



Griebenow says overall wellness is key to eye health

Although providing examinations to determine the proper prescription for glasses and contact lenses make up much of his daily routine, New London native and local optometrist Dr. Kerry Griebenow says there is much more today's optometrists do in the vast scope of their practice than meets the eye. "We become very involved in our patients general health and well-being," stated Dr. Griebenow.

Dr. Griebenow explains, "We check blood pressures on our adult patients and adolescents at risk. Through a close examination of the retina, we can determine whether they may be at risk for hypertension, diabetes and many other systemic diseases for which they may not yet have symptoms. A close examination of the cornea can lead to undiagnosed high cholesterol or heart disease. Computerized test-

ing of peripheral vision can lead to the discovery of asymptomatic stroke and brain tumors. Our increased knowledge base and advancements in quality technology has put us light years ahead of the way I practiced when I started in 1979."

Dr. Griebenow works closely with family physicians, specialists and other health care providers to help coordinate care for his patients. "On a daily basis we see patients who require yearly dilated retinal examinations to look for signs of diabetic retinopathy. My opinion is that diabetes has reached almost epidemic levels in our society, many times due to poor diet, obesity and very poor or nonexistent fitness and exercise. One of the consequences of this is increasing incidence of diabetic retinopathy which remains one of the leading causes of blindness

in the country. By checking the blood vessels in the retina, we determine the risk of developing diabetic eye disease."

Many patients with "pink eye" tend to go to their family physician rather than their eye doctor for treatment. Both optometrists and ophthalmologists are much more trained at determining the correct cause for eye infections and providing proper treatment than any other health care provider. Sore tooth - go to the dentist. Sore eye - go to the eye doctor.

Dr. Griebenow thanks his great staff for the success of his office over the past 28 years. "Without a great staff, you cannot build loyalty and confidence with your patients. We pride ourselves in having an outstanding group of assistants to make our patient's eye care experience a positive one."

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