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Newsletter - June 2011

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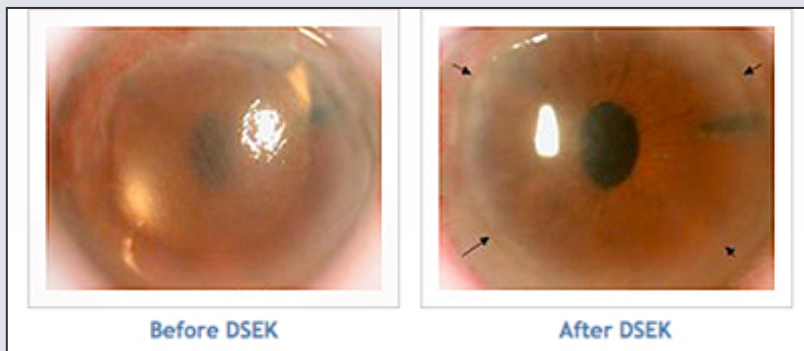
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Fuch's Dystrophy

Fuch's corneal dystrophy is the most common reason why patients require a relatively new form of corneal transplantation called DSAEK (Descemet's Stripping Automated Endothelial Keratoplasty). This relatively common disease which causes swelling of the cornea and hence blurred vision has always been known to be genetic, and in a recent New England Journal of Medicine article, the strong genetic component has been established. Dr. Aizuss and Dr. Elkins have been performing DSAEK for the past 4 years with remarkable results, especially compared to the "old" full thickness corneal transplant surgery. Family members of patients with early Fuch's Corneal Dystrophy should be screened for the disease. It is easily detected by examining the cornea in the office.



Before DSEK

After DSEK

[Contact us for more information about Fuch's Dystrophy.](#)

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Testimonials

"Dr. Zeegen I appreciate the service you gave to my granddaughter, she is extremely happy with the results of her lasik surgery and as with me very impressed with you."

– Virg

"Dr Aizuss - This is a note of appreciation to you for making my days and nights sharper, brighter and easier. Thank you."

– B. Pick

Shingles Vaccine

The Food and Drug Administration recently lowered the age limit for the Shingles vaccine from 60 years old to 50 years old. We at OAV strongly recommend that you get a Shingles vaccine if you fall within this age range. Shingles is a very common flare up of Chicken Pox. The Chicken Pox virus (Varicella Zoster), which virtually everyone was exposed to during childhood, was never killed by the immune system. Rather, it lies dormant in the nervous system, waiting for a time when stress, illness, or injury prevents the immune system from keeping it in hibernation. The typical chest or abdominal rash seen in the elderly is relatively benign except for the pain and neuralgia that may follow. The major health problem, however, is if reactivation occurs in the eye. Shingles in the eye can lead to corneal inflammation, corneal scarring, glaucoma, optic nerve and retinal problems, double vision, and even blindness. We at OAV unfortunately see too much of this disease so we strongly recommend that all of our patients in the eligible age range get vaccinated. Most insurance covers this. If not, it probably will cost between \$200 to \$300. A recent study in the Journal of the American Medical Association showed a 55% decrease in reactivation after vaccination. Please discuss your eligibility for vaccination with your internist. Here is a link to more information on shingles.



<http://jama.ama-assn.org/content/305/2/212.full>.

Contact us for more information on the shingles vaccine.

"I love waking up in the morning and being able to see. Not having to grab for my glasses and put in my contacts is amazing! I have been a patient of Dr. Elkins for over 10 years. He and his staff do a good job at being very thorough"
- M.G.

"Dr Saulny - is a fabulous doctor! Fabulous cosmetic surgeon!"
- D.N

"I drove to see Dr. Kramar today without any glasses. I can now read street signs, that I couldn't see before. I am very pleased with my cataract surgery and the care I received from Dr. Kramar."
- M.P.

"Eye Vitamins"

Ophthalmology Associates of the Valley strives to provide the most current, most advanced treatments, procedures and medications to our patients.

We are pleased to recommend a new formulation of eye vitamins for the treatment of macular degeneration based on the AREDS2 formula.

The National Eye Institute, a division of the Federal Government, studied 5,000 patients with macular degeneration over a 10 year period in the AREDS1 study and found a formula of vitamins and antioxidants that reduced the advancement of macular degeneration by 25%.

The next generation study is called the AREDS2 which uses a more advanced eye vitamin formulation. Due to promising initial results, OAV is now recommending this latest formulation.



One of the main differences between the two studies is that the AREDS1 study included 26,000 international units of vitamin A, beta-carotene, which is 5 times the recommended daily allowance. Five times the recommended daily allowance of any nutrient, including beta-carotene, over an extended period of time can have potential side effects.

The AREDS2 formula replaced the beta-carotene with Lutein and Zeaxanthin, carotenoids found naturally in the pigment of the retina.

In an effort to help our patients with rising healthcare costs, OAV has identified EVOA Supplements as an excellent quality manufacturer of the AREDS2 formula. At approximately \$5.00 per month savings, the AREDS2 formula can be shipped directly to your home at the cost of \$27.39 which includes taxes and shipping.

Regardless of the source of your AREDS2 formula vitamins, if you have been diagnosed with macular degeneration we encourage you to take the AREDS2 formula. If you are interested in investigating further, please go to www.evoahealth.com or call EVOA Supplements at 1-877-390-9452.

Previous Newsletters

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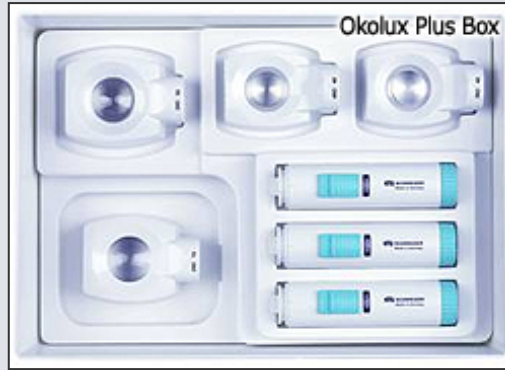
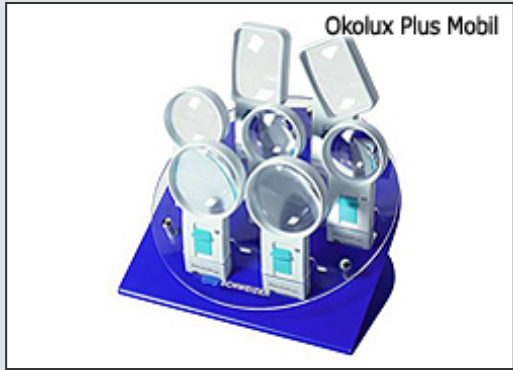
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[Click here to order Eye Vitamins online.](#)

Low Vision Aids from Precision Vision

Ophthalmology Associates of the Valley is happy to announce that we are now carrying low vision aids from Precision Vision. Each magnifier is equipped with a 4 chip SAD LED which provides a very bright, consistent high contrast light source and creates the ideal illumination for reading material due to the special light emitting diode.



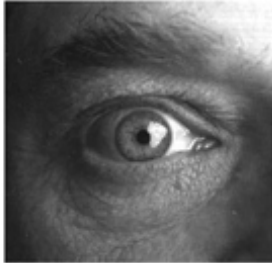
The Okolux plus Mobil magnifier has been engineered to have a low energy consumption and to provide a long battery life.

In addition each magnifier includes three AAA batteries, a microfiber pouch for protection and lens cleaning, as well as a convenient integrated lanyard holder.

If you are interested in obtaining one of these great low vision products please feel free to ask your doctor or inquire within our optical shop.

[Contact us for more information on low vision aids.](#)

Glaucoma Quiz



Take this Eye-Q test — See how much you know about glaucoma

Millions of Americans are at risk for vision loss from glaucoma, a leading cause of blindness in the United States. Are you one of them? If you are, do you know how to reduce your risk of blindness? To determine how high your Eye-Q is, answer the following questions about glaucoma.

- | | True | False | Not Sure |
|--|--------------------------|--------------------------|--------------------------|
| 1 Glaucoma is more common in African Americans than in Whites. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Glaucoma tends to run in families. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 A person can have glaucoma and not know it. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 People over age 60 are more likely to get glaucoma | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Eye pain is often a symptom of glaucoma. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 Glaucoma can be controlled. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Glaucoma is caused by increased eye pressure. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Vision lost from glaucoma can be restored. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 A complete glaucoma exam consists only of measuring eye pressure. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 People at risk for glaucoma should have an eye examination through dilated pupils. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

To see if you have a perfect Eye-Q score, read all the answers on the back. If you got 9 or 10 right, congratulations. You know a lot about glaucoma. If you missed some, review the answers so you can share your knowledge with your family and friends.

Answers

- 1 True.** In a study funded by the National Eye Institute, researchers at The John Hopkins University reported that glaucoma is three to four times more likely to occur in African Americans than in Whites. In addition, glaucoma is six times more likely to cause blindness in African American than in Whites.
 - 2 True.** Although glaucoma tends to run in families, a hereditary basis has not been established. If someone in your immediate family has glaucoma, you should have a comprehensive dilated eye examination every one to two years.
 - 3 True.** The early stages of open-angle glaucoma, the most common form, usually have no warning signs. However, as the disease progresses, a person with glaucoma may notice his or her side vision gradually failing.
 - 4 True.** Everyone over age 60 is at an increased risk for glaucoma, especially Mexican Americans. Other groups at increased risk are African Americans over age 40 and people with a family history of glaucoma. Children and babies can also develop glaucoma.
 - 5 False.** People with glaucoma usually do not experience pain from the disease.
 - 6 True.** Although glaucoma cannot be cured, it can usually be controlled by eyedrops or pills, conventional surgery, or laser surgery. Sometimes eye care professionals will recommend a combination of surgery and medication.
 - 7 False.** Increased eye pressure means you are at increased risk for glaucoma, but does not mean you have the disease. A person has glaucoma only if the optic nerve is damaged. If you have increased eye pressure but no damage to the optic nerve, you do not have glaucoma. Follow the advice of your doctor.
 - 8 False.** Vision loss from glaucoma is permanent. However, with early detection and treatment, the progression of vision loss can be slowed or halted, and the risk of blindness reduced.
 - 9 False.** A measurement of eye pressure by tonometry, though an important part of a comprehensive eye exam, is, by itself, not sufficient for the detection of glaucoma. Glaucoma is detected most often during an eye examination through dilated pupils. Drops are put into the eyes during the exam to enlarge the pupils, which allows the eye care professional to see more of the inside of the eye to check for signs of glaucoma. When indicated, a visual field test should also be performed.
 - 10 True.** An eye examination through dilated pupils is the best way to diagnose glaucoma. Individuals at increased risk for the disease should have their eyes examined through dilated pupils every one to two years by an eye care professional.
-

**Get your eyes examined.
Don't lose sight of glaucoma.**

[Click here to download the quiz.](#)

[Contact us for more information about Glaucoma.](#)

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