

# Specialists at Moses EyeCare see the whole patient



“It’s not what you look at that matters, it’s what you see.” – *Henry David Thoreau*

You may look at an optometry practice as simply a place to have your eyes examined to be fit for eyeglasses and contacts. However, at Moses EyeCare Centers, you’ll see that the team offers a full scope of optometry including services for the entire family such as specialized vision care and medical eye health management.

The team is dedicated to patients’ total health. The doctors are trained in the diagnosis, treatment and management of a variety of ocular conditions including glaucoma, macular degeneration, diabetes, dry eye and keratoconus along with many others.

Dr. Nicole Albright is a board-certified optometrist who practices Medical Optometry. Born and raised in Merrillville, Dr. Albright earned her Doctor of Optometry from Indiana University School of Optometry in 2008 and then completed a residency in ocular disease at Bennett and Bloom Eye Centers in Louisville, Ky.

Dr. Albright works with patients suffering from diabetes, macular degeneration and dry eye and fits contacts for the general population and advanced specialty cases. She specializes in pre- and post-operative management and advanced treatment and management of ocular disease. Dr. Albright also works with patients afflicted with glaucoma, autoimmune disorders, Albinism, thyroid issues, brain tumors and more.

“Many systemic diseases and our daily habits can cause ocular issues,” says Dr. Albright. “For instance, smoking may increase the risk of macular degeneration.”

Dr. Albright manages patients with age-related macular degeneration, often referred to as AMD, a condition usually seen in older adults and the leading cause of visual impairment and blindness in adults older than 50. Degeneration of the macula leads to a loss of vision in the center of the visual field because of the damage to the retina.

Another significant systemic disease that may affect eyesight is diabetes, which can cause bleeding in the eye. Dr. Albright works with diabetic patients to

address ocular complications of the disease, as well as providing ocular health updates to the patient’s primary care physician or endocrinologist. If not caught early, diabetic retinopathy can cause mild blurriness at near or far distances, as well as floaters. In severe cases, it can result in permanent damage that cannot be reversed. However, if caught in time, treatments may slow development and prevent vision loss.

Dr. Albright manages glaucoma medically and refers patients to a glaucoma specialist if surgical intervention is necessary. Glaucoma is the second leading cause of blindness and can result in damage to the optic nerve, which can lead to progressive, irreversible vision loss.

*It’s not what you look at that matters, it’s what you see.*

– *Henry David Thoreau*



Dr. Albright also sees patients with Lupus, which can limit blood supply to the retina and significantly affect vision. She monitors these patients for side effects from their Plaquenil usage (commonly prescribed for systemic management of Lupus), as Plaquenil toxicity can lead to severe vision loss from retinal damage.

In medically advanced cases for patients with corneal transplants or Keratoconus (cone-shaped corneas), Dr. Albright fits patients with “Scleral” specialty contact lenses, classified by the Food and Drug Administration as ocular prosthetics. Sclerals are a larger gas permeable lens that also may be effective for patients with high levels of astigmatism, those with strong prescriptions and individuals with congenital irregular corneas or corneal

abnormalities from surgery or trauma. Scleral lenses have also been approved for the management of severe dry eye and ocular surface disease when medication alone is insufficient for patient comfort and visual clarity.

“The contact lens protects the eye with all-day moisture on the surface of the eye,” Dr. Albright explains.

For patients with ocular Albinism, Dr. Albright fits them with special contacts to help relieve symptoms including photophobia, as those with Albinism do not have enough pigment in their irises, which causes them to be more sensitive to light. These lenses are also used for injury to or damage of the iris, the colored portion of the eye.

Dr. Albright is not only devoted to her patients, but also to the next generation of optometry students who are seeking hands-on experience. While in residency in Kentucky, Dr. Albright says she was privileged to intern and shadow optometrists and ophthalmologists. She decided that she wanted to extend those same opportunities to local students and knew they could benefit from seeing how doctors interact and communicate with patients daily. In June 2020, she helped start an intern program at Moses EyeCare Centers for students at the IU School of Optometry and Chicago College of Optometry at Midwestern University. Interns spend about 90% of their time with various optometrists at Moses EyeCare and 10% of the time with local ophthalmology groups.

“The internship is quite impactful and beneficial, as it gives the students the chance to see how all parts of the practice work,” Dr. Albright notes.

Board certified, Dr. Albright also is a member of the Indiana and American Optometric Associations. Fluent in Spanish, she is able to serve Hispanic patients in Northwest Indiana. She also serves as the president of the local optometric society.

Founded in 1975 by Dr. Robert W. Moses, a Fellow of the American Academy of Optometry, the 11 Northwest Indiana locations of Moses EyeCare employ board-certified professionals who provide quality eye care to tens of thousands of patients.

For more information on vision therapy, the team of doctors and the nearest Moses EyeCare Center, call 833-DRMOSES (833-376-6737) or visit [moseseyecare.com](http://moseseyecare.com).

