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InSight!



Serving Frisco, Prosper, and McKinney



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

September 2022

InSight! Serving Frisco, Prosper, and McKinney Page 4

Don't Let Dry Eyes Stop You From Wearing Contact Lenses

by Dr. Timothy Milburn

Dry eyes used to be a dead end for contact lens wearers, but not anymore. There has never been a better time to try contact lenses. If you've struggled with contact lens comfort in the past, there are many new options available.

Our doctors have access to new contact lenses to help both dry eye and allergy eye patients who want to wear contact lenses. The newest contact lens to hit the market just arrived on September 1st. The new Acuvue Oasys Max, is designed to increase tear film stability and slow tear evaporation time. More tears means more comfort with your contact lenses. Plus, Oasys Max is not our only option. Our doctors also have another contact lens with a special FDA approval for dry and sensitive eyes.

There are two ways that we help dry eye patients wear contact lenses. First, our doctors get to the root of the problem and treat dry eye symptoms. Next, we find the best contact lens material for each individual patient. Contact lenses are not all the same. As technology advances, new contact materials become available every few years that can improve contact lens comfort.

To treat your dry eye, our doctors may recommend a simple regimen of over-the-



Preferred Partner Practice
Our patients get an extra \$50 bonus rebate on Oasys lenses. Plus, our patients get Acuvue Oasys Max first!

counter tears and ointments. Ointments can offer dramatic relief when used every night before bed time. If over-the-counter remedies fail to bring relief, our doctors have multiple prescription strength options. Dry eye syndrome comes in two varieties: insufficient tear production and poor tear quality. Some patients suffer from both types of dry eye. Most prescription medications for dry eye decrease swelling and inflammation in the lacrimal gland which is common as we age. Once the inflammation is controlled, the lacrimal gland begins to function normally and patients begin to produce more of their own natural tears again.

When patients can produce more of their own natural tears, they become less reliant on

artificial tears. As tears increase, contact lenses become more comfortable again.

Medications aren't the only option. Our doctors are also skilled at using punctal plugs to bring relief to dry eye patients. Punctal plugs are little silicone stoppers that can be inserted into the drainage areas that tears use to leave the eye. By plugging the puncta, or drainage area, our patients' tears stay in their eyes longer. Punctal plugs are so effective that one of the possible side effects is an eye that is too wet—a problem most dry eye patients don't mind at all!

You don't have to be a contact lens wearer to benefit from these dry eye treatments. The same

treatments that help our contact lens patients, can help anyone. If you suffer with dry eyes and would like more information on these treatment options, please call our office at 214-494-6000.

Dry eye is a chronic problem, but we can help you manage the symptoms. Our doctors have many tools that can help anyone who struggles with contact lens comfort. If you've been told years ago that you can't wear contact lenses, it may be time to try again. We love to tell our patients, "Yes! You can wear contact lenses!" With today's new treatments, including the new Oasys Max lenses, let us help you enjoy your contact lenses again.



Visit our website at www.milburneye.com to schedule a convenient Saturday or evening appointment.

Milburn Eye Center Has Oasys Max First!

Finally, a contact lens made for computer users! Oasys Max is here and Milburn Eye Center has it first. Only two eyecare practices in Frisco have Oasys Max in September. Milburn Eye Center is a Johnson & Johnson Preferred Partner Practice and we have access to the new lens weeks before it rolls out nationwide.

If your job involves using a computer, you know it can be hard on your eyes. Hours spent looking at a computer screen can lead to dry eyes and uncomfortable contact lenses. At the end of the day, your eyes are tired and your vision is strained. Acuvue Oasys Max was designed with you in mind.

Researchers have known for years that large amounts of high energy blue light are being



emitted from computer screens. Blue light puts computer users at long term risk for eye health problems and short term risk for

fatigue and eye strain. For years, blue light filters have been available in spectacle lenses. Acuvue Oasys Max is the first contact

lens with a built in blue light filter. Oasys Max blocks 60% of all blue light passing through the lens, reducing blue light scatter for less glare and fewer halos.

Office Hours
M-W-F 9-5
T-Th 11-7
Saturdays by Appointment

Oasys Max also has TearStable Technology which prolongs tear film stability and delivers two times lower tear evaporation rate compared to other daily contact lenses. Schedule an appointment today and get free trials of Oasys Max with your paid contact lens evaluation.

Put Away Those Reading Glasses, Try Multifocal Contacts!

by Dr. Annamarie Milburn

Bifocal contact lenses have been around for decades, but the new technology in Acuvue Oasys Max Multifocal is a game changer for patients over 40.

Most adults spend over 13 hours per day on digital devices. After age 40, patients have unique visual demands when using computers. Researchers at Johnson & Johnson designed the new Oasys Max Multifocal lens to deal with three specific problems for computer users: near strain, dryness, and blue light exposure.

Everyone over age 40 struggles with near vision blur

and eye strain at the computer. Research shows that we blink 60% less when concentrating for long periods of time on a digital device. High energy blue light causes glare in the short term and risks ocular health problems in the long term.

Oasys Max Multifocal is here and the results are amazing. Multifocal contact lenses are the best option for anyone with strained near vision. The TearStable Technology built into Oasys Max helps with dry eye symptoms. The blue light filter in Oasys Max lowers the risk from high energy blue light.



Milburn Eye Center is one of two practices in Frisco that will have Oasys Max trials for our patients in September! Johnson & Johnson Preferred Partner Practices get the new lens first! Our patients also get an extra \$50 bonus rebate from Acuvue. Call our office today and schedule your appointment. Ask our doctors for a free trial of Oasys Max with your paid contact lens evaluation.

Specialty Contact Lenses Restore Damaged Eyes

When glasses aren't enough and surgery isn't an option, specialty contact lenses can recover vision from damaged eyes. Our doctors treat disorders of the cornea, or the front of the eye, using rigid gas permeable contact lenses. RGP, scleral, or semi-scleral lenses can reshape eyes that have been damaged by surgery. Also, when patients have corneal ailments like keratoconus and can't be corrected with glasses, contact lenses can reshape the damaged eye and make clear vision possible.



Specialty contact lenses can restore vision to damage corneas. Medical insurance may cover the cost of medically necessary contacts.

"For most of our patients, contact lenses are a fun option that allows a break from glasses," said Dr. Timothy Milburn. "However, for some patients contact lenses are the only way to improve their vision."

According to Dr. Tim, keratoconus is the most common reason that patients require medically necessary rigid gas permeable contact lenses.

Keratoconus is a dystrophy of the cornea

that causes the front of the eye to bulge and become cone shaped. "The cone distorts vision and it can't be corrected with glasses," Dr. Tim said. "But a rigid contact lens can reshape the front of the eye and allow patients with keratoconus to see better again."

The same is true for patients with bad surgical outcomes from LASIK or other refractive procedures. Recently, large scleral lenses have become popular again to help patients with extremely high prescriptions or damaged eyes. Our doctors have also seen success with semi-scleral contact lenses. Semi-sclerals offer many of the benefits of the larger lenses, but are much smaller and more comfortable.

In some cases, the hard lenses that damaged eyes need to see their best, are just too uncomfortable to wear. Our doctors use piggy-back soft lenses to act as a cushion between the eye and the rigid contact lens whenever comfort is a problem.

If someone you know has a cornea injury or dystrophy, call our office and schedule a consultation. Our doctors have assisted many patients with specialty contacts.

One Day Lenses End the Cleaning Hassle, Increase Safety

by Dr. Timothy Milburn

Thirty years ago, most contact lens patients wore conventional lenses made to last one year at a time. The lenses were thick and difficult to clean. Over time, the lenses became dirty and uncomfortable. Eye infections were common and some patients even had reactions to the buildup on their lenses.

In 1987, Johnson & Johnson introduced the first disposable line of contact lenses. The lens was made to be replaced every two weeks, and they called them Acuvue. Before I graduated from optometry school, the Acuvue 2 contact lens was released. The change to two week lenses was radical for both doctors and patients, but for very different reasons.

Doctors loved the new lenses because they were safer and healthier for our patients. The number of eye infections was dropping. Complications from contact lens wear was becoming a rare thing. Patients loved the new lenses because

they were so thin and comfortable.

Every two weeks, patients loved opening a new, clean contact lens. Yet, it was still a big change. At first, some patients didn't understand why contact lenses changed from a yearly lens to a two week lens. That is, until they tried the new Acuvue. When patients tried the new lenses, there was no going back. Everything about the Acuvue 2 was better, safer, thinner, healthier, and more comfortable.

Now, fast forward twenty



No more cleaning and disinfecting! Our doctors recommend daily lenses for our contact lens patients.

years and the contact lens industry is changing again. Research proves that daily contact lens replacement is the

key to healthy and safe contact lens wear.

Our doctors always recommend daily disposable contact lenses because they are the safest, healthiest option for our patients. We want our patients to have every advantage when they wear contact lenses.

The new Acuvue Oasys Max, is a daily disposable that protects from blue light, and has superior comfort for dry eyes. Our patients love their daily lenses. We love how it keeps their eyes healthy.

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.

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. Timothy Milburn wears Acuvue Oasys 1 Day Max Multifocal lenses to help his vision at all distances. Dr. Annamarie Milburn wears Acuvue Oasys 1 Day for Astigmatism. Dr. Annamarie 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.

We ❤️ New Contact Lens Wearers! Most Patients Take Their Lenses Home the Same Day

If you're new to contact lenses, you may be wondering how to get started. Is it difficult to get them in and what if you're worried about touching your eyes? Our office has you covered. The first step is to get a complete eye exam. You need an updated prescription so that your doctor can give you the

best vision in your new lenses. Next, our staff will show you quick and easy techniques for inserting and removing your contact lenses. If you're curious about the process, we have a video that you can view on our website, milburneye.com. Choose "contacts" on the menu bar, and scroll down to the

bottom where it says "contact lens training." This video will give you a head start on your training. Our friendly staff works patiently with new wearers until they are ready to take their new lenses home. If you want to wear lenses, we can do it! The cost of your contact lens evaluation includes free

trial lenses and your follow up visits for thirty days. Most vision insurance offers discounts for your contact lens fitting and most plans offer an allowance for contact lens materials. Call our office today and we can look up your insurance benefits. Our doctors will find the contact lenses that are right for you.

**Order a one year supply of contacts
and receive a \$75 bonus frame
allowance for a new pair of glasses!
Valid until September 30th!**



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