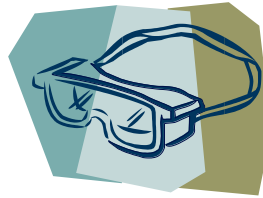


Eyesight Insight

Sponsored by
Eye Clinic of Fairbanks

September is Sports and Home Eye Safety Month

Playing sports is an ideal way to stay in shape and remain active. However, a serious eye injury can sideline even the best athletes permanently. Every year, hospital emergency departments throughout the country treat over 45,000 sports-related and recreational eye injuries. More than half are suffered by children. Fortunately, 90 percent of sports-related eye injuries can be prevented by wearing the proper eye protection. Polycarbonate safety goggles and/or face shields are your best protection against injury. Regular eye glasses don't provide enough protection. Keep your eyes safe—consider polycarbonate!



Will Your Child Be the Next Statistic?

Understanding the Risks

Some of the highest eye injury rates occur in children, between the ages of 5 to 14, and are caused by participation in basketball, baseball, softball, football, racquet sports and swimming. Nearly one-half of eye injuries require costly emergency room care. It's important to remember that even if an eye injury seems to be minor, it may be serious. Loss of vision, severe pain or tenderness, and cuts around the eye require immediate medical attention.

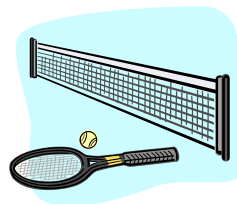
Don't Be Duped

If your child plays a sport that requires a helmet or faceguard, don't make the mistake of thinking your child's eyes are protected from injuries. Your child's eyes are still exposed to danger from sports equipment, or an opponent's fingers penetrating the openings of a facemask.

You Can Take Action!

The good news is that you can help prevent your child from being sidelined, because of a serious eye injury. You can make the decision to protect their eyes, as well as the rest of their body, by adding protective sport goggles to their equipment bag. While sport goggles provide significant protection, they cannot guarantee to be unbreakable or guard against all foreseeable impacts. However, a quality pair of sport goggles, equipped with polycarbonate lenses, can be sight savers since they help keep the eyes and surrounding ocular region safe. For kids who need corrective prescription lenses, your eyecare professional can make a pair of prescription lenses that fit into their sports goggles.

Don't wait for your child to become the next eye injury statistic...add protective sport goggles to their sports gear!



Eye Clinic of Fairbanks

Locations:

1919 Lathrop St., Suite 103
907-456-7760
Hours of Operation: 7:30—6:00

OUR NEWEST LOCATION

116 Minnie Street
907-458-7768
Hours of Operation: 8:00—5:00

Ronald W. Zamber, M.D.

M. Roger Acquistapace, O.D.

Randall Christiansen, O.D.

Larry D. Coon, O.D.

Damien R. Delzer, O.D.

David C. Karpik, O.D.

Kathleen J. Rice, O.D.

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Your Eye Clinic of Fairbanks Medical & Technical Staff

Ophthalmologist—Dr. Ronald Zamber

An *ophthalmologist* is a physician who specialized in the comprehensive care of the eyes and visual system, in the prevention of eye disease and injury. The ophthalmologist has completed four or more years of college premedical information, four or more years of medical school, one year of internship, and three or more years of specialized medical and surgical training and experience in eye care. The ophthalmologist is a physician who is qualified, by lengthy medical education, training and experience, to diagnose, treat and manage all eye and visual system problems and is licensed by a state regulatory board to practice medicine and surgery. The ophthalmologist is the medically-trained specialist who can deliver total eye care: primary, secondary and tertiary care services (i.e., vision services, contact lenses, eye examinations, medical eye care and surgical eye care) and diagnose general diseases of the body.

Optometrists—Dr. Roger Acquistapace; Dr. Randall Christiansen; Dr. Larry Coon; Dr. Damien Delzer, Dr. David Karpik, Dr. Kathleen Rice

The optometrist is a healthcare professional trained and state licensed, to provide primary eye care services. These services include comprehensive eye health and vision examinations, diagnosis and treatment of eye diseases and vision disorders, the detection of general health problems, the prescribing of glasses, contact lenses, low vision rehabilitation, vision therapy and medications, the performing of certain surgical procedures, and the counseling of patients regarding their surgical alternatives and vision needs, as related to their occupations, avocations and lifestyle. The optometrist has completed pre-professional undergraduate education in a college or university and four years of professional education at a college of optometry, leading to the doctor of optometry (O. D.) degree.

Opticians—Angela Atkisson, Joy Coon, Donna Lenard, Kelley Mitchell

Opticians are professionals in the field of designing, finishing, fitting and dispensing of eyeglasses and contact lenses, based on an eye doctor's prescription. The optician may also dispense colored and specialty lenses for particular needs as well as low-vision aids and artificial eyes.

Certified Ophthalmic Personnel—April Allison, Lucy Andresen, Deborah Worley

COAs work under the supervision and direction of an ophthalmologist to perform ophthalmic clinical duties. They are trained to measure visual acuity, instill ocular medications, obtain ocular, medical, and family history, perform a variety of tests including: visual fields, ocular coherence tomography, topography, auto refractions, measure intraocular pressure, test pupils, read glasses prescriptions, assist with procedures as well as participate in telephone triage, coordinate patient flow, in addition to other duties as needed.



Technical Staff—Joby Bedecker, Karisa Etter, Jeremy Fulk, Jeanette Miller, Ashley Moore, Ashley Norville, Clara Phillips, Jeannette Rosa-McClure, Clint Summer

These individuals, like ophthalmic assistants, ophthalmic technicians and ophthalmic medical technologists, are qualified to assist the ophthalmologist/optometrist in a variety of procedures, from history taking and basic tonometry to visual field testing and ophthalmic photography, depending on the level of certification.