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InSight! Serving Frisco, Prosper, and McKinney Page 4

Diabetic Eyecare is Serious Business

by Dr. Timothy Milburn

If you have diabetes, then you know it takes a lot of work to stay healthy. Diet, exercise, medication, glucose monitoring, and doctor visits are all part your normal routine. An annual eye exam should also be part of your wellness plan.

Did you know, the eye is the only place in the body where a

can take its toll on the eye after many years. However, when diabetes is not controlled, rapid onset of retinopathy is possible. In fact, when patients have blood glucose levels above 200-250, retinopathy is quite common.

Diabetes can also change your glasses prescription. When your

Managing your diabetes takes a lot of discipline. Part of that discipline is getting an eye exam, every year.

doctor can look inside and inspect your blood vessels? High blood sugar damages blood vessels all over the body causing them to leak or hemorrhage. Bleeding inside the eye is a special problem because it can permanently damage your vision.

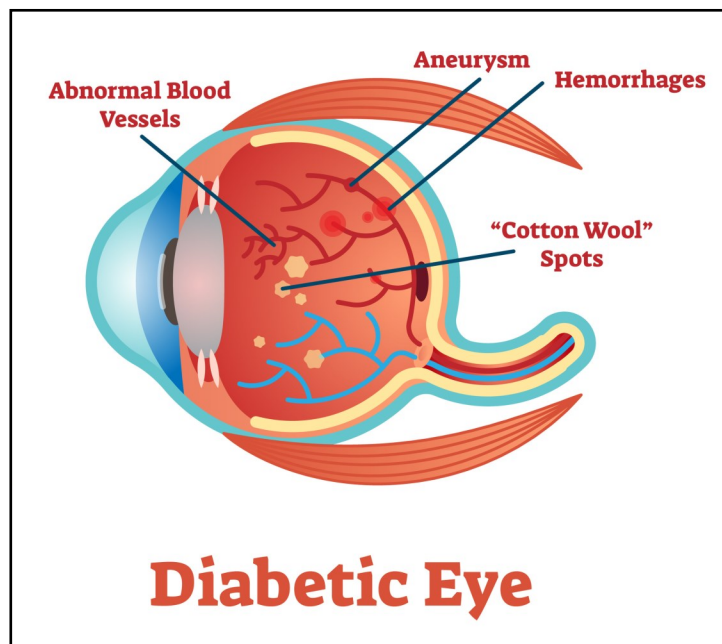
That's what the diabetic eye exam is all about. Your eye doctor needs to look at your retina and determine if you are at risk for a condition called diabetic retinopathy, or leaking blood vessels. If your eye doctor detects retinopathy, it means two things: first, that your blood sugar is too high, and second, that your vision is at risk.

Even a well controlled diabetic can have problems with retinopathy after 10-15 years. The chronic nature of diabetes

blood sugar increases, it causes the lens inside your eye to swell. A swollen lens will change how light moves through the eye, creating a blurred image. A new prescription for glasses can correct this problem. However, when blood sugar returns to normal the prescription will change again. These prescription fluctuations are common among diabetics. It's

Prescription fluctuations are common among diabetics. It's best to have your eye exam when your blood sugar is stable.

best to have your eye exam when your blood sugar is stable. Monitoring your blood sugar at home is an essential part of your diabetic care. There is no substitute for regular blood



work and follow-ups with your physician or endocrinologist. However, an annual eye exam is also an important way to monitor your condition. Our

doctors monitor all of our diabetic patients with a dilated eye exam and retina photos. If a problem is found with the blood vessels inside the eye, then the same thing is likely happening

elsewhere in the body. We will alert your physician immediately. The eye exam can also detect problems in new diabetics who were unaware of their condition.

Our doctors were trained to diagnose and treat diabetic retinopathy at The Ohio State University Medical Center and they have over twenty years of experience! We accept all major medical insurance plans and, can provide a complete report to your physician. For advanced cases, we promptly refer patients to top retinal specialists.

InSight!

Serving Frisco, Prosper, and McKinney



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

November 2022

Use Your Vision Benefits Before They Expire

Don't wait until the last minute! In less than sixty days, 2022 vision and flex spending benefits will expire. Every year, 50% of vision plan benefits are wasted. Your benefits are worth hundreds of dollars.

Vision benefits can be used for exams, glasses, sunglasses, and contact lenses. If you already have a valid prescription, stop by our optical to order glasses. This is a great time to try a special prescription for the computer. Call our office if you'd like to try the newest multifocal contact lens designs!



Every year, our office is booked solid in late December. Avoid the rush and schedule online at www.milburneye.com.

In less than
50 Days
2022 Vision Benefits
Will Expire

You can also text our office at 214-494-6000. Ask for a convenient Saturday or evening appointment.

Seven Vision Plan Tips to Maximize Your Insurance Benefit

by Dr. Annamarie Milburn

Our staff works with vision insurance plans everyday. We know how to get our patients the best deals, and we want to help! These seven vision plan tips will make sure that you get the most out of your plan each year.

Vision Tip #1

If you need both glasses and contact lenses, always use your benefits on the glasses. Most plans only cover one or the other, not both. Don't forfeit the frame benefit, which could be worth \$130, \$200, or more.

Vision Tip #2

Timing is everything with vision benefits. Some plans work on the calendar year, while some plans renew exactly every 12 months. Sometimes patients will order their glasses on December 31st, and their contacts on January 2nd. It's perfectly okay to get both

materials covered this way because it happens on different calendar years.

Vision Tip #3

In an emergency, you can request advanced benefits. If you already used your benefits this year, but you need new glasses or contacts, some plans allow you to 'borrow' benefits from the next benefit year. This is only allowed 90 days before the end of the benefit year, and not all plans allow it.

Vision Tip #4

If your glasses Rx doesn't change, you are allowed to use your benefit towards an awesome pair of prescription sunglasses!

Vision Tip #5

Schedule your appointment at a VSP Premier Program location. Vision Service Plan is the largest vision plan in the

nation, but not all of their provider locations are equal. Premier Program locations, like Milburn Eye Center, offer additional benefits.

Vision Tip #6

Always use your frame benefit each year. It can be tempting to keep an old frame. It's familiar and comfortable. However, hundreds of dollars in frame benefits are available, don't waste

them. A new frame comes with a new frame warranty.

Vision Tip #7

Some patients only want what's covered in full—and that's okay. Other patients get hundreds of dollars in savings when they use their vision plan discounts to boost them to designer frames and premium lenses. Let our staff help you get the best deal!



Great Vision is Always In Style!

Your new look is waiting at Milburn Eye Center! We have over 2,000 spectacle frames to choose from in our optical. We carry designer styles from Tiffany, Calvin Klein, Jimmy Choo, Ray Ban, Tom Ford, Nike, Columbia, Nine West, Marchon, Modo, Candies, Polo Ralph Lauren, Haggar, and Flex-on. We also have hundreds of kids frames to choose from!

Great vision starts with an accurate prescription, but that's only half the equation. Our doctors recommend premium ophthalmic lenses from Varilux and Hoya. We create great optics with coatings from Crizal and

photochromics from Transitions. Protect your eyes from digital devices with blue light filters like Previncia from Essilor. We guarantee your new glasses with a free 12 month no fault breakage plan. Never purchase a warranty or pay a breakage deductible. We offer discounts on multiple pairs and Rx sunglasses. No appointment is needed to browse the optical.



NINE WEST



Columbia



MARCHONYC



TIFFANY & Co.



Milburn Eye Center Optical has over 2,000 frames to choose from!

Schedule an appointment online at www.milburneye.com

Meet Eye Doctors Timothy and Annamarie 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 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.



Annamarie Milburn, O.D.

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.

Acuvue Releases New Contacts For Computer Users

In September, Johnson & Johnson Vision released the first contact lens for computer users. Milburn Eye Center is a Johnson & Johnson Preferred Partner Practice. We were one of the first practices in the nation to receive the new lens. The response in our practice from patients who tried the new lenses has been extremely positive.

Oasys Max is a daily disposable contact lens that filters out over 60% of blue light from computer monitors and other digital devices. Years of exposure to high energy blue light is considered a risk factor for retina damage. Short wave length blue light also scatters, creating distortion. By filtering out blue light, Oasys Max provides crisp, clear vision for our patients.

Oasys Max also includes new TearStable technology. The new lens material slows the evaporation of tears throughout the day, assuring a moist, comfortable lens on the eye all day long.

Johnson and Johnson has offered \$300 rebates to give to our patients. We even file the rebate for you. Our patients receive their rebates in about ten days. Ask for a free trial of Oasys Max with your paid contact lens evaluation.



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