



NEWSLETTER

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Virginia Beach Eye Center's Sight-Saving Mission.

Ophthalmologist and founder of Virginia Beach Eye Center, Dr. Samuel Garrett, has dedicated his practice and talents to medical missionary work. His recent travels to Mombasa, Kenya to perform sight-saving surgeries on the



poor, has inspired him to start a new mission here at Virginia Beach Eye Center. The Eye for an Eye Cataract Mission will provide people in devel-

oping countries the much needed supplies for cataract surgery. The phrase is literally an Eye for an Eye— for every cataract surgery performed by Dr. Garrett here at Virginia Beach Eye Center; we will donate 20 dollars to cover the cost of all materials needed to perform manual small incision cataract surgery in a third world country.

In the United States, several hundred dollars worth of disposable supplies and medication are needed for cataract surgery. However, in developing countries 20 dollars can buy all the supplies and medications needed to perform a simpler manual cataract extraction.

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BAUSCH & LOMB HONORS OPHTHALMIC SURGEON DR. SAMUEL N. GARRETT WITH NATIONALLY RECOGNIZED CENTER OF EXCELLENCE AWARD

ALISO VIEJO, C.A.— Bausch + Lomb, the global eye health company, manufacturers of the first and only FDA approved accommodating intraocular lens, has recently launched the "Center of Excellence" program where surgeons receive an award and special designation when they reach substantial experience and mastery.

The prestigious Center of Excellence award is provided to those surgically gifted ophthalmologists who are certified to implant the only FDA accommodating IOL in the U.S., the Crystalens. Recipients of the award are considered nationally recognized leaders of Crystalens implantation.

Dr. Garrett, founder of Virginia Beach Eye Center, has been honored with this award and is widely recognized for his work in cataract, lens implant and refractive surgery. "No lens comes closer to mirroring the function of the eye's natural lens," reports Dr. Garrett. Virginia Beach Eye Center, located at 465 North Great Neck Road, specializes in the latest vision technology and offers comprehensive, state-of-the-art eye care services including testing, diagnosis, and treatment for diseases of the eye; laser vision correction, refractive lens exchange, cataract surgery, and other ophthalmic procedures using the most advanced techniques. The center also provides optometry and optician services.

For more information on Virginia Beach Eye Center, visit www.vbeye.com.

For more information about the Crystalens please visit www.crystalens.com or call 1.877.7.SEEBETTER.





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In developing countries like Africa, 50% of avoidable blindness is caused by cataracts. In fact, it is estimated that 20 million people world-wide are blind from cataracts. Cataracts, easily treated here in the United States, pose a huge threat to those in developing countries where surgical services and supplies are inadequate. In the third world, cataract is a fatal disease with patients dying more than 10 years earlier than those cured with cataracts.



These donations will provide the local and visiting ophthalmologists all the eye drops, irrigating fluids, lens implant, tubing syringes, and other supplies needed to perform this sight-saving surgery.



"I use to think I could stay right here at home and because I was helping people; that was enough. I don't think that anymore" says Dr. Garrett.

Donating funds through "Eye for an Eye" will allow Dr. Garrett to have a continual impact on patients in developing countries who suffer from cataracts. Patients having surgery here at Virginia Beach Eye Center will also have the opportunity to participate by donating funds to the program directly for the patient's "second eye" surgery.



Virginia Beach Eye Center will be working with Lighthouse for Christ, a non-denominational charity eye center and mission dedicated to curing physical and spiritual blindness to people in Kenya, Africa. More than 30,000 patients are seen each year at the Lighthouse for Christ Eye Centre and in their Mobile Eye Camps. The cataract surgery donations will be donated to Lighthouse for Christ, in hopes to reduce preventable blindness in Africa.



You do not have to be a cataract patient to get involved. For anyone that is interested in helping support "Eye for an Eye," donations can be made payable to Lighthouse for Christ. For more information you can visit www.vbeye.com and www.lighthouseforchrist.org or stop by our office and ask how you can help give the gift of sight to a patient in need.

Don't let this little piggy stay home!

Bring your flex dollars to market at Virginia Beach Eye Center.



The year is coming to an end, and now's the time to spend your flex dollars. Prescription and non-prescription eye-wear are always popular choices, even if your prescription hasn't changed.

Now's the time to use your vision benefits on sunglasses, computer glasses, a spare pair, or extra contact lenses. Visit Virginia Beach Eye Center's Optical Department to find a vast assortment of over 1,000 different frames and sunglasses, with name brands such as Kate Spade, Gucci, Timberland, Oakley, Oliver Peoples and Guess, you are sure to find the right shape and style for you.

If you participate in a flex spending account program through your employer, consider applying your funds toward eligible vision care options at Virginia Beach Eye Center's Optical Department. Hurry, or your little piggy may have none!

Early Detection Key To Avoiding Vision Loss From Macular Degeneration

Age-related macular degeneration (AMD) affects two million Americans and is the leading cause of vision loss and blindness in those over the age of fifty. Due to the aging baby-boom population, the statistics for AMD are projected to double by 2020 from the current 200,000 Americans diagnosed with the disease annually.

Although AMD is a serious condition, early detection is key to avoiding vision loss. If you have no risk factors for the eye disease and you are 65 years or older, you should have an eye exam every one to two years.

AMD is deterioration or breakdown of the macula, the small but vital portion of the retina that controls our central vision, allowing us to see details clearly. The deterioration may cause symptoms such as blurriness, dark areas or distortion of our central vision, and may severely affect a person's ability to read and drive, which has an enormous impact on productivity, independence, and quality of life.



Normal Vision



Macular Degeneration

Although the cause of AMD is still unknown, there are some known indicators. AMD occurs with advancing age and is more prevalent in Caucasians and smokers. Additionally, those with obesity and high cholesterol appear to be at higher-risk for developing the condition.

NEWS IN OPHTHALMOLOGY

Change In Medicare Rule on Eye Drops

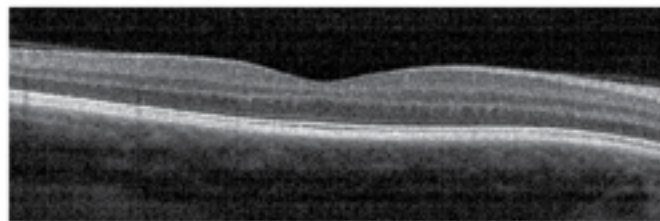
In the last few years, many glaucoma patients who use eye drop medications have been faced with more stringent insurance regulations, including limits on quantities of eye drops and refill intervals. But patients have trouble putting exactly one drop precisely into the eye. It is natural to have some drops hit your cheeks or two drops come out at once. This unavoidable waste of eye drops causes many patients to run out of their eye drops too soon. Now, thanks to the American Academy of Ophthalmology and the American Glaucoma Society, Medicare has instructed insurers to allow refills of eye drops at reasonable intervals. Hopefully, doctors and patients will see an improved ability of insurers to provide refills for glaucoma medication in a timely fashion.

Optical Coherence Tomography at VBEYE

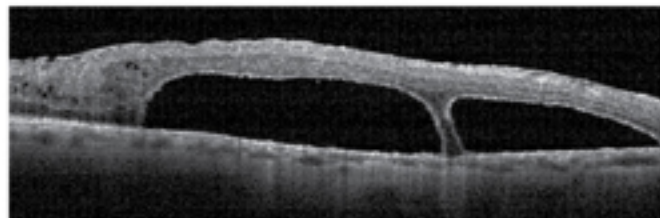
Virginia Beach Eye Center has always been on the cutting edge of ophthalmology. Recently we added a new technology that enhances our ability to provide patients with state-of-the-art eye care.

Our new OCT machine utilizes a new diagnostic technology which uses scanning near infra-red laser light to provide amazingly detailed images of complex ocular structures to diagnose and guide treatment for macular diseases such as macular degeneration and diabetic retinopathy, as well as Glaucoma and corneal disease. "OCT imaging is a rapidly evolving new technology," says Dr. Natalia Kramarevsky, VBEye's cornea specialist. "We are excited about the new possibilities for earlier, more precise diagnoses that this machine provides our patients."

Normal Retina



Retina with Macular Edema





Virginia Beach Eye Center, a state-licensed, Medicare-certified, AAAHC-accredited ambulatory surgery center specializes in the latest vision technology and offers primary comprehensive, state-of-the-art eye care services including testing, diagnosis, and treatment for diseases of the eye; laser vision correction, refractive lens exchange, cataract surgery, and other ophthalmic procedures using the most advanced techniques. The center also provides optometry and optician services.

We've sent you this issue because our records show you are or have been a patient in our office. To receive this newsletter by e-mail, sign up at www.vbeye.com. If you would prefer not to receive future issues, please let us know, 757.481.5555.

Meet Our Doctors:



Samuel N. Garrett, MD

A native of Virginia Beach, Dr. Garrett's eye training includes Letterman Army Medical Center, the University of California-San Francisco, and Pacific Presbyterian Medical Center. He also trained under the auspices of the Massachusetts Eye and Ear Infirmary/Harvard Medical School and at Duke University Eye Center.

He served as Assistant Clinical Professor of Ophthalmology at UNC/Chapel Hill as a Major in the U.S. Army. He is previous Assistant Professor of Ophthalmology at Eastern Virginia Medical School, previous Associate Director of the Medical Society of Virginia and Past President of the Virginia Beach Medical Society. He is a Fellow of the American Academy of Ophthalmology and Virginia Society of Ophthalmology, a Diplomate of the American Board of Ophthalmology and is published in major ophthalmic Journals.

Dr. Garrett, founder and President of Virginia Beach Eye Center, is a recognized leader in the Hampton Roads medical community, where he is known as a "physicians' physician" because he cares for such a large number of the area's doctors and their families. Dr. Garrett is also consistently named one of the region's top ophthalmologists by a survey of over 4,000 of his fellow physicians in polls conducted by Hampton Roads Magazine for its annual "Top Docs" issue and was recently inducted into their "Top Docs Hall of Fame." In addition, he has received four "Top Ophthalmologist" awards in cataract and refractive surgery from the Consumers Research Council of America.

Dr. Garrett lives in Virginia Beach with his wife Nancy, and daughter Allison.



Natalia Y. Kramarevsky, MD

Intensive specialized experience in cataract surgery, corneal transplants and laser refractive surgery are among the skills brought to Virginia Beach Eye Center by Natalia

Kramarevsky, MD, who joined the practice in 2008.

Her interest in medicine was inspired by a desire to serve people's health needs after her father died of lung cancer. "I decided to become an ophthalmologist because I was fascinated by the phenomenon of vision and the amazing visual recovery in patients following cataract surgery," she says.

Dr. Kramarevsky received her M.D. degree from the University of Washington School of Medicine, in Seattle, and completed her internship at Thomas Jefferson University Hospital, Philadelphia.

Residency in ophthalmology and fellowship training in corneal disease and transplants followed at the University of Minnesota. At Hennepin County Medical Center, Minneapolis, Dr. Kramarevsky's practice included training resident physicians in the latest ophthalmic technologies and interventions.

Her personal life is enhanced by cooking, singing, playing piano, reading, and traveling. She lives in Virginia Beach with her husband, Nick, and three daughters.



Amit Jeevan, OD

Dr. Jeevan is an experienced optometrist with a Bachelor of Science of Biology from Christian Brothers University, and a Doctor of Optometry from Southern College of Optometry, both in Memphis, Tennessee. He contributes

more than ten years' experience in vision care with additional training through his externships at Eye Specialists Association, a private ophthalmology and optometry practice in Memphis, Tennessee and at Corpus Christi Naval Hospital in Corpus Christi, Texas.

As a licensed therapeutic optometrist, Dr. Jeevan treats and manages a number of ocular diseases and conditions. He specializes in fitting all types of contact lenses from soft to rigid gas permeable contacts for many different visual needs and medical conditions such as keratoconus.

Dr. Jeevan is a member of the American Optometric Association, Virginia Optometric Association, and Tidewater Optometric Society. His professional volunteerism includes optometric service in Costa Rica and vision screenings sponsored by civic organizations.

Dr. Jeevan lives in Virginia Beach with his wife Mona and son Taran.