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Serving Frisco, Prosper, and McKinney



Milburn Eye Center, Optometrists
7932 Preston Rd. #100
Frisco, Texas 75034

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What Age Should Children Have Their First Eye Exam?

by Dr. Timothy Milburn

It's a common question that we get from parents: how old should my child be before their first eye exam? Most parents are surprised by my answer: before the age of two.

There is a myth that children don't need an eye exam until they are ready to start school. Indeed, children do need an eye exam before they start kindergarten, but they also need an eye exam at age two. Most visual development occurs before the age of five. The eyes will develop normally if they can see clearly. We waste five years of development when we wait to have children examined at age five.

The biggest concern for children is a condition called amblyopia, many people call it lazy eye. Amblyopia can occur when one eye sees much better than the other. If one eye is clear, but the other is blurry, we tend to only use the clear eye and we suppress the weak or blurry eye. The weaker, amblyopic eye is ignored and never develops like it should. However, if this condition is caught early, it doesn't have to be a serious problem. When amblyopia is not treated until later, kids have to wear an eye patch, or worse, it may be difficult or impossible to correct.

The next question that parents often ask is, how can you



examine a toddler? If a child can't speak, or read, then how can they take an eye test? It's a very important question. Our office is specially equipped to treat children as young as six months old. We can also treat adults that might be developmentally delayed. We can diagnose and treat anyone, of any age, even if they can not communicate during the eye examine.

A key tool that we use is a handheld auto-refractor, like the instrument pictured to the right. It is a comfortable and easy test for our patients. It works on a simple idea. An optical prescription is based on two measurements: the axial length and the curvature of the front of the eye. By measuring these two factors, the instrument can

accurately predict the glasses prescription for our patients. If patients can talk and give us feedback, the result is even better. However, research on the latest auto-refractor instruments has proven that the instrument is highly accurate.

Another very important part of the infant eye exam is the ocular health check. Some children are born with congenital cataracts or strabismus. Strabismus is another type of lazy eye that involves an eye that is turned to the side. If these problems are not treated at the earliest ages, they can cause serious visual

problems.

Research has also shown that children diagnosed with ADHD or other behavioral health problems, often have undetected vision problems. If your child is having difficulty in school, an eye exam should be part of your child's overall success plan. Don't wait. The sooner childhood vision problems are detected, the better the outcome. Remember, there is no substitute for a comprehensive exam with an eye specialist.



Milburn Eye Center is specially equipped to examine and treat children of all ages.

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It's Time to Get Back to Back-to-School Eye Exams!

by Dr. Annamarie Milburn

Back-to-school eye exams used to be a tradition for most families. In July and August, our offices would be flooded with moms with kids getting their annual eye exams and new glasses. Kids would be wearing their new school clothes, and sporting new shoes. There was always a buzz in the air about the new school year. COVID-19 changed all of that.

As the most dangerous phases of the COVID-19 pandemic have passed, it's time to get back to routine and preventative healthcare. I'm a mom, too. I have three daughters. My youngest is a varsity high school athlete. At her annual sports physical, my daughter stood in line waiting for an eye screening test. She watched as most of her teammates failed their eye test.



My daughter came home shocked, but I was not.

Before COVID-19, research showed that 1 in 4 school-aged children had an undiagnosed vision problem. Since COVID began over two years ago, many children have not been to an eye doctor. As children hit their growth spurts, it's common for their vision to change. If 25% of

children had an undiagnosed problem before COVID, I believe that number is now double, or even higher. Research shows that 80% of learning happens through vision. When kids can't see, they can't learn. Most children don't know when their vision becomes blurry. Myopia, or nearsightedness, occurs slowly, typically in children between the ages of eight and twelve.

While we worry about all of the kids routine vision problems, what we really dread are the amblyopes that have missed their exams during COVID. Amblyopia is often called lazy eye, and it needs to be treated before the age of seven or it can become permanent. Vision screenings at school or the pediatrician are important, but most only check for distance

vision problems. Screenings often miss children who are farsighted or amblyopic. Screenings are no substitute for a comprehensive exam with an eye specialist.

**Text
214-494-6000 to
schedule an eye
exam this
Saturday!**

Most insurance plans include annual eye exams for anyone under the age of eighteen. An annual eye exam is one of the most important things you can do to help your child succeed in the classroom. This year, let's get back to the old tradition of back-to-school eye exams.

Your Child Has Insurance For an Eye Exam and Glasses

It's true! If your child has medical insurance, then your child also has a vision plan that covers an annual eye exam plus either glasses or contact lenses. Even if you didn't sign up for a vision plan, it's included in your child's healthcare coverage.

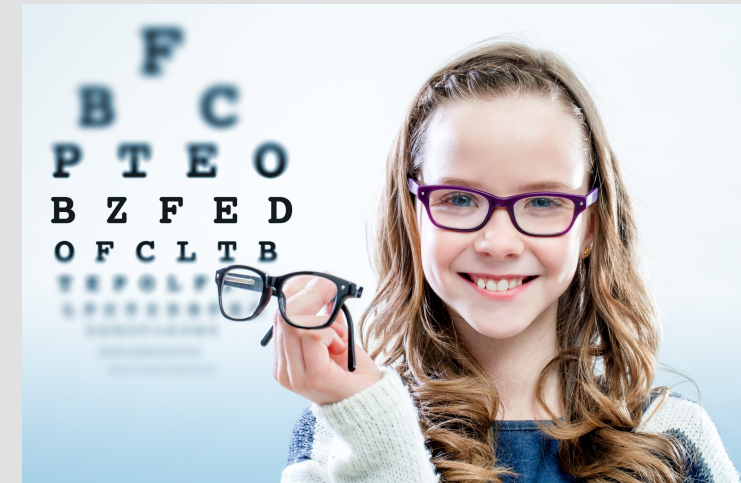
In 2010, when Congress passed the Affordable Care Act, the law changed pediatric vision services from an optional health benefit to an essential health benefit. All medical insurance plans are now required by law to include vision care in their benefit plans.

Your child's benefit includes not just an exam, but also

hundreds of dollars in benefits for glasses or contact lenses.

Many medical plans complied with the law by contracting out the vision portion of their insurance package. That means it's not always easy to know who is providing the coverage for your child's vision plan. That's where we come in!

Our staff is trained on which vision plans work with which medical plans. Give our office a call. We know how to locate your child's vision plan. We'd be happy to look up the benefits and tell you if coverage is available. Call or stop by our office today to learn more!



Every year, millions of dollars in vision benefits go unused. One vision executive acknowledged that only 50% of members use their benefits each year.

Myopia Management Offers a Solution For Pre-Teens

Myopia management is the hottest topic in eyecare over the last two years. For years, parents have been asking how can they stop their children from becoming more near-sighted? For decades, doctors have looked for ways to stop the progression of myopia. A patient's final prescription as they age is determined by genetics and how they use their eyes. But is it inevitable? Is there anything that can be done to stop a patient's Rx from getting stronger and stronger?



The Moon Lens Vision Shaping Treatment is FDA approved to correct and manage myopia.

That's the goal of myopia management. Research has now shown that near focusing demand is a major factor causing myopia. Doctors have known for years that patients who read more, study more, and focus on near objects for their work, end up being more near sighted. The idea behind myopia management is to take the near vision workload off the focusing system to reduce the stimulus for myopia.

Myopia management isn't just about having a lower prescription. Myopia occurs because the eyeball is growing longer and the axial length of the eyeball is increasing. Longer axial length puts patients at higher risk for retina detachment. It's a major health reason why

Myopia management should be considered for pre-teen children with high glasses prescriptions.

There are currently three ways to manage myopia in young children. The first method is to give children a bifocal or progressive lens in their glasses. Reading power in a pair of glasses works to reduce near strain, but it is the least effective form of myopic management. Research shows that wearing a soft multifocal or bifocal contact lens during the day produces a better outcome as children age.

The third, and most effective way to manage myopia, is to have patients sleep in a rigid gas permeable contact lens called the Moon Lens. Dr. Tim Milburn is certified to fit patients in the Moon Lens from Art Optical. This treatment reshapes the cornea at night and patients are free of correction during the day. It also reduces myopia progression at the same time.

When Should Children Start Wearing Contact Lenses?

Contact lenses are a popular option for patients of all ages. But what age is best for children to start wearing contact lenses? The honest answer is: it depends.

Wearing contact lenses involves some amount of risk for the lens wearer. When worn correctly, contact lenses are a fun and safe alternative to wearing glasses. There are many great reasons why teens and pre-teens should wear contact lenses. Imagine the young gymnast on the balance beam wearing glasses or the basketball star wearing sports goggles. Young athletes can perform better with contacts.

Contact lenses can give a huge boost to a teen's confidence and self-esteem. However, patients who abuse their lenses, sleep in them, wear them too long, swim in them, or fail to clean them properly, can seriously damage their eyes. Poor lens care habits can cause infection, corneal ulcers, and even permanent vision loss.

Some disciplined children may be ready for contact lenses as young as age ten. On the other hand, some sixteen-year-olds are still not ready for the daily responsibility that comes with contact lens wear. Normally, parents are the best judge of whether their pre-teen is ready.

Your doctors can also recommend lenses that require less maintenance and care. Daily disposable soft contact lenses are the safest and healthiest way to wear contact lenses. Daily lenses are about



Our doctors recommend daily lenses for young contact lens patients.

half as thick as two week or monthly disposable contacts and much more comfortable to wear

throughout the day.

We always recommend daily disposable contact lenses because they are safer. We want our young patients to have every advantage when they begin wearing contact lenses. Surprisingly, most daily lenses are not that expensive. Lens manufacturers offer large rebates, like the \$300 rebate that we file for our patients on Acuvue Oasys 1 Day. Plus, daily lens patients save on the cost of contact lens care and cleaning solutions. Call our office to learn more.

Special Offer From Acuvue and Milburn Eye Center

**We are an Acuvue Preferred Partner Practice
Save \$300 on a one year supply of Acuvue 1 Days!
We file the rebate for you and you get paid in 10 days!**



Schedule an appointment online at www.milburneye.com

Meet Eye Doctors Timothy and Annamarie Milburn



Timothy Milburn, O.D.



Annamarie Milburn, O.D.

Dr. Tim Milburn has twenty years of experience treating patients of all ages. He takes a special interest in challenging contact lens fits and aviation vision. His practice also has an emphasis on glaucoma and severe dry eye.

He grew up in Richardson, Texas before his family moved to

Ohio. Dr. Tim has a Bachelor's degree in Biology from Ohio University and his doctorate is from The Ohio State University College of Optometry. He trained in the Department of Ophthalmology at The Ohio State University Medical Center.

Dr. Tim spent two years as a consultant to the Department of Oph-

thalmology at the prestigious Cleveland Clinic Cole Eye Institute. In Texas, he is licensed as an Optometric Glaucoma Specialist.

He married Dr. Anna while they were studying at Ohio State. They managed two clinics in Ohio for twenty years, but in 2020, they decided to return to Tim's Texas roots before their

three daughters started college. They sold their Ohio practices just weeks before the pandemic lockdown. Their oldest daughter now studies architecture at UT Arlington. Her two sisters attend Prosper High School. Dr. Tim loves the movies, playing golf, and never misses a Dallas Cowboys game.

she served our veterans by completing her ocular disease externship at the Columbus, Ohio Veterans Administration. She has extensive experience managing advanced ocular disease and is licensed as an Optometric Glaucoma Specialist. Dr. Tim and Dr. Anna live in Prosper and are members at Prestonwood Baptist Church.



Milburn Eye Center is located at 7932 Preston Rd.

Take Advantage of Back-to-School Savings in the Optical

Just in time for back to school, Milburn Eye Center has special savings in the optical. Check out our Jelly Beans Kids Package. The package price includes a frame and shatter resistant polycarbonate lenses for \$139. The package can not be combined with any insurance programs.

We also are offering free anti-glare coating on all spectacle purchases that include both frame and lenses until Aug 31st.

Until September 1st, we are offering all sunglasses at 50% off - including our RayBans. That's a huge savings for anyone looking to order new

sunglasses. Come check out our new selection of RayBan frames.

Of course, some of the best savings come from your vision insurance plan. Call our office today and we can look up your vision plan. Our staff knows

how to maximize your benefits so that you get the most value from your plan. Call our office at 214-494-6000 and ask if we can locate vision coverage for your child.



We have a large selection of RayBans for moms and kids.

Schedule an appointment in Frisco by calling 214-494-6000