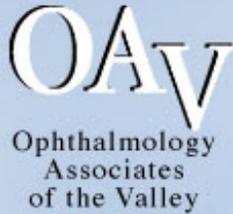


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## Newsletter - February 2009

### In this issue:

- [Laser Vision Correction](#)

- [Cataract](#)

- [Cosmetic](#)

- [Glaucoma](#)

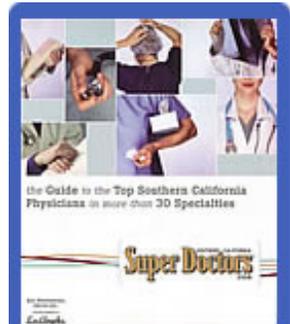
- [Optical Eye Wear](#)

### Welcome

The physicians at OAV would like to welcome you to our new newsletter. We will be sending out periodic announcements to update you about our practice and the rapidly changing field of ophthalmology. We hope you enjoy it. Please direct all your comments and concerns to [info@oaveyes.com](mailto:info@oaveyes.com)

### Laser Vision Correction

The doctors at OAV are pleased and proud to announce our new LASIK center for laser vision correction adjacent to our Encino office. Our center specializes in "All Laser LASIK" utilizing the incredibly precise Intralase femtosecond laser for flap creation, the VISX Star S4 laser for custom treatments, and the Pentacam for the most advanced keratoconus screening available. Please visit our new website at [www.lasikvisioninstituteofthevalley.com](http://www.lasikvisioninstituteofthevalley.com) or [www.lasiklviv.com](http://www.lasiklviv.com) to view our center and for more information. Please don't hesitate to call us at 818-990-EYES to schedule a tour of this state of the art center and a complementary consultation which includes a Wavescan fingerprint of your eyes.



The Guide to the Top Southern California Physicians in more than 30 Specialties

**Drs Aizuss, Elkins, Kopelow were in LA Magazine 2008: Top Doctors**

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**\$500 Discount for LASER VISION CORRECTION**

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**FOR A LIMITED TIME ONLY**

**Get Better Vision Today with 24 MONTHS NO INTEREST!\***



If paid within the promotional period. Minimum monthly payment required. See reverse side for details.

[Click here for more information](#)

### Cataract

#### Revolutionary Lens Implants Help Cataract Patients Read Without Glasses.



OAV's surgeons have been on the cutting edge of premium IOL technology since the beginning, publishing and lecturing other ophthalmologists on these incredible implants. Premium IOL's like RESTOR, Crystalens, Alcon ReSTOR, and Alcon Toric can eliminate the need for distance and reading glasses or eliminate astigmatism at the time of cataract surgery.

[Click here for more information about our premium IOLs.](#)

### Cosmetic

#### BOTOX® Cosmetic

BOTOX® Cosmetic is commonly used to reduce or eliminate the appearance of facial wrinkles. It is injected under the skin into areas surrounding the eyes, forehead and mouth to smooth crow's feet, frown and worry lines, and lines on the neck. Made from a purified protein, BOTOX® relaxes wrinkles and gives the face a rejuvenated look. BOTOX® may also be useful for migraine headaches, excessive sweating, and eye and neck muscle spasms.



[Click here for more information about BOTOX®](#)

## JUVÉDERM® Injectable Gel

Touted as the "next generation" of facial fillers, Juvéderm™ injectable gels gently smooth wrinkles and folds around the mouth and nose and restore a youthful volume to the face.

Made with hyaluronic acid, a natural substance found in the body that works with collagen

and elastin to provide volume and support to the skin, Juvéderm™ is especially effective on smile lines and

"parentheses" (nasolabial folds) that run from the bottom of the nose to the sides of the mouth. Treatment takes only 15 minutes with immediate results and no downtime. Results typically last about 6-9 months.



[Click here for more information about Juvéderm™](#)

## Latisse™

OAV is excited to announce that we will be offering the new prescription only eyelash

enhancer LATTISSE. LATTISSE is the first and only FDA-approved product indicated to

increase the length, thickness, and darkness of eyelashes. Make an appointment today to

find out how we can get you started on this revolutionary product.



[Click here for more information about Latisse™](#)

## Glaucoma

### Nutrition

We are frequently asked by patients if there is anything that they can do to modify or reduce their risk of losing vision from glaucoma. Usually, we can say little but to use their drops and try to live as healthy a lifestyle as possible. In the past it has seemed intuitive that a healthy diet high in antioxidants may help, however there has been no long term study to backup such a claim...until now. A recent study published in the American Journal of Ophthalmology looked at 1,155 women over 65 and found some interesting evidence that suggests a



healthier diet may aid in lowering glaucoma risk. The study specifically found that women who consumed one serving a month of collard greens and kale lowered their glaucoma risk by 69%. Those who ate more than two servings a week of carrots lowered their risk by 64%. In addition the glaucoma risk was lowered by 47% in women who consumed at least one weekly serving of canned or dried peaches. At this point it is unsure why certain foods decrease the risk, however the authors of the study hypothesized that constituents of fruits and vegetables, including flavonoids, isothiocyanates, fiber, and potassium, benefit the health of individuals. In addition, antioxidants may also act synergistically with other constituents of foods including components of fruits and vegetables. Our take home message is that glaucoma is a disease with both genetic and environmental influences. While we cannot change our genetics, this study does provide hope that a healthy diet may help to preserve our vision.

### SLT (Selective Laser Trabeculoplasty)

[Selective Trabeculoplasty \(SLT\)](#) is an excellent addition to our arsenal of options to help our patients battle elevated intraocular pressure in glaucoma. SLT is a simple office treatment that may provide our patients an opportunity to decrease their

dependence on medication or even to eliminate eye drops all together. We have been using the laser as an adjunct treatment to eye drops and, in addition, have had excellent results as a first line treatment. This has helped tremendously with patient compliance. In addition, SLT may be a more cost-effective option compared to drops for patients who have insurance and pay a portion of their healthcare.

### **Cosopt Has Gone Generic**

For those of our patients who take Cosopt to help control intraocular pressure, we want to make you aware that a new generic formulation has become available and is being carried by most pharmacies. The generic version should be much cheaper and our early observations are that it is likely just as efficacious.

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

### **Optical Eye Wear**

Our Optical Shop carries the latest fashion in dress, leisure and sports frames for adults and children. We also carry prescription and non-prescription sunglasses.

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- Bvlgari
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- Coach
- D&G
- Ferragamo
- Giorgio Armani
- Gucci
- Guess
- Jimmy Choo
- Juicy
- Kioyamato O & X
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