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Newsletter - May 2009

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Welcome

We strive to help our patients achieve their sharpest vision possible while at the same time to help them look and feel their best. This month's newsletter discusses new options and innovations in contact lenses as well as an explanation of a very common eye condition called Blepharitis. The Q & A section this month focuses on when is the right time for cataract surgery.

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Testimonials

Contact Lenses



Our ophthalmologists and optometrists at OAV specialize in contact lens fittings to provide our patients with the best possible vision and comfort. Whether it's fitting a young adult with the latest generation of silicone hydrogel lenses or fitting mature presbyopic patients with multifocal or monovision lenses our team of eye doctors all have the necessary expertise and experience to meet any of our patients' visual needs.

The contact lens industry is continually advancing. This gives our doctors something new and innovative each year. Here are some examples of the latest generation of contact lenses that are frequently fitted by our eye care team.

- Acuvue Oasys
- Air Optix Aqua
- Air Optix Night and Day
- Biofinity
- Avaira
- Focus Dailies AquaComfort Plus
- Acuvue 1 Day Moist
- Proclear 1 Day
- ClearSight 1 day
- Soflens Daily Disposable
- Acuvue Oasys for Astigmatism
- Air Optix Aqua for Astigmatism
- Purevision Multifocals
- Proclear Multifocals

There are many contact lenses designed to address patients' visual demands typically corrected by reading and or computer

Three generations of perfect cataract surgery in our family, thanks to Dr. Zeegen and its great to see without glasses!
– M.P.

Dr. Aizuss is Great! He is very professional, gave me confidence and eliminated my concerns and fears. It's wonderful not looking for my glasses.
– C.H.

I love waking up in the morning and being able to see. Not having to grab for my glasses and

glasses. As we enter into our forties the eye muscles begin to weaken thereby causing eye fatigue and blurriness at near. This age related process is called presbyopia. One of the latest lenses by Vistakon is called Oasys for Prebyopes. These lenses are ideal for patients who are in their forties experiencing difficulty with near tasks. Bausch and Lomb also has newly designed lenses called Purevision Multifocals which addresses all visual demands even for mature presbyopic patients who are 50 years old and older. Gas permeable hard contact lenses are another option when correcting presbyopia. Although initially comfort adaptation is typically longer compared to soft lenses, gas permeable lenses often provide sharper acuity with more stable vision.

Our eye doctors are also uniquely experienced in fitting custom contact lenses. Indications for custom lenses are as follows: high refractive errors, steep/flat corneal curvatures, keratoconus, post-refractive surgery, adult/pediatric aphakia. Most often gas permeable rigid lenses are used for these patients but custom soft lenses can also be fitted.

Dr. Sarah Haukenon, Dr. Sakina Jamali and Dr. Steven Lee can be contacted at our Encino or West Hills offices for further inquiries.

[Click here for more information about contact lenses](#)

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.

Blepharitis

We frequently encounter patients who complain of burning, itchy eyes with crusting of the eyelashes, especially upon awakening. This is usually caused by an extremely common condition called blepharitis.

Blepharitis (bleff-uh-RYE-tis) is an eyelid inflammation caused by inflammation and bacteria. It is a chronic condition which tends to recur causing microscopic crusts at the base of the eyelashes. These crusts flake off onto the eye causing symptoms of eye irritation, burning, and itching. Other symptoms include dry or watery eyes, foreign body sensation, and swollen eyelids. If left untreated it can lead to the development of styes or chalazia, which are similar to pimples of the eyelid margin, and at worst, vision-threatening corneal infections.



Blepharitis is not contagious. Some people are genetically more likely than others to have bacteria cause problems with their eyelid and facial skin. Often time it is related to rosacea or a change in skin chemistry.

We treat blepharitis to relieve irritating symptoms and to prevent complications such as tissue and corneal damage and disturbed vision. In addition, treating blepharitis can improve the results from eye surgeries.

We approach the treatment in a stepwise fashion depending on the severity of the disease. The first step that we recommend to all of our patients is "lid hygiene." This consists of scrubbing the base of the eyelids either once or twice a day with a warm wet washcloth or cotton swabs such as Q-tips dipped in salty water or diluted baby shampoo. There are also over-the-counter products, such as OcuSoft pads that are made especially for this purpose. Often times, in addition to lid scrubs, we prescribe topical antibiotics such as AzaSite or erythromycin to help in the treatment. For chronic severe cases, an oral antibiotic such as doxycycline may be needed.

With proper treatment and follow up we can help you manage this common irritating condition, and keep your eyes looking and feeling healthy. If you or anyone you know is suffering from these symptoms please feel free to schedule an office appointment with one of our doctors.

Previous Newsletters

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For more information, click on the link and follow directions below.

www.oaveyes.com/

Directions: Click I agree, click other diseases, click blephartis.

Q & A

When are my cataracts 'ripe' for surgery?



Cataract formation is simply clouding of the lens that is inside all of our eyes. As we get into our 60's, the lens begins to become more opaque so light doesn't travel through it as well. Cataract formation typically slowly progresses into the 70's and 80's. Thus, cataract formation is a normal aging change, although it may also occur in people in their 40's and 50's.

The timing of cataract surgery is dependent almost always on the level of patient complaints. Some patients with dense cataracts have minimal complaints and therefore do not require surgery. Others, have mild cataract formation but bitterly complain and thus need surgery. The cataract is "ripe" based on patient needs which are obviously highly variable from one patient to another. With the help of your surgeon, the timing of surgery can be better determined. Typical complaints of patients with advancing cataracts are blurred vision, difficulty in dim lighting especially night driving, glare and haloes around lights, and inability to read as well because of poor contrast.

In our experience, patients usually delay having cataract surgery longer than they need to because of fear or anxiety. In retrospect, most patients remark that they wish they would have had the surgery sooner.

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

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