy for LASIK prior to setting money aside.

## Follow Us On Twitter

follow us on  
**twitter**

Follow Herschel LASIK on Twitter @Herschellasik for updates on the renovation as well as other helpful tips for vision correction. With the help of Twitter, our goal is to keep our patients connected long after their vision

## Diabetic Retinopathy

Did you know that diabetes is the leading cause of blindness among adults age 20 or older in the United States? Approximately 29 million Americans have diabetes and almost one third is at risk of vision loss because they are unaware that they have the disease. The most common eye condition associated with diabetes is **diabetic retinopathy** which is caused by changes in the blood vessels of the retina.

There are two types of diabetic retinopathy:

1) Background or nonproliferative diabetic retinopathy (**NPDR**)

- NPDR is the earliest stage of diabetic retinopathy. With this condition, damaged blood vessels in the retina begin to leak fluid and small amounts of blood into the eye. Many people with diabetes have mild NPDR, which usually does not affect their vision.

2) Proliferative diabetic retinopathy (**PDR**)

- PDR occurs when abnormal blood vessels begin to grow on the surface of the retina or optic nerve. PDR mainly occurs when many of the blood vessels in the retina close, preventing enough blood flow. The retina responds by growing new blood vessels. These new blood vessels are abnormal and do not supply the retina with normal blood flow and cause the retina to wrinkle or detach.
- PDR can cause severe vision loss because it affects both central and peripheral vision.
- PDR causes vision loss in the following ways:
  - i. Vitreous hemorrhage
  - ii. Traction retinal detachment
  - iii. Neovascular glaucoma



Diabetic retinopathy can be diagnosed during an annual dilated eye exam with your ophthalmologist. Not only is Dr. Herschel the refractive surgeon at Herschel LASIK, but he also practices general ophthalmology at the Magruder Eye Institute. Dr. Herschel exams his LASIK patients numerous times during their first year following their vision correction procedure and at least annually after that if desired for routine eye care or diabetic screenings. To learn more, ask our Vision Care Coordinators for additional information.