

Spectrum Eye Center welcomes Dr. Keith P. Poindexter to our practice! Beginning in February 2022, he will see patients full time at our office located at 160 Fox Hollow Court, Pinehurst, NC.

Dr. Poindexter joins Dr. Scott Athans, Dr. Michele Keel, and retiring Dr. Kenny Bumgarner at Spectrum Eye Center to offer the patients of our community a full spectrum of eye care services including comprehensive eye examinations for adults and children, treatment and management of eye disease, eye injury and emergency services, and complete optical services including contact lens, eyeglasses, and sunglasses. His specialties include ocular disease management, pediatric and family eyecare, and myopia management. Myopia management is a treatment program for children prescribed by eye doctors to slow down myopia (nearsightedness) progression and reduce risk for eye disease later in life. Dr. Poindexter has served Moore county and the surrounding area for more than 20 years as an optometrist.

Education and Professional Development:

Dr. Poindexter received his undergraduate degree from NC State University and his doctorate from the University of Alabama School of Optometry. He performed externships at the Veterans Administration Medical Clinic in Fayetteville, NC and Carolina Eye Associates in Southern Pines, NC. His past and present professional society memberships and honors include the American Optometric Association, NC Optometric Society, Phi Kappa Phi Honor Society, and Beta Sigma Kappa International Optometric Honor Society. He served as an examiner for the Pediatric Eye Disease Investigator Group and is a Certified Professional Coder. Since graduating optometry school, Dr. Poindexter has pursued many additional business educational opportunities from the University of Michigan, University of Pennsylvania, and Northwestern University.

Public Service:

Dr. Poindexter believes deeply in public service and in giving back to his community. He attends New Covenant Fellowship Church in Carthage where he serves as an Elder and helps coordinate their annual health fair. He is a Lions club member and he served as president of the Carthage club for many years. He also has been a volunteer coach for multiple youth sports teams and participates in mentor programs allowing students to follow a professional for a day.

Getting to know Dr. Poindexter:

We asked Dr. Poindexter some personal questions in an effort to get to know him a little better. We share his responses below.

What led you to a career in optometry? While I was a freshman at NC State and was in the process of changing my major (physics was apparently not my calling), I had an appointment with my local optometrist. We always discussed life and Wolfpack athletics as much as we did eyeballs. When we discussed my change of majors he asked, "Are you good at math and science?". I answered yes. He said "Then you ought to consider optometry...I work in a climate controlled environment, I make a decent living, and I get to help folks all day. Take a look at this (optometry) brochure". The rest is history!

What do you enjoy most about your profession? I enjoy the patient education process. Knowledge is power. But mostly, helping people is what it's all about...whether it's removing a foreign body, improving vision while co-managing their cataract surgery, relieving pain from an ocular abrasion, removing a tick from an eyelid (yes, that happens), providing crisp vision with glasses or contact lenses,

or helping reduce preventable vision loss. I will never forget that magical moment when my optometrist gave me my first pair of glasses, escorted me to his window, and showed me how I could then see in high definition... like the leaves on trees. It was truly life changing. Prescribing glasses can be mundane for us as eyecare providers at times, but I never want to forget I'm part of that incredible experience.

What was your experience like while obtaining your Doctorate in optometry? Three months after marrying my wife of 26 years (Julie), we departed for optometry school. Optometry school was very challenging academically but was also a great time in my life. My class size in Birmingham was selective and therefore small (40 total), but I had a great group of classmates. Most of my fellow male classmates were single, and also loved sports like me. I watched many games on TV with those guys, oftentimes while simultaneously studying. We won the flag football championship in our fourth year (we were terrible in year one though). Julie and I also had my first child, who was a preemie, while in school. We have pictures of me studying while sitting next to my daughter's incubator in the neonatal intensive care unit. Lots of fond memories from school. Plus, the Birmingham food was stellar.

Where were you prior to Spectrum Eye Center? I practiced with a pediatric ophthalmologist from 2001 until 2019 where I provided primary eye care for all ages. From 2019 until early 2022, I practiced in Lumberton (with its associated higher rates of diabetes, hypertension, glaucoma, etc). Those experiences taught me a ton about pediatric eye care and examination techniques, and allowed me to manage myriads of ocular disease (trauma, infection, dry eyes, glaucoma, cataracts, etc) as well as the ocular complications of systemic diseases (like diabetes, sarcoid, rheumatoid arthritis, etc). I look forward to bringing this experience to Spectrum Eye.

What do you look forward to in the coming years, practicing at Spectrum Eye Center? I respect what Drs. Bumgarner, Athans, and Keel have built there, including the high standards of care that are part of the Spectrum Eye Center experience. That tradition of excellence is exciting to be a part of. It will be a challenge to fill the void left by Dr. Bumgarner, but I'm optimistic that Drs. Athans, Keel and I can continue to serve Moore County, together, as a great team. I look forward to once again caring for my family, friends, and neighbors. Trusting someone with your eyesight is not something I take lightly. I'm grateful for that opportunity and will not take it for granted..

How do you feel about living in Moore County? My parents are from Carthage, NC. My wife and I live in Carthage with two of our three kids (one is grown and on her own). We reside in my grandparents former home (built in the thirties) which we restored. I have several cousins within walking distance from our house. It's nice to have deep roots in the area, and we enjoy the country lifestyle.

What do you like to do in your free time? I love attending NC State Wolfpack games with friends and family. We've made many memories there. I am a moderately avid runner but my favorite pastime is golf. Having a teenage son who loves to hunt and fish keeps me on the move as well. Also, my wife Julie and I are king and queen of netflix binging! We attend New Covenant Fellowship Church regularly. Also, I take at least one trip per year with four high school buddies...a tradition since I graduated optometry school in 1999. We hike, zip line, kayak, ride ATVs, etc while on those trips..

Can you share a few fun facts about yourself?

- I've not had any caffeine since 2009.
- I eat a PB and J sandwich daily (studies say each one adds 33 minutes to your life lol!).
- Julie's dog likes me more than she likes Julie... I'm kind of a dog whisperer.
- I love fruity candy (skittles, nerds, now or later).

- I can't sleep sitting upright, but I can sleep anywhere I can lay flat.
- Grape pop tarts (my favorite) were discontinued about the time my son was born.... so I kept a pack til he was old enough to truly appreciate it...perhaps the last known uneaten grape pop tart on the planet.
- I don't like to clutter the house with decorations, but Julie LOVES it (don't get me started!).
- I'm early to bed, earlier to rise.
- I've already had cataract surgery in one eye.
- I'm VERY near sighted...and that's part of my passion for eye care and myopia management..
- I tried contact lenses at age 15 but couldn't get them in/out until I met a girl at age 17 who said "I think you'd look good in contact lenses." With that increased motivation, I learned to wear them... then later married that same sweet girl.
- I'm color deficient. Julie has to match my clothes daily. Ironic, I know!
- My parents ran a convenience store for over 40 years... I learned a lot about communication, finances, work ethic, and customer (now patient) service in that old country store.