



Behind Your Eyes

For the Patients & Friends of
Eye to Eye Ophthalmology

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YOUR PATIENT PORTAL...

When you came in to our office last, you were given a username (which is just your name) and password to your patient portal. This is a website that you log into (eyetoeyeophth.ema.md) to view important information in your new electronic health record chart. This is the preferred method of communication when you have requests and questions to our office; like if you need a glasses prescription or refill(s) on your medication. You can also review results of any lab or radiology tests ordered through our office and/or a list of your diagnoses.

You may have noticed that we are not the only doctor's office giving you a portal. The portal is part of a new federal law that physicians who participate with Medicare must comply with. Part of this law involves you, the patient, logging onto your portal and communicating with your doctor through it.



To go to the website for the portal, you simply type eyetoeyeophth.ema.md

in your internet browser bar (do not type a "www"). This will bring you to a purple login screen. Your username is your full name (like "John Doe") and if you have forgotten or lost your password, you can call and request a new one. Once in the portal, you will see three options under your name, "Patient Info", "Visit Info", and "Contact Us".

In "Patient Info", there are tabs to click on the left hand side to review your personal and medical information and correct it if necessary. "Visit Info" gives you the date of your last visit with your diagnoses. "Contact Us" is a way to send and receive emails from our office. You select "New Message" and pick either Eye to Eye staff or Dr. Luscvage depending who you want to communicate with.

In the upper right hand corner of the web page, there is an option to change the password we issued you to one you can remember more easily called "Reset Password".

EYE TO EYE FOCUS

This segment of our newsletter lets you get to know our staff a little better. In this issue, we are highlighting some of our favorite things...

FAVORITE:

MOVIE – Dr. L – "Back to the Future"

Glenda – "Moulin Rouge"

Jane – "The Second Best Exotic

Marigold Hotel"

Joanne – "Stepbrothers"

BOOK – Dr. L - On Food and Cooking

Glenda – Watership Down

Jane – Alice in Wonderland

Joanne – Women's Murder Club

Series

AUTHOR – Dr. L – David Sedaris

Glenda – Stephen King

Jane – John Grisham

Joanne – James Patterson

FOOD – Dr. L – Gnocchi

Glenda – California rolls

Jane – Chocolate

Joanne – Ravioli



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TREATMENTS FOR DRY MACULAR DEGENERATION

Dry macular degeneration is a scarring disease of the back of the eye (the retina) that is more common in people over age 60. It usually causes a gradual vision loss. There is no cure for dry macular degeneration, but there are a few things you can do to avoid it or slow down its progression. Smoking has been linked to macular degeneration in many studies so the best thing you can do for your eyes is to not smoke.

The Age Related Eye Disease Studies (AREDS and AREDS 2) were two large double blind, placebo-controlled studies that found that a combination of certain vitamins slowed the progression of macular degeneration in those people with early forms of the disease.

The doses found most effective were:

500 mg of Vitamin C, 400 IU of Vitamin E, 80 mg of Zinc oxide,
2 mg of Copper, and 15 mg of Beta-carotene (OR 10 mg of Lutein and
2 mg of Zeaxanthin)

There are multiple eye vitamins sold in stores, so make sure you get the formula that says AREDS on the label.

Important Phone Numbers & Resources

Eye to Eye Ophthalmology

610-347-1200

Eye to Eye Fax

610- 347-1201

Eye to Eye Email

info@eyetoeyeop.com

Website

www.eyetoeyeop.com

