

**Nutritional Optometry Associates
Nutritional Optometry Institute**

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Director: **Benjamin C. Lane, O.D., M.P.H.**
FAAO, FCOVD *Optometric Physician*

AAO Diplomate in Binocular Vision
C.B.N.S.-Board-Certified Nutrition Specialist
C.O.V.D.-Board Certified in Vision Therapy

NY Optometry License No. 002555

NJ Optometry License No. OA 02635

Therapeutic Optometrist Certification No. TO 00224

www.NutriOptom.com

www.EyeFinity.com/NutritionalOptometry

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***“IN THE VANGUARD OF DIETARY RESEARCH AND INTEGRATIVE THERAPY
IN THE PREVENTION AND REVERSAL OF EYE AND VISION DISORDERS”***

To our new Patient _____ :

We are looking forward to the opportunity of working with you as you arrive for your first appointment with Dr. Lane as scheduled for

_____ either for

() The Basic Comprehensive Eye & Vision-System Exam (1-hour) or

() The Preventive Optometry Exam including the Nutritional Optometry Workup and much more than the Basic Comprehensive Exam (at least 1-1/2 hours)

.....With your needs in mind, please advise if you will need more or less time.

Enclosed are travel directions to reach our NJ office via car, bus, or train from New York and Newark and by car or airport limousine from Newark International Airport. If you are coming from other points, north, east, west or south, you'll be able to locate our office on the enclosed map and follow the directions once you are on or near any of these: **Interstate 80** [via westbound Exit 47 or eastbound Exit 45 at Beverwyck Road], **Interstate 280** [westbound Exit 1 to US 46 westbound], **Interstate 287** [to Exit 41 onto Interstate 80 eastbound to Exit 45], **U.S. Route 46** to **North Beverwyck Road** in Parsippany. Office is exactly 1 mile north of US 46 on right side of North Beverwyck Road.

When you arrive you will see a two-story white house set back about 130 feet from North Beverwyck Road, 3 doors north of the Grand Union Plaza on the same side. Our reception room is small but comfortable, since we only see a small number of patients per appointment hour. But our exam rooms are large and are among the best equipped in New Jersey. Current plans call for tripling our space.

In order to keep visits to Lake Hiawatha to a minimum, it is important that we have reserved an adequate amount of time for the first visit. How much time is

adequate for a preventive optometry examination and workup? How much time is required for a vision therapy workup? Answers follow:

If your vision is basically normal and this is a ***preventive optometry*** appointment, a **90-minute** appointment will likely be adequate for the optometric examination, although additional time--possibly 30 minutes--may be needed for completing pre-examination questionnaires. Allow at least 2 hours **in the office** if your case is uncomplicated and a nutrition workup will be initiated at the same visit, as for most patients.

In more complicated cases, especially when visual acuity is reduced, we need to allow more time for the optometric examination so as to establish carefully determined baseline measurements as accurately as possible. With more accurate, confident baselines we can determine whether patients' eyes really are getting better (or worse) with time, and we can assess the validity of the therapy without having to wait too many months.

You already know of or will experience the attention each patient receives and the careful recording of details in your case. Even more so than with a majority of practitioners, **we have a vested interest in your success**, because of our own research investment in your progress. You will become aware that many services will be performed by our office on your behalf free of charge when you are not in the office—services ranging from planning of specific preventive strategies appropriate to your case, to completion of computations and measurements required for processing and interpretation of your tests.

FEES: NEW since 2000, we are routinely accepting assignment for Medicare and many insurance plans. If you are covered by any of these plans, you will not have to pay anything up front for covered services. In most cases appropriately insured patients are only responsible for non-covered services, such as the refraction (\$48.72 for new-patient refraction in NJ, \$50 in NY) and the optional but recommended nutritional testing. VSP pays for the refraction. Because of our research involvement, several additional services related to our research are provided without charge to nutrition-workup patients. **We prefer and accept checks or payment by DiscoverCard, MasterCard, Visa, American Express, or bank-debit card.**

Patients with any of the generally considered progressive eye disorders, such as most **macular degenerations, cataracts, and glaucomas**, and conditions in which the best-corrected visual acuity is **less than 20/30** usually require **at least two hours of Dr. Lane's time** for the optometric examination and probably additional time for ancillary tests. For patients with **complex** vision problems we strongly recommend reserving time for a **half-day visit**, allowing 3-1/2 hours with the doctor including special eye testing and additional time to complete the **nutrition workup**. If we have not allowed appropriate time for the optometric examination in your case and you have a condition that requires more time,

please advise the office to allow more time. The time requirements may be lessened if you are able to bring with you reports of previous test results. Also, patients with **amblyopia** ("lazy-eye") or **strabismus** ("eye turn") also require at least two hours of Dr. Lane's time for special testing. Most usually the **pre-schooler's** exam can be completed within an hour if pre-examination questionnaires have been filled out prior to the visit. **Contact-lens design** is usually accomplished in two visits.

Many of you know that Dr. Lane has received 6 degrees relating to vision science, nutrition, eye-disease epidemiology and public health from major universities, including one from Princeton University and two from Columbia University. Dr. Lane is top-ranked in the world for his leadership in nutritional optometry research and clinical application for the direct benefit of patients. A brief bio of Dr. Lane is enclosed.

Supplemental reading: If you would like to update your information on new developments in nutritional ophthalmology and nutritional optometry, you may ask your local librarian for Dr. Lane's 43-page article, "Nutrition and Vision," in *First Edition: 1984-'85 Yearbook of Nutritional Medicine*, edited by Bland, published by Keats Publishing in New Canaan, CT in 1985, or Dr. Lane's new softcover book, *Nutrition and Vision*, also to be published by Keats Publishing for expected release in 2002. If you have access to a health sciences library, the office can give you citations for some of Dr. Lane's most recent articles, or look for our website, www.NutriOptom.com.