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Newsletter - April 2009

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Welcome

Spring is here and with the change of the seasons we normally expect to see an increase in dry eye related complaints and allergies. This month's newsletter offers information concerning dry eye etiology and treatment. In addition read below to learn more about one of our latest technological additions for corneal mapping, the Pentacam, as well as an amazing story about Dr. Saulny's inauguration adventure.

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Testimonials

Dry Eyes

There are two types of dry eye problems. The first is decreased tear production, which means that the **quantity** of the tears is poor. The second is tear film deficiency, which means that the **quality** of the tears is poor. There are three basic ways to treat the "quantity" problem. Artificial tears are the most common option. There are two types of artificial tears. The first type comes in a bottle and contains preservatives. These drops are usually used four to five times daily. Because some patients find the preservatives maybe irritating, preservative-free tears are available in individual vials that can be used every hour or more frequently as needed.

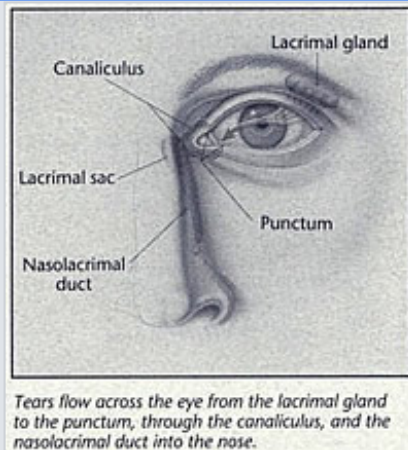
Restasis, which requires a prescription, is an eye drop medication that helps the eyes produce more natural tears. The eye drops are taken twice daily. Other than some stinging when first used, Restasis is well-tolerated and has no systemic side effects. One drawback is cost and the other is that not all patients find Restasis helpful.

Punctal plugs are the last commonly used method of treating poor "quantity." There is a tiny hole called the "punctum" in both the lower and upper eyelids that collects the tears and takes them through a canal system to the nose. This is why your nose runs when you cry. In more severe cases of dry eyes, punctal plugs, which are made out of collagen, can be placed in the punctum inside the eyelids. The plugs are painless, and you can't feel them. They essentially act to keep more of your tears in your eyes. Depending upon the type of plug that the surgeon uses, they dissolve anywhere from a few weeks to six months after placement.

*Four generations of our family see Dr Zeegen!
- M.P.*

*Dr Aizuss- is a fabulous surgeon! Really cares about his patients, extremely practical, often anticipating your questions and answering them before you can formulate them into speech.
- U.K.*

I love Dr. Elkins, he saved my left eye several years ago when I was in for a routine



checkup.

- L.L

Dr Saulny - is a fabulous doctor! Fabulous cosmetic surgeon!

- D.N

Previous Newsletters

March 2009_

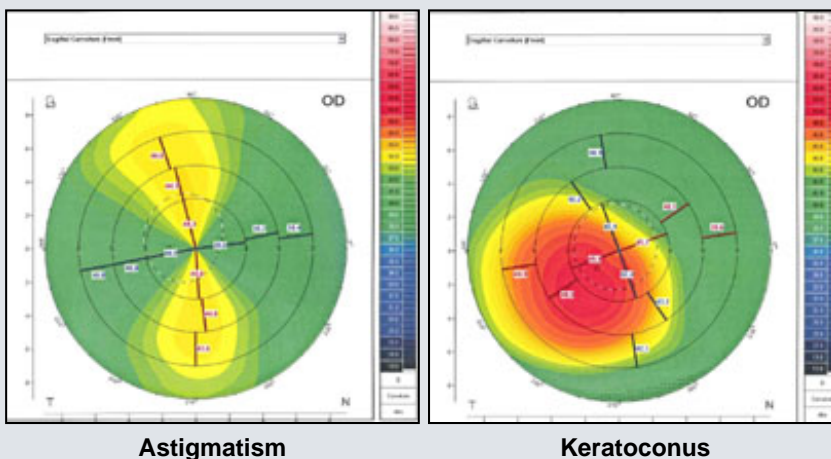
February 2009

For some people, the dry eye problem is a result of glands that are slightly plugged, which prevents them from secreting the normal oil component of tears. Flax seed oil and omega fish oils taken orally in liquid or pill form have been shown to improve the quality of tears that the eyes produce. Certain patients benefit from these over-the-counter supplements. An antibiotic called Doxycycline is also sometimes prescribed for severe dry eye quality problems. This is the same medication used to treat acne in teenagers. Finally, blepharitis is a common condition similar to eczema and dandruff, and treating the condition with special drops or ointments can often prevent dry eye problems, as well as infections.

[Click here for more information about Dry Eyes](#)

The Pentacam: Corneal Precision Mapping

A 43 year old man came to Ophthalmology Associates of the Valley (OAV) for a LASIK consultation. He hoped that he could have surgery so that he would not need to wear glasses anymore for distance vision. The Pentacam images of his left eye seen below demonstrated evidence of an abnormal cornea. As a result, he was told that he was not a good candidate for LASIK. He was diagnosed with keratoconus based on the Pentacam testing.



The Pentacam is the most advanced corneal imaging system in the world. While other imaging equipment offers only a surface analysis, the Pentacam measures 25,000 elevation points producing a 3D graphic analysis of the cornea. This is important, as the cornea has about 65% to 75% of the focusing power of the eye. OAV is one of the only practices in the San Fernando Valley using this special corneal imaging technique. It is a painless and quick computerized study of the front and back surfaces of the cornea. Unlike most practices performing LASIK that only screen patients with regular topography, we are able to detect much more subtle cases of keratoconus and other corneal abnormalities with the Pentacam system. This is important because subtle

corneal diseases such as early keratoconus (a progressive thinning and bulging of the cornea) can be made worse by LASIK. The most important part of the LASIK consultation is deciding if the patient is a good candidate for surgery. The Pentacam is a valuable addition to ensuring that our patients have the best possible results.

[Click here for more information about the Pentacam.](#)

Dr. Stanley Saulny's Inauguration Adventure

Dr. Stanley Saulny escorts OAV patient & WWII Veteran to Obama Inauguration

Mr. Robert Searcy, an OAV patient, served in WWII with the Tuskegee Airmen - the first black pilots who flew in the United States military. The Tuskegee Airmen, along with Medal of Honor recipients, received front-row seat invitations to attend President Barack Obama's Inauguration. [Dr. Stanley Saulny](#), an Air Force Academy graduate himself, helped to arrange transportation for Mr. Searcy and other Los Angeles based Tuskegee Airmen to attend this historic event. Please click on this [link](#) to watch the news coverage of their adventure!



LASIK Stimulus

2009 ECONOMIC STIMULUS UPDATE

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