



All about Your Eyes



SECOND EDITION, REVISED AND UPDATED



**SHARON FEKRAT, MD, TANYA S. GLASER, MD,
AND HENRY L. FENG, MD, EDITORS**



**“An essential, reasonably priced resource for junior-high, high school,
and public libraries, nursing homes, and hospital reference shelves.”**

—BOOKLIST

All about Your Eyes



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EDITED BY SHARON FEKRAT, MD, FACS,

HENRY FENG, MD, AND TANYA S. GLASER, MD

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Foreword

EDWARD BUCKLEY, MD

In today's rapidly changing healthcare environment, patients are being met with more challenges and choices than ever before when it comes to navigating their medical care. Ranging from a variety of insurance plans to complex treatment regimens, it is not surprising to learn that older patients often have the most difficulty understanding and utilizing the full range of healthcare services.

This is particularly important in terms of eye disease as the likelihood of developing visual impairment increases with age. Leading causes of decreased vision include cataract, glaucoma, macular degeneration, and diabetic retinopathy, all of which are more common and often more severe in older individuals. Fortunately, novel therapies continue to be developed for many of these sight-threatening conditions, allowing vision to be preserved for many more people. However, as the population grows, physicians are also met with increasing demands for care, resulting in pressures to see more patients and a reduction in the amount of available time for patient education and counseling.

Healthcare leaders continue to recognize the importance of patient-centered, integrative, and personalized medicine as an integral part of a successful healthcare experience. As such, patients are often met with various diagnostic and treatment decisions, many of which may be difficult to fully understand. Even with the burgeoning wealth of information on the Internet, it may be difficult for many to understand medical topics described on certain websites, and even more challenging to ensure that those sources are reputable and updated. Nonetheless, many of today's patients are excellent advocates for their own health and often demand detailed information when possible.

In order to meet the continually growing need for patient education, Drs. Sharon Fekrat, Henry Feng, and Tanya Glaser have organized and updated an important, detailed, yet readable handbook designed to help those who are interested in eye health better understand certain eye con-

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ditions and participate in their own eye care. This second edition extends critical knowledge about eye disease from some of our country's best eye doctors to interested readers, and ultimately impacts not just patients, but also their family and friends.

The early chapters discuss basic eye anatomy, function, and refractive correction. The book then goes on to highlight some of the most important eye conditions as identified by the National Eye Institute and the World Health Organization. In most instances, the text is organized by specific disease, but it also expands upon novel medications, imaging tests, and surgical procedures to help demystify the most impactful eye conditions and available treatments.

All about Your Eyes is a remarkably detailed yet understandable resource that will surely empower patients and their family members with the knowledge needed to participate in their own eye care.

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Introduction

SHARON FEKRAT, MD, FACS, HENRY FENG, MD,
AND TANYA S. GLASER, MD

It has been almost 15 years since the first edition of *All about Your Eyes* was published in 2006. Since that time, there have been many advances in the diagnosis and treatment of eye disease. To keep the readership up-to-date with the latest information, we thought that it was time for a second edition.

We have maintained the same general format but have added new sections on cutting-edge imaging modalities such as fundus autofluorescence and OCT angiography, and updated sections to include the latest treatment options, such as femtosecond laser during cataract surgery and retinal prostheses, just to name a few.

On behalf of all the eye doctors who have trained at or are currently working at the Duke Eye Center, we hope that you and your family and friends benefit from the information contained herein. Although reading about your eyes in this book can provide a useful understanding of the eyes and the various conditions that may affect them, this book is not designed to promote self-diagnosis or be a substitute for a visit to your eye doctor. Only after a thorough eye examination and any necessary testing can your eye doctor come up with an accurate diagnosis and treatment plan.

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