

# DRY EYE SYNDROME



When the productivity of fluid from your tear glands gets lessened, it leads to irritation and dry areas on the cornea. It can easily be induced by various polluting factors in the environment. Old age is also one of the factors leading to dry eye syndrome. Due to the increasing age our body produces less oil resulting in less fluid production. A very common phenomena among women who tend to have drier skin than men. This oil deficiency affects your tear film. Other rea-

problem while reading or working in front of the computer for long hours.

Wearing contact lenses also creates dryness in your eyes. Some particular medications, thyroid problems, Vitamin A deficiency, diseases like Parkinson's and Sjogren's can also be reason for dry eyes. A hormonal change during the time of menopause creates issues for women.

You can keep be aware of certain common signs and symptoms, which can be easily detected if suffering from dry eye syndrome. Itching, burning, irritation, redness, tiredness of eye, mucus or a 'film' over your vision are all signs that dryness may be affecting your eyes.

Fatty acids are very important for our eyes as well as body. They help in producing the right amount of energy for your body as well as maintaining good mental health. If you have a deficiency of fatty acids,

they can be added easily through your diet, including eating more fish, such as salmon or tuna, as well as walnuts and flaxseed.

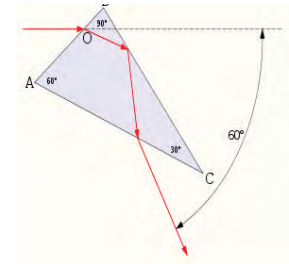
Essentially there are two categories of the essential fatty acids; Omega 3 and Omega 6, which should be taken in 4:1 ratio. Consumption of almonds, walnuts including their oil, seeds of sesame, sunflower and their oil are all very good sources of Omega 3. A diet which has borage oil, grape seed oil, primrose oil, soybean oil, whole grains can be very useful to avoid dryness in your eye.



A great habit for healthier tears includes a warm compress and lid massage. Simply use a warm moist washcloth, while lying down keep this towel on your eyelids for 15 minutes two or three times a day and follow this with a "lid massage" to stimulate the oil glands.



sons like hot, dry or windy climate, high altitude, air-conditioning, cigarette smoke and air pollution can cause dry eyes. You can face this



## Where is Abbe??

Or rather, what is Abbe?

Abbe measures how much distortion your glasses cause when looking through the lenses.

Why is the Abbe value so important? Lenses made with a low Abbe value cause fatigue, strain and blurriness. These are the materials that you will see advertized at a very cheap price.

So what is Deadwood Eyecare's point? Our office uses lenses with the highest Abbe value available. This technology in materials increases our cost but it offers better vision, more comfort, thinner and safer lenses, improved appearance and a more reliable and longer lasting materials.

The difference in performance is like comparing regular analog TV to high definition TV and with some of the

materials being advertized it is like comparing black and white TV to high definition TV.

If you need to keep costs down we still offer value packages that are inexpensive without compromising Abbe or warranties.



Creekside Clinic Newsletter  
Summer 2010

Special Tribute to Dr. Mills  
*The Man That Brought Modern Dentistry to Historic Deadwood*

## Spotlight on Staff



Deadwood Eyecare would like to brag about our staff. They are all experienced qualified individuals who concentrate on providing service in abundance to our patients.

Dianna Sjomeling (above), our optician, not only has many years of experience in our optical department but recently became a nationally board certified optician. Becoming a board certified optician requires experience and study in

order to pass a difficult national exam required by the American Opticians Association. This exam requires a clear understanding of the science of optics, lens instrumentation, and the constant evolution of lens design involved in today's complicated technology. Going through the exam process has reinforced Dianna's skills to provide exceptional care to patients in our office. Dianna has been with Deadwood Eyecare for 17 years. Dianna is married has two children and will soon become a grandparent.

Jenny Ness (right), is one of our technicians. She recently completed the American Optometric Association's Paraoptometric Certification course. She, too,



passed a difficult national exam and is now a certified Paraoptometric. This exam tested her knowledge of ocular anatomy and physiology, patient pretesting to ophthalmic instrumentation which are just a few of the areas required of her. She is our newest team member joining us in 2008. Jenny is married and has four active children that keep her running.



Providing the Very Best in Comprehensive Dental and Eye Care

Quarterly Newsletter Summer 2010 Volume II Issue 2

A Special Tribute To  
**Dr. Dennis Mills**

*The Man that Brought Modern Dentistry to Historic Deadwood*

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Deadwood Dental  
Deadwood Eyecare  
located in the  
Creekside Clinic  
88 Charles St.  
Deadwood



In the summer of 1976, Dr. Mills quietly brought his vision of high quality dental care to Deadwood, opening his clinic in a vacant portion of a building on Sherman Street, across from Adams Museum. In contrast to the modern comfort and efficiency of Deadwood Dental, it was a humble beginning. There was no air conditioning, the pipes were prone to freeze in the winter, and the absence of on-site technical support for the complex dental equipment challenged Dr. Mills to quickly adapt. For the comfort of his patients, he established summer hours to avoid the hottest portion of each day. To ensure patients a full array of dental services and avoid the delay often associated with remote laboratories, Dr. Mills equipped a small dental laboratory in a portion of the clinic and employed a part-time technician. And, to check frozen pipes that plagued the clinic during the winter months, he became proficient in the use of blow torch, which he kept on the ready.

From the very beginning, Dr. Mills dedicated himself to addressing the community's needs, often working evenings, weekends and even holidays to not only accommodate the schedules of patients, but to respond to dental emergencies, as well. He understood the

walked through the door, sponsoring youth sports teams and events, high school activities, and various scholarship programs. What little personal time he had was dedicated to the Lead and Deadwood Chambers of Commerce, Booster Club, and the Broken Boot Mine, of which he remains on the Board of Directors today. Most memorable, however, is that his donations of time and effort were always freely given – garnished with enthusiasm and without reserve or hesitation. It is an attribute that the community has come to appreciate and one that staff and patients alike deeply admire.

importance of providing basic, conservative dental care, but was also determined to offer residents the same high quality, leading-edge dental options available in large metro areas. For Dr. Mills, it has never been about the doctor or the clinic, but rather the people that resided in the communities he served – a contagious commitment to community that infected his staff, as well.

Dr. Mills has always taken a sincere interest in the lives of his patients and their extended families. It has been a glorious circle – his passionate concern for patients has lead to appointment schedules filled with loggers, miners, teachers, business people, and professionals. In turn, he liberally donated to virtually every local civic organization that

According to staff, "Dr. Mills always made work fun . . . he rarely had to advertise to hire new staff (rare) because he kept a mental note of patients and acquaintances who exhibited the qualities he valued and then just called them up and asked them if they'd like to work for him . . . recently commenting that his employees have always been his best friends." And, it's easy to understand why he rarely had to replace a staff member; Dr. Mills

**Dr. Mills Retirement Open House**  
4:00-7:00 PM May 27th  
Deadwood Dental  
*Please join us in bidding farewell to Dr. Mills and wishing him well in his retirement.*

always compensated staff at a level he felt would be appropriate if he were in their position. Staff was special, and he always went to great lengths to help them understand the key role they played in serving the dental health needs of the community. This is not to say, however, that Dr. Mills was above humor.

Dr. Mills has always been friendly and outgoing, easy to meet and enjoyable to talk to. Likewise, Dr. Mills has always had a great sense of humor and has even known to be and an avid jokester. Among the many stories that circulate is the April Fool's Day gag he pulled one year, chaining his receptionist's car bumper to a dumpster. He wasn't averse to taking a joke either - staff have retaliated in a variety of way, over the years, including running an ad in the local newspaper, "Dr. Mills will do ironing in his home . . . call 578-XXXX".

In 1990, Dr. Mills, in concert with Dr. Michael Guilbert of *Deadwood Eyecare*, opted to combine their commitment to quality, accessible care by making both vision and dental care available at a single location. Dr. Guilbert chose Deadwood to practice optometry at about the same time and for many of the same reasons as Dr. Mills. From the start they became friends and, over the years enjoyed a close professional relationship. Consequently, it was only natural when they looked to update facilities that they would elect build a shared clinic. Not only is the current location at Creekside Clinic closer to the medical complex in Deadwood, but has over the



## Dr. Lennard Hopper - Carrying on the Tradition

Dr. Mills went to great lengths to ensure that Deadwood Dental would continue to serve the Northern Black Hills community for many years to come. After a lengthy and often arduous selection process, he gave Dr. Lennard Hopper the nod. Dr. Hopper has been associated with

Deadwood Dental since 2006, and over the last two years has assumed ownership.

Dr. Hopper spent his younger years in Lead where his grandmother, Rosemary Ross, served as director of the Senior Center. He graduated from T.F. Riggs High School in Pierre,

and attended both Black Hills State University and the University of Nebraska Dental School.

Dr. Hopper has stated that he feels blessed to have tutored under knowledgeable eye of Dr. Mills, and is pleased to carry on the tradition of one of Deadwood's true icons.



years provided easier access and better parking than either of their previous locations.

Over the years Dr. Mills has been attracted to helping the very needy, and in 2000, he undertook a mission trip to help those suffering in the jungle of Belize with the Christian Dental Society. After his return, he began giving thought to retirement. He enjoyed the experience of working to alleviate suffering in the world. At the same time, he wanted to ensure the future of Deadwood Dental and the quality of dental care he worked so hard to establish.

In 2004, he began to search for a dentist that shared both his passion for service and his commitment to the Black Hills. While he visited with a number of interested dentists, it wasn't until the summer of 2006, that he had an opportunity to employ Dr. Lennard Hopper, a dentist that not only shared his interest in serving the Deadwood community, but who's family roots were historically related to the Deadwood-Lead area. While the process of grooming Dr. Hopper to assume the reigns has been a learning experience for both, Dr. Mills is now comfortable that the quality of dental care he brought to Deadwood 36 years ago will be available to the Black Hills community for many years to come.

Throughout his career, Dr. Mills remained active not only in civic organizations, but a host of professional organizations, as well. He served as the State Peer Review Chairman and was also Chairman of the Black Hills District Peer Review. He was the President of the Black Hills District Dental Society, between 1991 and 1992, and remains on the Board of Directors for the Broken Boot Gold Mine.

In acknowledgement of his accomplishments and devotion to service, he received the American Cancer Society Service Award, was selected Lead-Deadwood Jaycee's Boss of



the Year, and received the Linda Miles Doctor of Distinction Award.

While looking forward to a much deserved vacation with his wife Debi, they plan to continue to reside in the Deadwood area and remain civically involved. As time permits, they plan to travel on the sailboat that has captured Dr. Mills' passion, and donate time to charitable organizations whose benevolence they share.

## So, Tell Me About Porcelain Veneers

Porcelain veneers, also termed dental veneers or dental porcelain laminates, are one of cosmetic dentistry's more recent developments. Porcelain veneers are wafer-thin shells of porcelain that can be bonded onto the front side of teeth to make a cosmetic improvement in the teeth's appearance. Porcelain veneers are routinely used to idealize teeth that are:

- \* Stained or discolored
- \* Worn
- \* Chipped
- \* Misaligned
- \* Alternative to orthodontic treatment

For decades dentists have had available to them materials that can create a durable bond to tooth enamel. These bonding materials are used to securely attach a thin



sheet of porcelain (the porcelain veneer) to a tooth. Although porcelain is inherently brittle, when it is firmly bonded to a sturdy substructure (a tooth) it becomes very strong and durable.

### Advantages of Porcelain Veneers

The use of porcelain veneers are gaining immense popularity due to the ease of applying one of these veneers on, and also the long-lasting benefits that porcelain veneers have in enhancing your appearance.

**Realistic Appearance** - One property of the teeth's enamel covering is that it is translucent. This means that when light strikes a tooth's sur-

face it is not immediately reflected off, but instead penetrates into the thickness of the enamel. This property of translucency is an important part of what gives teeth their characteristic appearance. Historically the cosmetic dental bonding materials dentists have had available to them were only semi-translucent which didn't give a realistic appearance since the light striking the tooth did not penetrate into the bonding layer but instead was reflected off the bonding's outer surface. Although, the bonding improved the teeth, the sense of depth projection did not give the teeth its characteristic translucency. Porcelain veneers are glass-like, which have a great advantage over other types of cosmetic dental bonding by the fact that they are translucent. When they are bonded onto a tooth's surface they mimic the light handling characteristics of enamel. This translucency effect provides a sense of depth, and thus a very life-like appearance.

**Resists Staining** - In the past, cosmetic dental bonding materials were susceptible to staining and discoloring. This was especially a problem for those people whose teeth had excessive exposure to tea, coffee, red wine, or cigarette smoking. A significant advantage of porcelain veneers is related to the fact that a porcelain veneer's surface is just that, porcelain. Since porcelain is a ceramic, and therefore glass-like, its surface is extremely smooth and impervious - this means that the surface of a porcelain veneer will not pick up permanent stains.

### Getting and Maintaining Porcelain Veneers

If you are investigating getting porcelain veneers, then you have come to the right site for comprehensive information that will allow you to make a better-informed deci-



sion. If you choose to follow through, the next step is to make a consultation appointment with your dentist. Only an examination by your dentist can determine if porcelain veneers are an appropriate method by which to make the changes you desire.

During the examination appointment you will need to convey to your dentist the types of changes you are interested in obtaining. Your dentist in turn will help you understand to what extent the changes you desire are possible. As a part of this examination your dentist may need to take x-rays as well as photographs. Your dentist may also need to take dental impressions (dental molds) from which they will make a plaster cast of your mouth. Even if you find that porcelain veneers are not appropriate for your circumstances, your dentist will most likely be able to suggest other treatment options that are suitable.

There are no hard and fast rules about how long porcelain veneers will last. While you can certainly expect your veneers to last many years, it is unrealistic to expect them to last forever. With good home care and by exercising good judgment, it seems likely that a porcelain veneer could last well in excess of ten years. Tips for maximizing the lifespan of your porcelain veneers include:

- Practice good oral home care
- Avoid exposing your porcelain veneers to excessive forces
- Avoid clenching and grinding your teeth
- Minimize staining influences

## SUNGLASSES

*Finding a pair that's right for you . . .*

As we move into summer and our lifestyles become more active, particularly here in the Black Hills, we will be spending a lot of time outside in changing light conditions. Although sunglasses have traditionally been marketed as fashion items, they are also important health protective devices and for many, a necessity. Using sunglasses and a hat with a wide brim can help to protect your eyes and skin from the damaging effects of sun exposure. Sunglasses not only make vision more comfortable by cutting the glare of the midday sun, but they also protect the eyes from ultraviolet (UV) radiation, and in some circumstances, sharpen vision. At Deadwood Eyecare, we are fully equipped to assist you in acquiring a pair that meets your specific optical needs. However, for those without specific optical needs who plan to purchase sunglasses at a retail store, here are a few things that will make your purchase far more satisfactory.

1. For general use and driving, choose grey, green or brown lenses. These colours soften the glare without distorting colour vision. Photochromic lenses which turn dark in the sun and light indoors, are also good for general sunglass use. However, plastic photochromic lenses do not get as dark inside a car as do glass photochromics. Gradient lenses that are dark at the top and light at the bottom, may be useful if you have trouble seeing the dashboard through solid lenses. Sunglasses that have tags or labels saying that they meet the requirements of the ANSI Z80.3 or CSA Z94.5 sunglass standards have been certified as meeting minimum impact and UV and visible light protection criteria.

2. Amber and orange lenses sharpen vision by absorbing most of the blue and green wavelengths in sunlight. Some users may find that these lenses make the colours of traffic signals hard to distinguish. Choose amber and orange if you want to cut the haze, especially when playing or watching sports, but remember that they shouldn't be used for driving or operating a boat or airplane.

3. Polaroid lenses cut reflected glare, making them excellent for driving and water sports.

4. A dark lens tint does not necessarily mean that the lens blocks UV rays. If you are outside a lot, choose sunglasses that have tags or labels that say "UV protection". Look for lenses that provide protection from both UVA and UVB radiation. UV rays can cause painful sunburn of the eyes and have been linked to the development of cataracts. Some pre-



scription and over-the-counter drugs may make you more sensitive to UV radiation in sunlight. Your physician, optometrist or pharmacist can advise you about this. UV-blocking sunglasses will reduce the chances of eye damage due to solar UV rays if you are taking photosensitizing drugs.

5. Beware of distorted reflections from the lens surfaces. These indicate that the lenses have not been ground or moulded to optical quality. Lenses that show severely distorted images can cause headaches - leave them on the rack.

6. Check the quality of the frames. Sunglass frames may be metal, plastic, carbon fibre or nylon. The lenses should fit snugly, without a visible gap between the frame and the edge of the lens. The frame should be smooth along all surfaces and the hinge joining the legs to the frame front should be sturdy.

7. The shape of the frame should

complement the shape of your face:

- \* Heart-shaped face - A frame with a heavy lower edge adds width to the bottom of the face.
- \* Square face - An oval or round shape softens the jaw line.
- \* Oval face - Almost any frame shape is suitable.
- \* Round face - Square or angular frames offset the roundness.

8. Check the fit. Sunglasses should sit close to the eyes to block light from the sides. The frame

should allow for some adjustment of the nose pads (if any) and legs so they don't pinch the nose or behind the ears, and the frame doesn't slide down your nose. If the frame does not have nose pads, the bridge and inside edge of the frame should follow the contour of the bridge of the nose.

9. Children's eyes are just as prone, if not more so, to UV damage. Don't forget the kids when shopping for sunglasses.

10. Eye safety is important! Most sunglass frames and lenses are not strong enough to resist the impact of a tennis ball or baseball. Broken frames and/or lenses can cause very serious eye injuries. Cyclists can get both impact and UV protection from wraparound sunglasses with polycarbonate lenses. If you need sunglasses when playing sports, consult your optometrist to get sun lenses mounted in an appropriate sports eye protector.