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**InSight!** Serving Frisco, Prosper, and McKinney Page 4

# Why Do I Have Floaters in My Vision?

by Dr. Timothy Milburn

Almost everyone has a few floaters in their vision at some point in their life. It's not necessarily a sign of age. I had my first episode of floaters when I was in my early twenties. I was a first year optometry student at Ohio State when I noticed spots in my vision. The odd thing

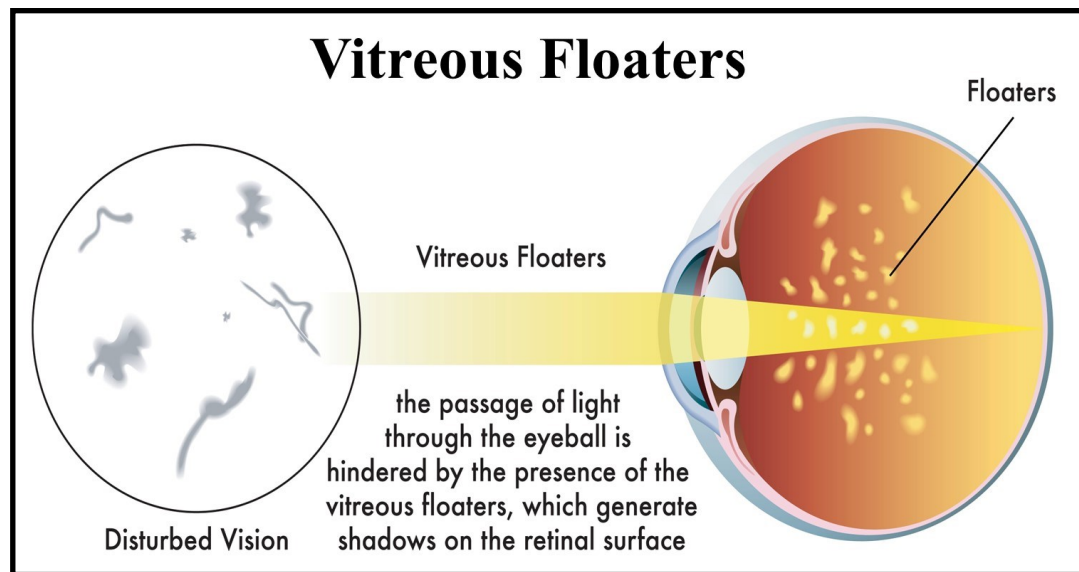
**What are those annoying spots in our vision?**

about these spots was that they would move whenever I moved my eyes. They also seemed to come and go throughout the day.

So what are these annoying spots in our vision? Why do we get them? Are they serious and is there a cure?

The inside of the eye is filled with a thick, clear jelly-like substance called the vitreous gel. Over time, the gel slowly liquifies and turns to water. Pockets of fluid form within the gel and can look like spots or floaters.

As the vitreous liquifies, it collapses towards the middle of the eye. This is a normal process called vitreous detachment. This benign process does not threaten the health of the eye, unless the



vitreous becomes stuck to the retina. If the retina will not release the vitreous, it causes vitreous traction or pulling inside the eye. Because the retina is the light sensing part of the eye, this pulling on the retina, can cause flashing lights

flashes and floaters.

Floaters may also happen if the retina tears as the vitreous pulls away. If the retina doesn't tear, it may still release debris from vitreous attachment points. Retinal tears may occur in up to 10% of all cases of symptomatic

**New floaters or new flashing lights should be examined by an eye doctor the same day to rule out damage to the retina.**

called photopsia in our vision. If the vitreous releases cleanly from the retina, patients will have no symptoms. However, in 50% of all cases of vitreous detachment, patients may notice

vitreous detachment. A retinal tear can lead to a sight threatening retinal detachment.

Normal, benign floaters from a vitreous detachment have the same symptoms as floaters from

a more dangerous retinal tear. For this reason, we advise patients to wait one hour to see if symptoms resolve on their own. If not, all new episodes of flashes and floaters need to be seen by a doctor the same day.

Floaters may persist for years, until gravity pulls the floater out of our central vision. There is no cure for floaters. Eye surgery is necessary if floaters are so thick that patients can't see. These severe cases are very rare. Floaters that have been in the eye for months or years are not a risk. New floaters are a warning sign that something has changed inside the eye.

# InSight!

Serving Frisco, Prosper, and McKinney



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

January 2023

## Happy New Year! Happy New Benefits!

When it's late November and your glasses break, or your contact lens supply is running low, the New Year can't come soon enough!

Some vision plans renew on a 12 month cycle, but most renew on the calendar year. That means no matter when you received your last eye exam, you may be eligible for new vision benefits on January 1st. Even if you just used your benefits a few months ago, you could be eligible for new glasses or contact lenses on January 1st of each calendar year.



There's no need to guess about your benefits. Call our office and our helpful staff can look up your vision plan online. Everyday, we help our patients get the most from their vision and insurance benefits.

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

## Experience Makes the Difference When Choosing an Eye Doctor

Dr. Annamarie Milburn has over twenty years of experience treating patients of all ages. She received her Doctorate of Optometry from The Ohio State University Medical Center in 2001. While at Ohio State, she served our veterans by completing her ocular disease externship at the Columbus, Ohio Veterans Administration.



Dr. Annamarie Milburn has practiced optometry for over 21 years.

Dr. Milburn holds the most advanced licensure allowed for an optometrist in the State of Texas. She is an Optometric Glaucoma Specialist. While she frequently manages patients with glaucoma, macular degeneration, and diabetic retinopathy, she remains a true family practice optometrist.

Dr. Milburn examines children as young as six

Clinic. For nearly twenty years, she managed two optometry practices in Ohio with her husband, Dr. Tim Milburn.

Dr. Milburn credits her success as an optometrist to the variety of clinical settings where she has gained experience. She has managed patients in commercial settings, hospital outpatient clinics, and in private practice. Each location has a unique population of patients with a variety of needs.

"When I graduated from Ohio State, I was well trained and eager to see patients," Dr. Anna said. "But there simply is no substitute for having seen tens of thousands of patients over a long career. The longer I have practiced, I learn subtle skills that add nuance to my treatment plans. Spending just a little extra time with my patients can make all the difference."

Dr. Milburn holds a Bache-

lor's degree in The Biological Sciences from Ohio University in Athens, Ohio. Before college, she graduated from Bishop Hartley High School in Columbus, Ohio. She now lives in Prosper with her husband and three daughters.



Dr. Anna Milburn evaluates the ocular surface using a slit lamp microscope.

# New Contact Lens Slows Myopia

For decades, parents have asked, "How do we keep my child's vision from getting worse?" Doctors finally have an answer. MiSight contact lenses are FDA approved to reduce the progression of myopia or nearsightedness. If you have a child who wears glasses, you need to know about MiSight.

Clinical research has shown that wearing MiSight soft contact lenses can reduce how nearsighted a child becomes by 59% over a three year period. Another six year study proved that the average power change for patients wearing MiSight lenses was only one diopter. That's a stunning result. Imagine a twelve year old child that would have become an adult with a

prescription of -6.00. Instead, that twelve year old begins wearing MiSight contacts when their prescription is only -1.50. The research shows that same child could end up with a prescription of only -2.50 as an adult.

Myopic progression happens because the eye becomes elongated as the child grows. The final prescription as an adult is based on genetics and

environmental factors, like how we use our eyes. The MiSight lens is designed to reduce the visual stimulation that causes the eye to elongate.

MiSight lenses are one day disposable contacts that are worn all day and then thrown away each night.

MiSight lenses look and feel the same as any other daily soft lens. The difference is in the

optical design. The MiSight lens produces areas of visual defocus. Patients can't see the defocus zones because they are mixed in the middle of the clear prescription areas of the lens. MiSight patients still enjoy 20/20, normal vision with the new contact lenses.

There are major health benefits that come with MiSight treatment. Research shows that adults with high amounts of myopia are at higher risk of glaucoma, macular degeneration, and retinal detachment. Call our office at 214-494-6000 to schedule an eye exam and learn if your child is a good candidate for treatment. Visit the lens manufacturer's website at [www.misight.com](http://www.misight.com).



# Stop and Think About Your Lenses, the Most Important Part of Your New Glasses!

## Four Steps to Pick Your Perfect Pair of Glasses

When it's time to pick a new pair of glasses, everyone heads straight to the frame board. Rarely will a patient sit down first and say, 'Let's talk about my new lenses.' Of course, this is normal because frames are much more fun than lenses. Still, maybe we should all consider just how important lenses can be. The lenses will determine how well you can see for the next 1-2 years. Don't put a great prescription into poor quality lenses. Here are four steps to pick your perfect pair.

### Choose the Right Material

Glasses are rarely made of glass anymore. Glass is thick, heavy, and unsafe. Today's materials are light weight, thin, and more shatter resistant. We can make your lenses as thin as you like. Ask for thin high in-

dex lens materials. The days of coke bottle glasses are a thing of the past.

### A/R Coatings Are A Must

We recommend industry leading Crizal anti-glare coatings to reduce glare from headlights at night and to help with computer use. Frequent computer users should consider a coating that blocks high energy blue light from digital devices.

### Insist on Easy-To-Use Varilux Progressive Lenses

Don't cut corners on your progressive lenses. If you're over 40 and use bifocal or pro-



Think About Your Lenses

gressive lenses, insist on the best. The type of progressive lenses you choose will impact your vision for the next two years. Patients who choose old technology in their progressives, often struggle for years with their new glasses. Choose premium distortion-free Varilux lenses for the best results.

### Protect Your Eyes From the Texas Sun!

The evidence is overwhelming that UV damage leads to cataracts and can cause macular degeneration. The best protec-

tion is a separate pair of prescription sunglasses. Many patients also opt for Transitions lenses to protect from the sun. Transitions lenses are clear indoors, but darken outside. Visit our office and we'll help you pick your perfect pair!



Frame styles are fun, but spectacle lens options determine your vision.

# Meet Doctor of Optometry Timothy Milburn



Timothy 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 Ophthalmic 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.

# Milburn Eye Earns VSP Premier Program Status

Milburn Eye Center has been named a Premier Program location by Vision Service Plan. Vision Service Plan (VSP) is one of the largest vision benefit plans in the nation with over 80 Million members. Not all VSP doctors provide the same level of benefits and care.

According to VSP, locations that participate in the Premier Program set the standard by providing the personalized attention you deserve and carrying the latest in lens technology.

VSP members get more and save more through extra offers that are exclusive to Premier Program loca-

tions. VSP says that Premier Practice locations have a wide variety of featured frame brands you know and love. Plus, Premier Program locations also have more advanced technology in their clinics.

Milburn Eye Center earned Premier status based on the exam testing technology available in our clinic, the lens technologies we offer, the frame selection provided in the optical, and the personalized care and attention that we offer our patients.

The Premier Program does not cost patients extra. Instead, the Premier Program is a way for all VSP members to save with special offers and bonus frame allowance amounts. Patients get more with

the Premier Program. These bonus benefits are only available with the Premier Program.

"The VSP Premier Program has been very popular with our patients," said Dr. Timothy Milburn. "With the Premier Program patients know they can expect a better experience."



# 50% Discount On All Prescription Sunglasses!

Offer includes huge savings on Varilux Progressive Sun Lenses.

Frame and lens purchase required. Offer can not be combined with insurance or other discounts.



**Schedule an appointment online at [www.milburneye.com](http://www.milburneye.com)**

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