



Optometry Clinic

Prevent avoidable sight loss by seeing an Optometrist once a year. Our Optometry Clinic has three Optometrists assigned to diagnose and treat visual problems, manage eye diseases, injuries/emergencies, and other disorders of the eyes. Our clinic is well equipped to treat glaucoma, neurological eye diseases, corneal diseases, and corneal abrasions.

What are some of the age specific eye issues Veterans should be screened for?

- **Ages 18-44:** the need for prescription glasses, Veterans deployed to desert environments who have been exposed to intense glare/ultraviolet light may experience photophobia, dry eye issues, and even early onset of cataracts
- **Ages 45-59:** development of cataracts, floaters, glaucoma, and potential need for bifocals
- **Ages 61-79:** cataracts, and retina disease screening
- **Ages 80+:** macular degeneration, double vision



Dr. Bruce Muchnick, Staff Optometrist

Cataracts: are associated with cloudy/blurry vision.

Cataracts develop as we mature and depending on the severity, surgery may be recommended.

Dry Eyes: inflamed eye glands, which gets worse with age. Coatesville VAMC is the only VA medical center nationwide to have the “Intense Pulsed Light or IPL” equipment to treat this condition.

The IPL quells the inflammation and boosts the oil production of the glands to mitigate dry eye.



Intense Pulsed Light for dry eye treatment

Floaters: are typical for the aging eye and although they can be irritating, they are usually not a problem. Nevertheless, floaters can be related to a retinal detachment and should be checked. A retinal detachment can lead to blindness.

Glaucoma: a silent and more common eye disease, which leads to blindness if untreated. Coatesville VAMC has a Glaucoma Clinic and the ability to provide full treatment for this disease.

Photophobia: a symptom caused by intense sunlight which can generate intense migraines and/or nausea.

Red Eyes: are viral infections or eye allergies. Treatment usually consists of taking an antibiotic or anti-inflammatory medications.

Optometry Clinic (continued from front cover)

Surgeries are not performed at the Coatesville VAMC. Surgeries for cataracts, glaucoma and/or retinal detachment are referred to either Lebanon, Philadelphia or Wilmington VAMCs. Veterans who are screened for low vision are referred to the Low Vision Center at the Lebanon or Philadelphia VAMCs, for low vision optical treatment.

Prescription Glasses: Glasses are free (allowed one pair a year). Veterans can pick from a variety of designer plastic or metal frames. We also provide transitional lenses, progressive level (all tints), and straight-line bifocals.

Clinic Availability:

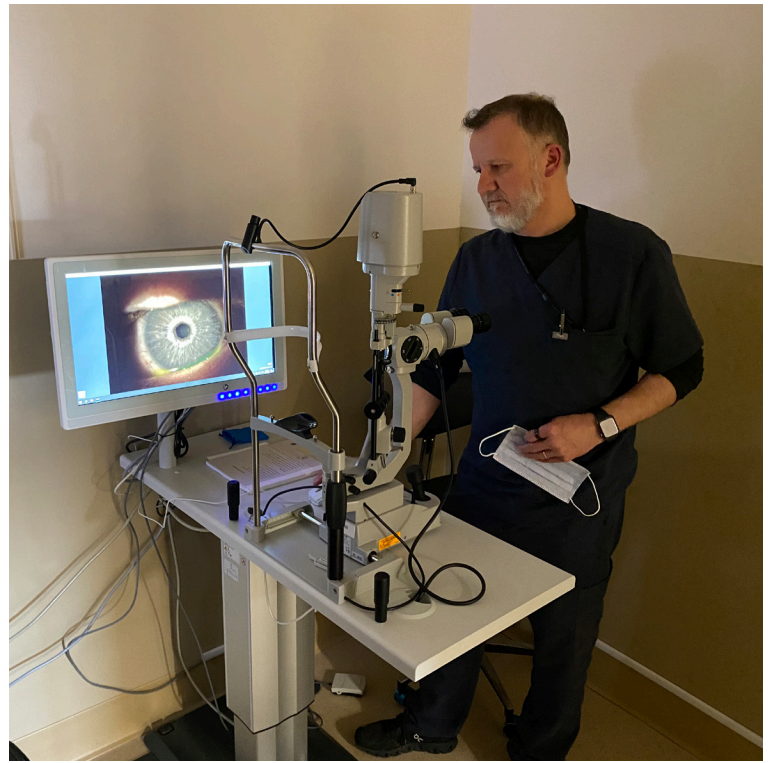
Enrolled Veterans can schedule an appointment with the optometry clinic directly, no referral needed.

To schedule an appointment call 610-384-7711, ext. 5966 or the Call Center at 610-383-0239

Coatesville VAMC: Mon-Fri, one Saturday a month is available

Delaware County Clinic: Wednesdays

West Norriton Clinic: Mondays



Dr. Marc Myers, Staff Optometrist

Do you know the difference between the PACT-Act & COMPACT Act?

PACT-Act: The Promise to Address Comprehensive Toxics Act expands VA health care & benefits for Veterans exposed to environmental toxic substances, such as Agent Orange, Burn Pits, Asbestos, Camp Lejeune Water Contamination, Sandstorm Dust, Radiation, Fuels/Solvents, etc.

More information at: www.va.gov/PACT

COMPACT Act: Veterans in acute suicidal crisis will be able to go to any VA or non-VA facility for emergency suicide health care and treatment at no cost - this includes ambulance transportation costs, in-patient or crisis residential care for up to 30 days, and outpatient care for no more than 90 days. Veterans do not need to be enrolled in the VA system to use this benefit.

More information at: [critical, life-saving care for Veterans in acute suicidal crisis under COMPACT Act](#)

Free S.A.V.E. (SIGNS, ASK, VALIDATE, ENCOURAGE) TRAINING:

S.A.V.E. is skills training provided by VA suicide prevention coordinators to Veterans and those who serve Veterans. It provides information and steps that anyone can take when a Veteran may be at risk for suicide. We all play an important role in suicide prevention and it is important to have the tools needed to save a life. S.A.V.E. provides simple steps that anyone can take when talking with Veterans at risk for suicide.

- S** Signs of suicidal thinking should be recognized
- A** Ask the most important question of all – “Are you thinking of killing yourself?”
- V** Validate the Veteran’s experience
- E** Encourage treatment and Expedite getting help

You can prevent Veteran suicide. Start by learning the VA S.A.V.E. acronym.

To schedule training contact Suicide Prevention Coordinators:

Melissa McElwaine, LCSW
610-384-7711, ext. 5759
or Karen Chang, LCSW at
ext. 5074.



Free Naloxone for Eligible Patients Without a Prescription. See if you are eligible to receive a naloxone kit today!

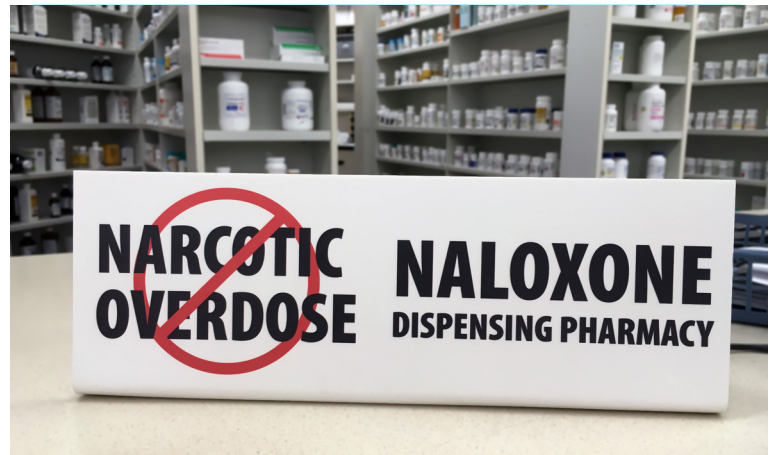
Coatesville VA pharmacists are now able to dispense naloxone nasal spray from the outpatient pharmacy without a prescription from your provider.

What is Naloxone? Naloxone is a life-saving medication to temporarily reverse an opioid overdose.

Even prescribed opioid medications can slow or even stop breathing, thus, causing an overdose.

Who is eligible? *(list not all-inclusive)*

- Veterans with an active or previous opioid pain medication
- Veterans with medications that slow down nervous system
- Veterans with a previous overdose event
- Veterans at high risk of overdose



Download the video:

How to use the VA Naloxone Nasal Spray by scanning this QR code with your phone.



Do you know where your DD214 is?



Your DD214 is your military discharge document, which you received upon discharge from active

duty/Title 10 military service. It is the most important document to prove your military service and type of discharge. Your DD214 lists your dates of service, rank, awards, deployments (if any) and discharge status.

Your DD214 is key to accessing your benefits and is necessary for federal/state employment, social security, VA home loans, burial benefits, GI bill/education, homeless veteran services, and enrollment for VA medical services.

Make copies of your DD214 and ensure that you safekeep this document/copies. Share its location with the person(s) you trust the most. Some Veterans have filed a copy of their DD214 at their local county courthouse; however, Military.com cautions that there may be a risk of identify theft if your DD214 would become publicly available, as many court records are.

If your DD214 is destroyed/lost, you can request your military records by contacting either:

- National Personnel Records Center (NPRC)
- Contact your state or county Veterans office

Enroll for VA medical services and have your DD214 recorded by the VA. Call our Eligibility & Enrollment Coordinator at 610-383-0265 or 0266.

Fresh2you

Mobile Market



Coatesville VA Medical Center - Parking Lot D
every first Thursday of the month
from 11 a.m. to 1 p.m.

Fresh2You trucks are stocked with the season's best foods from local farmers and producers. Shop the Fresh2You Mobile Market every first Thursday of the month thru November 2 on the Coatesville VA Campus.

Veterans receive weekly specials and sales offers.



Home Based Primary Care:



Home Based Primary Care: HBPC is a health care service provided to Veterans who are home-bound and who have a chronic and disabling medical condition. An interdisciplinary team provides comprehensive primary care to the Veteran in his/her home. HBPC can be used in combination with other Home and Community Based Services.

If interested contact your primary care provider or social worker for more information and to determine your eligibility. You can also reach out to HBPC by calling 610-384-7711, ext. 3373.

Outpatient Mental Health Clinic at Coatesville VA Medical Center is in Bldg. 4

The Outpatient Mental Health Clinic moved from bldg. 57 (now closed) to our newly renovated bldg. 4.

Outpatient Mental Health services includes: Behavioral Health Interdisciplinary Program, Post-Traumatic Stress Disorder, Substance Use Disorder, Neuropsychology, and Social Work.

Connect with us at
www.va.gov/coatesville-health-care
and on Facebook



For updates about our medical center operations, please view the **"Alert"** & **"Local Alerts"** section on our website
www.va.gov/coatesville-health-care

