

## PROFESSIONAL SERVICES

Comprehensive Eye Exams   Infant & Pediatric Eye Care   Contact Lens Services   Spectacle Lens Technology  
 Glaucoma Detection & Management   Diabetic Eye Exams   Cataract Assessment & Surgical Co-Management   LASIK  
 Evaluation & Surgical Co-Management   Sports Vision   Red Eye & Acute Care

### Comprehensive Eye Exams

At Elite Vision, we utilize state-of-the art equipment to provide you with the most thorough and comprehensive vision and eye health examination available. All of our equipment is computerized, integrated and linked throughout the office to improve exam efficiency and accuracy. At Elite Vision, we have the Topcon CV-5000 automated refracting system. We are the only eye care provider in the Springs with this newest integrated vision technology! During your comprehensive examination, you will undergo many tests including; a thorough medical history, blood pressure & pulse, measurement of your current glasses and contacts, visual field analysis, fundus photographs, color vision test, pupil responses, stereopsis function, eye muscle movement and tracking ability, distance, near and computer vision, refraction, anterior and posterior ocular health examination. **Medical History:** Thorough background information is gathered to assess your risk for many eye diseases and provide you with the most comprehensive care possible. We will discuss the status of your general health, current systemic conditions, medications, family history, social history, work demands, hobbies, and history of any eye surgeries or previous eye conditions. Most importantly, we will address any questions or concerns you have regarding the current state of your vision and eye health. **Blood Pressure & Pulse:** We will take your blood pressure and pulse because they are important indicators of the state of your overall cardiovascular health, a critical factor in many eye diseases. **Current Glasses & Contact Lens Prescriptions:** We will measure your glasses and contact lenses with our Topcon CL-200 machine to be able to inform you of any changes in your prescription. **Auto-Refractometry & Keratometry:** Our Topcon KR-8800 machine will take a computerized analysis of your refraction (evaluation of the power of your eyes) and keratometry (curvature of the cornea). **Visual Field Analysis:** We will use our Humphrey Matrix Perimeter machine to perform a visual field test to detect possible problems in your central and/or peripheral vision. Changes in your visual fields can indicate potentially serious medical conditions (i.e. tumors, MS, stroke, glaucoma) that will benefit from early detection and intervention. **Ocular Fundus Photographs:** Every patient will receive detailed color photographs of the fundus (inside) of their eyes with our state-of-the art NIDEK Pro Photographer Non-Mydriatic Auto Fundus Camera, AFC 210. All photos will be stored in your electronic medical record and compared each year during your comprehensive exam to detect any changes that may require intervention. **Color Vision Test:** Your color vision will be assessed by administering the Ishihara Color Vision Test. Color blindness can be detected even in young toddlers using a test version with traceable shapes and pictures. Color vision loss can be a side effect of some systemic medications and is present in some eye diseases. **Pupil Response:** Your pupils are tested for light reactivity, symmetry in size and shape and pupillary function which can be altered by some systemic and eye diseases and certain medications. This is an especially important test following trauma. **Stereopsis Function:** Your ability to see 3-D or depth perception is measured using our Random Dot Test. This test can provide valuable information regarding the ability of your eyes to work well together (good binocularity). **Eye Muscle Movements and Tracking Ability:** Your eyes are screened for an eye turn (strabismus), lazy eye (amblyopia), and their ability to track smoothly together, which is a necessary skill for efficient reading. Many school children having difficulty reading have underlying eye conditions that can be treated to result in improved academic performance. **Vision & Refraction:** Our Topcon CV-5000 refracting system, guided by Dr. Popowski, measures the current status of your prescription, how your eyes use and relax their focusing ability, and how well you see at far, near and intermediate distances (computer, sheet music, store shelves). This portion of the exam also takes into account your occupation, lifestyle, sports and hobby vision needs as they relate to your specific eye wear requirements. **Anterior Eye Health Examination:** Using the Marco Ultra G2 Biomicroscope and diagnostic VOLK lenses, Dr. Popowski will examine the structures in the front part of the eye to look for signs of lid disease, dry eye, cornea disorders, iris tumors, and cataracts. Dry eye disease is a very common, treatable condition that is more common in arid environments. There are many specific treatment options available depending on the etiology of your dry eye disease that can be very effective and significantly improve your vision and comfort. This part of the exam also includes the tonometry (eye pressure) test, which helps in the screening of glaucoma and other eye disorders. **Posterior Eye Health Examination:** Using a Heine Binocular Indirect Ophthalmoscope, Dr. Popowski will examine the structures in the back part of the eye for evidence of glaucoma, ocular tumors, bleeding, macular degeneration or evidence of other systemic diseases such as high blood pressure, high cholesterol and diabetes, among others. It is especially important for patients with diabetes to have annual dilated eye exams to permit early intervention and sight preservation. [Back to Top]   Infant & Pediatric Eye Care

At Elite Vision we understand the relationship between vision and academic performance. Many students experiencing difficulty in school have undetected vision problems that can be corrected and result in a significant improvement in academic performance. We welcome children of all ages and have special equipment to assess all the same components as an adult exam. We know to move quickly and make it fun to keep the attention of our younger patients! We have a large selection of frames for kids, all of which are covered by our performance guarantee. Dr. Popowski is proud to be an InfantSEE provider. As a volunteer doctor in this important program, Dr. Popowski offers a FREE vision and eye health examination for all infants under 12 months old. One out of four children has an undetected vision related

learning problem! We want to give each child every opportunity to perform their best in school. Vision is the most important part of a child's potential for learning and success. If your child has not had an eye exam yet, call us today at (719) 471-1107 to schedule an appointment! [\[Back to Top\]](#) [Contact Lens Services](#)

Elite Vision offers a large and complete selection of contact lens brands for our patients. We keep thousands of diagnostic trials in stock to serve you better. We will make every effort to find the right contact lens for your prescription, eye health and lifestyle needs. We offer Extended Wear lenses that you can sleep in for up to 30 days, Daily Disposable lenses for low maintenance wear, Astigmatism lenses to correct your vision precisely, Multi-focal Lenses to reduce or eliminate your need for reading glasses, Rigid lenses for keratoconus and special prescriptions, and Colored Contacts for enhancing the color of your eyes. Our contact lens companies include products from the well known manufacturers Bausch & Lomb, CIBA, Cooper Vision, and many other specialty companies. We provide one-on-one training and instruction to first time wearers to make sure they are comfortable inserting, removing, cleaning and replacing their contacts properly. Our prices will remain competitive to be able to provide you with all your vision care needs. We also offer discounts and free shipping when you purchase your annual supply of contact lenses from us. Ask us if contact lenses could be an option for you! [\[Back to Top\]](#)  
Spectacle Lens Technology

Elite Vision is proud to offer the most technologically advanced lens materials and designs available. We feature lenses by the most innovative lens manufacturers in the industry including: Essilor, Hoya, Pentax, Seiko, Shamir, Sola, Vision-Ease, and Zeiss. All of our lenses come with a performance guarantee to ensure your complete satisfaction. There is much more to optimal vision than a simple written number prescription. Your vision depends on many lens options including: your prescription, lens design, lens material, lens tint, Transitions, polarization, anti-reflective coating, anti-glare, anti-scratch, impact resistance, UV protection, and edge polishing. With the great number of lens options available, choosing the optimal lens for your individual vision needs can be a daunting task. We continually evaluate the latest lens designs available and have developed a system to make the lens selection process easier for you. Our lens packages are specific to your needs and requirements. At the conclusion of your exam, we will explain and discuss which lens options will work best to optimize your vision. [\[Back to Top\]](#) [Glaucoma Detection & Management](#)

Dr. Popowski has had the unique opportunity to train under experts in the field of glaucoma detection and management. At Elite Vision, we have invested in state-of-the art equipment to screen every patient for glaucoma, a sight-threatening disease. Early detection is the key to prevent vision loss! During every comprehensive exam, Dr. Popowski performs the screening tests and assesses the risk factors of each patient to determine whether further testing or treatment is needed. [\[Back to Top\]](#) [Diabetic Eye Disease](#) Diabetic eye disease is the number one cause of blindness in America! It is crucial for patients with diabetes to have an annual dilated eye examination to assess the health of their eyes. Many steps can be taken to prevent blindness including medication, injections, laser treatments and other surgical options. But unfortunately, many patients do not have any symptoms or vision problems so they do not think it is important to see their eye doctor. This is a common misconception, often problems arise without symptoms. If treated early, vision loss can be prevented or the progression of vision loss slowed. After your eye examination, Dr. Popowski will send a detailed report to your Primary Care Physician and/or Endocrinologist to report any findings. Often medications need to be increased or modified based on findings within the eye that Dr. Popowski can see during your dilated fundus exam. By working in conjunction with your other physicians, you receive the best health care possible. [\[Back to Top\]](#) [Cataract Assessment & Surgical Co-Management](#) Cataracts are a natural aging process that causes the lens of the eye to become cloudy. Patients with cataracts experience a loss of visual clarity, increased sensitivity to glare and changes in their prescription. During every patient's comprehensive eye examination, Dr. Popowski evaluates the health and clarity of the natural lenses of the eye, using a state-of-the art slit lamp microscope. Should cataract surgery be indicated to restore proper visual function, you will be referred to one of our trusted local surgical partners. After the cataract surgery, Dr. Popowski will provide your post-surgical care to make sure you heal properly and get the correct glasses prescription afterwards. There are several new options in lens replacement surgery, including Rezoom and Restore lenses, that provide vision similar to bifocal lenses to decrease your dependence on glasses after surgery! [\[Back to Top\]](#) [LASIK Evaluation & Surgical Co-Management](#) Good vision is critical for everything you do. Don't trust just anyone to do surgery on your eyes. We work closely with the best local eye surgeons to increase the likelihood of an optimal outcome post refractive surgery. LASIK and PRK are both safe procedures that can be beneficial to many people, but they are not for everyone. During the course of your comprehensive eye examination, we will take many measurements and evaluate your eyes to determine if you are a good candidate for refractive surgery. After your surgery, we will provide you with expert post-operative care and your annual comprehensive vision and eye health examinations. Dr. Popowski has extensive experience co-managing refractive surgery and has served as a professional consultant for refractive surgery for several years. [\[Back to Top\]](#) [Sports Vision](#)

As an elite athlete, Dr. Popowski takes a special interest in enhancing the performance of other athletes. There are many technologies available to enhance performance such as special lens tints for specific sports, shape and wrap of lenses, choice of lens materials, sport specific eyewear such as goggles, scuba masks, safety eyewear and specialty contact lenses. [\[Back to Top\]](#) [Red Eye & Acute Care](#)

If you have a red eye, infection, injury, or a foreign object in your eye, we have all the necessary instruments and equipment to take care of you. Don't wait for hours in the ER when you can call Dr. Popowski, an eye doctor with

extensive trauma and injury training and experience, to assist you promptly. Call our business phone 719-471-1107 and you will be connected directly to Dr. Popowski 24 hours a day, 7 days a week.

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