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### Another Reason to Consider LASIK— Contacts Can Cause Eye Infections

Many people choose contacts lenses over glasses for a variety of reasons. While there are upsides to contacts, there are some downsides. The biggest disadvantage is that the presence of bacteria on the eyes of contact lens wearers is more and more prevalent.

One of the most common problems contact lens wearers encounter is the development of corneal ulcers, which can blur vision, make eyes itchy, create light sensitivity, and in some cases result as a white patch on the cornea. A corneal ulcer is known as bacterial keratitis, and if it is left untreated it can ultimately cause blindness. Bacterial keratitis can occur on the outer layer of the cornea (superficial keratitis) and after it heals there should be no scar. But if the bacterial keratitis occurs in deeper layers of the cornea, there could be scarring which can sometimes interfere with vision.

It's extremely important that contact lens wearers take proper care of their contacts to ensure a decreased risk of developing an infection. Wearing contacts during the night while you sleep is not recommended. If you have a pair of glasses, try to incorporate wearing them into your schedule more regularly. Sanitizing your contacts by soaking them in the saline solution for at least 6 hours is key. Some strands of bacteria can take several hours to be eliminated from your lenses. Preventing an infection requires just a few simple but necessary steps. Before removing your contacts at night, wash your hands to remove any extra bacteria that could get on your contacts while you remove them. When applying eye makeup, be careful and gentle with your eyes.



There are alternatives to wearing contacts, such as wearing glasses or considering LASIK. LASIK is a quick procedure that is life-changing for patients who have had it done. Please ask one of our doctors about your LASIK options if you are interested.



## Vision Insurance vs. Medical Insurance

What is the difference? We hope we can clarify this question for you. Your vision insurance is a “rider” that either you or your employer purchases to receive coverage for a routine eye exam and glasses or contact lenses. Medical insurance is intended to cover services when a medical condition exists.

One of the reasons that you choose to see an ophthalmologist rather than an optometrist is because an ophthalmologist is a medical doctor and can offer you a higher level of care. Dr. Clavenna and Dr. Fitzgerald are ethically obligated to evaluate any and all medical conditions that exist.

How do I know if my visit is medical or vision? Your vision insurance would apply for a routine eye examination if you:

- Have no known problems with your eyes except for needing new glasses.  
and/or
- Do not have a referral by another physician for medical reasons.  
and/or
- Your previous eye examinations by Dr. Clavenna or Dr. Fitzgerald did not show any medical conditions.

If the above does not apply then we need to address the medical condition and use your medical insurance. Examples of medical conditions: Cataracts, glaucoma or suspicion of glaucoma, macular degeneration, implants, red eyes, tearing, irritation, pain, etc.

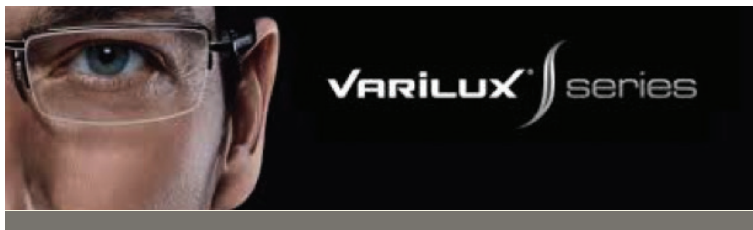
## Attention Beaumont Employees

As Beaumont, Botsford and Oakwood have merged we wanted to let our Beaumont employee patients know that we still accept Beaumont Employee Health Plans. Please contact our front desk if you have any questions regarding your Beaumont Health Plan.

## Healthcare Exchange

The Healthcare Exchange allows individuals and small businesses to purchase health insurance from a variety of plans. If you already have insurance through the Healthcare Exchange or are looking to buy new insurance through the Exchange, make sure your physicians, hospital and surgery facilities are in network. There have been instances where people have found out after acquiring new insurance that their doctors, hospital or surgery center is not included in their network.





## Progressive Lenses

Starting around age 40 your eyes can gradually lose the ability to focus on nearby objects. This unavoidable condition, Presbyopia, can be treated with progressive lenses. These multifocal lenses

have the distance portion of your eyeglasses prescription in the top portion of the lenses and gradually incorporate the added magnification for intermediate and reading in the bottom portion of the lenses.

Progressive lenses have no annoying bifocal line and produce a more complete and natural-feeling correction of presbyopia than bifocals or trifocals. We are proud to offer Varilux progressive lenses; which offer the most advanced technology to better restore your natural vision. Varilux lenses are designed for superior performance and comfort for any lifestyle. Additionally, most people adapt to Varilux progressive lenses right away. Please ask Nancy or Nicole in our optical about which Varilux lens is right for you.

## Money Left in your Flexible Spending Account....

If you have funds remaining in your FSA you may want to use it for an eye exam, glasses, or contact lenses, which are all reimbursable expenses. FSA's can also be used for LASIK eye surgery.



Please contact our office to **schedule a free LASIK consultation** to see if you are a good candidate for LASIK.

## CVI Happenings

### Dr. Stars Reviews

We appreciate your loyalty and are always striving to make your visit with us best it can possibly be. With that in mind, we would appreciate any feedback that you could give us about your experience.

If you would like to take part in a very short survey you can do one of the following:

Text 310-494-2829 and type clavenna in the message line to review Dr. Clavenna or type fitzgerald to review Dr. Fitzgerald.



Or you can type in on any internet browser <http://drstars.com/clavenna> to review Dr. Clavenna or <http://drstars.com/fitzgerald> to review Dr. Fitzgerald. Your feedback helps improve the patient experience for everyone.



### CONGRATULATIONS TO OUR TOP DOCTORS!

Hour Detroit annually recognizes the best doctors in the metro Detroit area. We are so proud to announce that Dr. Clavenna and Dr. Fitzgerald have been named TOP DOCS in Hour Detroit!



Clavenna Vision Institute is proud to be the exclusive provider of TOMS Eyewear in Birmingham. Your TOMS Eyewear purchase helps restore sight to an individual through sight-saving surgery, prescription glasses or medical treatment. Stop by our optical and see our stylish selection of TOMS Eyewear.

**\$75 OFF** a complete pair of  
prescription eyeglasses.  
Coupon valid through Feb 26, 2016. Coupon can be used by more than  
one family member. Cannot be used with optical insurance or  
with previous orders. Some restrictions apply.

Special Offer



**Clavenna Vision Institute**  
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**Office Hours:**  
Monday 8:00-5:00  
Tuesday 8:00-5:00  
Wednesday 8:00-7:00  
Thursday 8:00-3:00  
Friday 8:00-3:00  
(Optical 8-5)

