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Newsletter - October 2010

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Passing of Dr. George L. Miller

Ophthalmology Associates of the Valley is sorry to inform our patients of the passing of George L. Miller, M.D. Dr. Miller was an outstanding ophthalmologist who was in the solo practice of ophthalmology in Tarzana for many years prior to joining OAV. Dr. Miller retired in 2001. Dr. Miller was on the clinical faculty at the UCLA Jules Stein Eye Institute prior to his retirement. He is survived by his four children.

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High rate of ER visits linked to Contact Lens injuries

A U.S. Food and Drug Administration study has "brought to light the alarming rate of emergency room visits linked to contact lens injuries such as infections and abrasions," the American Academy of Ophthalmology stated. The study (which is published in *Pediatrics*) reviewed medical records from ER departments at 100 hospitals between 2004 and 2005 and estimated that nearly 34,000 cases a year were due to contact lens injury in children and teens. The majority of these contact lens injuries occurred among teenagers between the ages of 16 and 21 years, followed by children between the ages of 11 and 15 years, AAO said.



The findings support AAO's long-standing position that contact lenses are medical devices that require a prescription, proper fitting by an eye care professional, and a commitment to proper care by the consumer. The *Pediatrics* study does not document whether the contact lens injuries were acquired through lenses obtained by a prescription from an eye care professional or illegally through over-the-counter or internet sales (as many decorative lenses are).

The doctors of OAV can not stress enough the importance of proper contact lens fittings and proper care. Contact lens patients should be re-evaluated yearly for contact lens proper fit and ocular health. To find out more about our contact lens services please click on the following link:

[Click here to learn more about contact lenses.](#)

Testimonials

"Thank you Dr Zeegen for giving me my sight back. I am asking God to give you the strength to help others for many more years."

– G. Campbell

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

– B. Pick

"I love waking up in the

Women's Hormone Replacement Therapy Linked to Cataracts

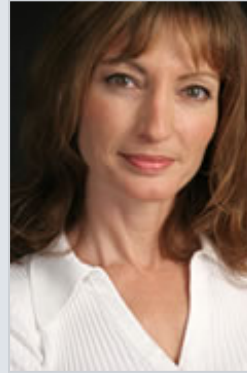
An 8-year prospective study of more than 30,000 postmenopausal Swedish women found that those who were using or had used Hormone Replacement Therapy (HRT) had significantly higher rates of cataract removal compared with women who had never used HRT. Alcohol consumption seemed to increase HRT's harmful effect, the study said.

Researchers evaluated more than 4,300 cataract removal surgeries performed between 1997 and 2005. They found that the risk for cataract removal was increased by 14 % in women who had used HRT and by 18 % in current HRT users, compared with women who never used HRT. Longer duration of HRT use correlated with increased risk. Current HRT users who also reported having more than one alcoholic drink per day had 42% increased risk, compared with women who used neither HRT nor alcohol. Smoking status did not significantly affect risk. Data was adjusted for exposure to external (exogenous) estrogens such as birth control pills, as well as reproductive and other health factors.

Estrogen receptors have been detected in the eye's lens and naturally occurring (endogenous) estrogen appears to protect the eye from cataract, along with guarding cardiovascular and other body systems before menopause, the researchers said. Exogenous estrogens like those used in HRT do not function the same way.

The most important finding was that postmenopausal women who used hormone replacement therapy for a long period of time may be at an increase risk for cataract extraction. Many middle aged women do have a good benefit of HRT in the treatment of postmenopausal symptoms. Women should not be advised against using HRT, but should be recommended to limit the duration of HRT usage.

[Contact Us for more information about cataracts](#)



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.

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Back to School Fun: Free Teacher Workbooks Available

The Foundation of the American Academy of Ophthalmology's [Museum of Vision](#) has created an entire curriculum to teach children about the fascinating and spectacular science of vision. The free teacher workbooks focus on the human eye, the differences between human and animal vision, and how the brain processes images like optical illusions and 3D. The guides are filled with discussion points and fun interactive activities. The guides provide curriculum and educational activities suitable for children age 10 to 14.



- [Eye Openers: Exploring Optical Illusions](#) describes a booklet designed to help educators teach basic concepts of vision including binocular vision, persistence of vision, and eye-brain connection. It includes activities for youngsters and provides appropriate handouts.
- [Animal Eyes](#) describes the basic concepts of vision and explores the amazing eyes of the animal kingdom. The booklet teaches about the human visual system, how human eyes differ from animal eyes, seeing in the dark, and color vision.

- [*Art and Vision: Seeing in 3D®*](#) describes the concepts of vision and special visual techniques that help to create the illusion of depth. It includes sections on size scaling, overlapping, atmospheric perspective, and linear perspective.

These fun and educational guides are available online for download by visiting: www.museumofvision.org/education.

[Click here for more information](#)

EyeWiki

EyeWiki is a single site where ophthalmologists, other physicians, patients and the public can view detailed content written by ophthalmologists covering the vast spectrum of eye disease, diagnosis and treatment.

You can find the EyeWiki at eyewiki.aao.org.

[Click here for more information](#)



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