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InSight!

Serving Frisco, Prosper, and McKinney



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

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Milburn Eye Center Offers Same Day Service On Glasses

Everyday, our in-office finishing lab is grinding lenses for our patients. Milburn Eye Center is one of the few private practices in Frisco that can make your glasses the same day. Our patients love the speed that our office provides for most spectacle jobs.

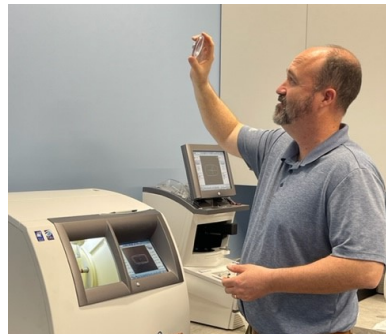
If you break your glasses, or lose your glasses, you need new glasses now, not in a week or two. You shouldn't have to sacrifice quality to get the quick service that you deserve. Our office has the latest state-of-the-art, robotic finishing equipment. Our lab produces the quick, accurate results that our patients deserve. Plus, our in-office finishing lab is under the direct supervision of our doctors.

Imagine getting an eye exam on a Saturday morning and leaving with your new glasses the same day.

There are some limitations. Our current free anti-glare promotion can not be done the same day. Plus, many insurance

companies require that glasses be made at their lab. Insurance company labs have lengthy delays because they process tens of thousands of jobs per day. Now supply chain issues are making it even harder for the insurance companies to keep up with demand. These delays are not impacting our patients as much. We can order uncut lens blanks directly from the insurance company labs in about half the time it normally takes most of our competitors.

It's just another way that our patients benefit from the speed of our in-office finishing lab. Some special coatings, progressives, and



Dr. Timothy Milburn (left) and Elise, a technician (right), edge lenses in the lab.

Transitions lenses must be ordered from the outside labs, but our patients still get their jobs in half the time.

Dr. Timothy Milburn says his favorite part of practicing optometry is when he can make a new pair of glasses for a child in just a few

minutes.

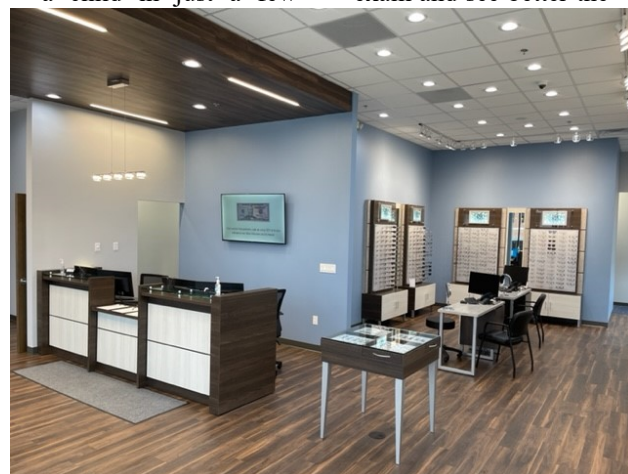
"The look on a child's face makes it worth having the lab in our office," he said. "Most kids don't realize that their vision has become blurry over time. When a child can come in for an eye exam and see better the

same day, that's a great outcome."

Many of the adults in our practice are also very surprised that they can receive their new glasses the same day. When you order your glasses, ask our staff if we can get your glasses the same day. If we have your prescription in stock, we can make your glasses right away.

Inside This Issue

- Meet Our Doctors!
- In-Office Lab Delivers Fast Service!
- Varilux Ends the Struggle with Progressives Lenses
- Five Things You Should Ask Your Next Eye Doctor
- \$300 Rebate on Acuvue Contact Lenses
- 50% Off Prescription Sunglasses
- Free Anti-Glare



The Milburn Eye Center stocks over 1,500 spectacle frames.

Milburn Eye Center Offers Better Eyecare Experience

What do you look for when choosing an eye doctor? Many people would say the doctor has to take their insurance. Some would say they want a doctor with experience. Others want a doctor who is warm and kind.

All of these are important qualities when you choose your doctor. There's even more to consider with an eye doctor. How's the selection in the optical? What about prices? Is the doctor's office convenient for your home and work? Will the doctor leave you sitting in the exam room or waiting room for an hour?

What about staff? Sometimes a wonderful doctor can have a difficult staff. What

an appointment?

With twenty years of experience, our doctors understand what our

waiting room at all. We offer same day appointments and our location on Preston

optical is stocked with over 1,500 eyeglass frames to choose from.

We invite you to try something new. There is a better way to



about technology? The office should have the latest technology available. Finally, how long does it take to get

patients need, often before they even ask!

Our office runs on time and most patients spend no time in the

Road is the most convenient in Frisco. We take all of the major insurances and vision plans and our

doctors have been pleasing their patients for over twenty years. Call us and schedule an appointment for this Saturday.

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

Kick Off Summer with 50% Savings on Prescription Sun

Until June 1st, all prescription sunglasses are half off! It's a great way to start the summer with the sun protection you need. Pick any frame and lens combination and take 50% off our normal retail prices!

Our luxury lines are included in this sale for thirty days only. Choose from Tiffany, Tom Ford, Jimmy Choo, and Ray Ban. Frame and lens purchase required. Offer can not be combined with other discounts or

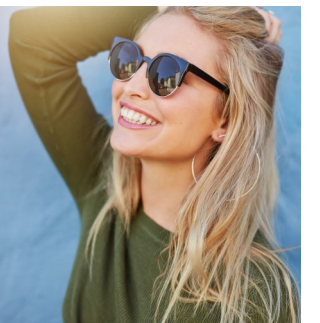


insurance. Take advantage of this incredible offer to make sure your eyes are protected this summer. Sunglasses aren't just about looking good. Dangerous UV rays from the sun are the

leading causes of cataracts and macular degeneration.

You don't need an appointment to browse the optical. Stop by any time and shop our huge selection of spectacle frames for men, women, and children.

We also have new styles arriving from Tiffany & Co., Gucci, Polo Ralph Lauren, Tom Ford, Ray Ban, Calvin Klein, Candies, Modo, Nine West, Nike, Flexon and Haggag for men. If you



need a new prescription, we have evening and Saturday appointments available. To schedule an appointment, call or visit our website.

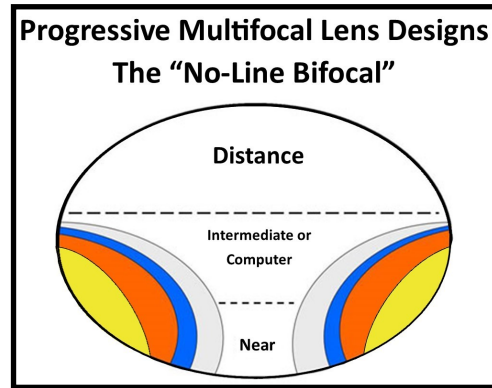


Varilux Ends the Struggle With Progressive Lenses

A lot of confusion surrounds progressive lens designs. Why do they work so well for some people and why do others struggle with their no-line bifocals? A progressive lens is a multifocal lens for glasses, without the line, that allows patients to see clearly at multiple distances.

When a patient is having difficulty adjusting to a new progressive lens, there are five possible problems. First, the prescription from the eye exam could be wrong. Second, the measurements taken by the optician, called the pupil distance and seg height, could be off. Next the spectacle frame could need an adjustment. Fourth, it could be an outdated progressive lens design. Finally, it could be the way that the patient is using the progressive.

Assuming that the prescription is correct and that a skilled optician has fit the patient for their new progressives, the #1 problem that we see is that patients are



using out dated progressive lens designs. The progressive lens non-adapt rate in our practice, with the latest Varilux lens designs, is less than 1%. The graphic above is a simplified explanation of how a progressive lens works. A progressive has no lines, but the picture shows that these

lenses have many different zones. In the picture, the colored areas in the corner of the lens are distortion zones with blurred vision. All progressives have some distortion. It's an unwanted by-product of having many different prescriptions in a single lens. The question you should be asking is how much distortion does your progressive have? The answer will determine how difficult your lenses are to use and how much you must move your head to see throughout the day.

Take a look at the graphic to the left and ask, would you rather have your lenses with distortion equal to the grey zone or the smaller yellow zone? The grey zone is older technology from 10-15 years ago, whereas the yellow zone represents the newest digital Varilux lens designs. Make sure to ask for Varilux lenses when you order your next pair of glasses, and stop struggling with your progressives!

Five Things You Should Ask Your Next Eye Doctor

There's a lot of trust that goes into choosing an eye doctor. How can you know for sure if your exam will be accurate and thorough?

Eye exams can be a bit overwhelming at times. In less than twenty minutes, patients experience about a dozen tests, look through a dozen or more lenses, and get dazzled by very bright lights.

When it's all over, how will you know if you received the proper care? Your doctor should take the time to explain the purpose and the result of every test during your exam. Many patients also choose to take a proactive approach and become involved in their own care. Ask questions! Remember, they are your eyes and you have every right to ask as many questions as you need.

Our doctors want you to share any concerns that you might have about your exam. It helps to know some good questions to ask. Here are five questions that you should ask your next eye doctor.

First, ask your doctor what your eye pressures were? This is an important test for glaucoma. Your pressures should be below 22 and should be about the same in each eye.

Second, ask your doctor how your peripheral vision tested? A computerized visual field is best for early detection of many different eye diseases.

Next, be sure to tell your doctor about any new or unusual problems that you have been experiencing with your vision. Be very specific about any new vision problems that

you may have noticed. Ask the doctor if there is any cause for concern?

Fourth, make sure that your doctor gets a good view inside your eyes. Pupil dilation is the best option, but if you don't want to be dilated, ask for retina photos instead. Your doctor can not view the entire retina unless your pupils are dilated, but photos are a great way to document the health inside your eyes.

Finally, ask your doctor if your vision was correctable, to 20/20? If the doctor answers

no, then ask why not? This is a very important question. If vision can not be corrected, then it's critical to know the reason why. What's causing the problem? Common vision problems like myopia are not signs of a serious eye disease and should typically be correctable. When a loss of acuity can not be corrected, it could be a warning sign for eye disease.

It's never too late to ask a question. When you get home, don't hesitate to call our office and ask a question you forgot.

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 in Frisco by calling 214-494-6000

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.

Dr. Anna Milburn is often requested by the moms in our practice to examine their children. She is the mother of three girls and gets along great with kids.

Dr. Anna has twenty years of experience treating patients of all ages. She received her Doctorate of Optometry from The Ohio State University in 2001. While at Ohio State,

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.

Which Contact Lenses Do the Doctors Wear?

Recommending contacts for patients is one thing, but which lenses do the doctors prefer for themselves? Dr. Tim Milburn wears Biofinity Multifocal lenses to help his vision at all distances. Dr. Anna Milburn wears Acuvue Oasys 1 Day for Astigmatism. Dr. Anna prescribes herself monovision. She says it works best with her astigmatism and she doesn't need reading glasses. Her right eye is focused for far distances, but she reads with her left eye.

Sharp View Anti-Glare Upgrade is Free Until July 1st

Sharp View anti-glare coating helps with night driving and computer use. Plus, Sharp View lenses look better without the glare. Sharp View is durable and guaranteed not to

scratch for one year! Let people see your eyes! Buy any complete pair of glasses before June 1st and we'll give you Sharp View anti-glare coating for free!



Would you like your new glasses with or without the glare?

Schedule your appointment online at:

www.milburneye.com

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