

EYE ASSOCIATES
Newsletter

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Barnard A. Kaplan, MD
Sydney L. Tyson, MD, MPH
Karl A. Holzinger, MD
Hugo M. Linares, DO
Mark L. Moster, MD
Robert Penne, MD
Steven Bachinsky, OD
Lawrence J. Mroz, OD
Drew Ricchiuti, OD
Stefanie Naumovitz, OD

Main Office:
Vineland

251 South Lincoln Avenue
Vineland, NJ 08361
856.691.8188

Cherry Hill

South Jersey Medical Center
1401 Rt. 70 East
Cherry Hill, NJ 08034
856.428.5797

Blackwood

Blackwood Medical Center
141 Black Horse Pike
Blackwood, NJ 08012
856.227.6262

Hammonton

Sail Lake Professional Center
650 S. White Horse Pike
Hammonton, NJ 08037
609.567.2355

Mays Landing

Shore Health Park
5401 Harding Hwy (Rt. 40)
Mays Landing, NJ 08330
609.909.0700

800-922-1766

www.sjeyeassociates.com

TheView

Editor:

Gina L. Biagi
Administrator

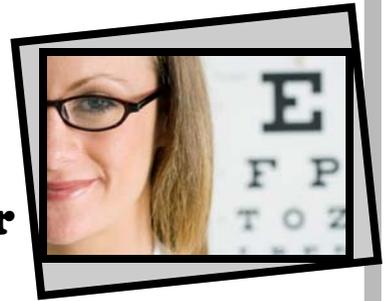
Editorial Committee:

Barnard A. Kaplan MD
Sydney L. Tyson MD, MPH
Missie Errickson



THE View

**An Eye Opening Newsletter
By Eye Associates...**



WHAT ARE MIGS ? WHAT'S ALL THE TALK ABOUT...??

MIGS stands for....Minimally Invasive Glaucoma Surgery

Although in their infancy, these procedures may improve surgical outcomes, speed visual recovery, and offer greater safety compared with traditional filtering surgery.

Dr. Tyson is very involved with these new procedures. Although the iStent has been FDA approved since 2012, they are always striving to make the device better. Dr. Tyson has been asked to be involved in the study of a newer model of the iStent as well as another device called CyPass Micro-Stent. "These studies allows me to be involved in making changes and voicing my opinion and giving suggestions for the future of MIGS devices", states Dr. Tyson.

In the past, surgical intervention for the treatment of glaucoma was for the patients where drops and lasers didn't work. Glaucoma surgery was to be avoided unless absolutely necessary. Now with these new devices, surgeons believe that early surgical intervention is best when patients generally as a whole have poor compliance with topical drops, side effects of the drops and the need to have the pressures under control.

"I am committed to this technology because it works", says Dr. Tyson "This new technology is exciting to me because I see the success of present devices as well as the future devices coming soon !"

iStent is the smallest medical device ever approved by the FDA and is placed in your eye during cataract surgery. It is so small, you won't be able to see or feel it after surgery but it will be continuously working to help reduce your eye pressure.

Every day, you are probably taking one or more eye drops to control your eye pressure. By improving the outflow of fluid from your eyes, iStent works to help control your eye pressure. After implantation of iStent, many patients are able to control their eye pressure. Controlling eye pressure is extremely important to reduce the risk for vision loss due to glaucoma.



This is the iStent ! Yes, it's that small but a powerful device that can save your vision from Glaucoma.

Ask Dr. Tyson if you want to know more about these devices and your Glaucoma treatments.

Amazing Things Are Happening Here !

Welcome....Hugo M. Linares, DO Our *NEW* Retinal Specialist !

Dr. Hugo M. Linares, graduated from Rutgers University in New Brunswick, New Jersey with a bachelor of science in biological sciences. He received his medical degree from New York College of Osteopathic Medicine. Dr. Linares completed his internship at the University of Medicine and Dentistry of New Jersey – School of Osteopathic Medicine in Stratford, New Jersey. He performed his residency in Ophthalmology at Philadelphia College of Osteopathic Medicine where he was Chief Resident in his final year.



Dr. Linares completed his fellowship training in vitreoretinal surgery at The National Retina Institute in Towson, Maryland. He is a board-certified ophthalmologist and a member of the American Society of Retinal Specialists and the American Academy of Ophthalmology.

Dr. Linares will be the Eye Associates Retinal specialist working in Vineland and Blackwood in 2015.

FACT: There are approximately only 2,000 Retina Physicians in the US. We are so thankful, we at Eye Associates have Dr. Linares here for all your Retina needs !



“When we were going thru the process of hiring a Retina physician, we were looking for someone who would fit in not only with our staff but most importantly had the same patient care approach and bedside manner that our patients are accustomed to,” says Dr. Tyson.

“We were so lucky to find Dr. Linares !. Please join me in welcoming..... Dr. Linares to the EA team !”

Amazing Things Are Happening Here !

Cataract Coffee Talk



Join us !!! We are holding *Cataract Coffee Talks* monthly at our SurgiCenter in Vineland. We developed this program in order to make our patients feel comfortable and more informed prior to their surgery. Anyone in the community who wants to learn more are also welcome to attend. You will be meeting our Nurse Manager, Stacey. She will be discussing Cataract Surgery and the new technical advances now available. We will educate you from pre-op to post-op. You will have the opportunity to get any of your questions answered as well.

Stacey will also talk about our **“NO DROP” Cataract Surgery...** a **NEW** benefit for *all of our Cataract patients to enjoy...!!!*

Of course....coffee and goodies will be served. If you are interested in attending, ask when the next Cataract Coffee Talk is scheduled..... reserve your spot today !

Ask one of our staff to put you on the RSVP list !!

...Odds and Ends...



12%

Is the percentage of High School students who get the recommended 60 minutes of aerobic exercise per day

85% of contact lens wearers say they use their lenses correctly, but only 2% already do, according to a recent study.

There are three things that cause problems...

1. You never talk out your lenses and/or sleep in them.
2. You don't clean your lens case frequently.
3. You skimp on solution or re-use it.



**Do you know what causes 'red eye' in photographs taken with a flash?
The light reflects off the blood vessels of the retina.**

Amazing Things Are Happening Here !



Barnard A. Kaplan, MD
Board Certified Ophthalmologist



Sydney L. Tyson, MD, MPH
Board Certified Ophthalmologist

Crunch with a Punch !

A medium size carrot has 25 calories, 6 grams of carbs, and 2 grams of fiber. The veggie is also an excellent source of vitamin A, providing more than 200% of your daily requirement in just one carrot.



CRUNCH !!

...ABOUT DRY EYES...

Do your eyes feel so dry they sometimes sting? Or do you have symptoms like redness, itchiness or a gritty feeling—but you ignore it? Although having dry eyes may sound harmless, it can actually be a chronic disease that leads to more serious problems.

Read on for the facts!

Myth 1: Everyone gets dry eyes; no big deal.

Fact: While most of us feel eye dryness from time to time—while flying in a dry airplane cabin, for example—that gritty eye sensation should not be an everyday occurrence. There’s a spectrum of dryness. If it becomes severe enough, it can actually cause damage to the eye. Without a proper tear film, things like dust and pollen can stick to the eye, causing irritation, inflammation and blurry vision. Unchecked, chronic dry eye can increase the risk of eye infection and scarring on the cornea. The good news? As long as there’s no scarring, it’s reversible with treatment.



Myth 2: Dry air is the cause.

Fact: While low humidity can dry out eyes, it’s not the cause of chronic dry eye; it merely aggravates the condition. When eye dryness and irritation happen often, it’s usually because your eyes don’t produce enough tears, or the tears you produce evaporate quickly. What triggers this varies—medication, laser eye surgery or even just normal aging.

Myth 3: Watery eyes can’t be dry.

Fact: Actually, tearing is a symptom! When eyes are too dry, a signal goes out to make more tears. The redness, itchiness—you might not recognize it as dryness, but your eye does.

Myth 4: Drops that “get the red out” can help.

Fact: No! Those drops are drying your eyes more. The medication that gets rid of redness will also slow down tear production. You want to use lubricating or tear replacement drops. If over-the-counter drops don’t help, or you’re applying them more frequently, schedule an eye exam. We can offer other options, including prescription drops that actually foster the eyes’ ability to produce tears.



Imagine enjoying life with less dependence on contacts or glasses.

Free LASIK Consultation

Go to www.sjeyeassociates.com and get your \$500 coupon towards LASIK !!

0% FINANCING AVAILABLE
12-24 MONTHS !

Amazing Things Are Happening Here !