

**EYE ASSOCIATES
Newsletter**

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**THE
View**

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

**If You Or A Loved One Has Wet AMD...
You Are Not Alone**

If you or a loved one has been diagnosed with the neovascular or "wet" form of Age-related Macular Degeneration (AMD), it may be difficult to accept. Although wet AMD is a life-changing condition, Dr. Gloth can discuss medications available and steps you can take to minimize the effect of your condition.

More than 1.75 million Americans have wet AMD.¹ Scientific discoveries have led to treatments that may help patients with wet AMD.

Wet AMD at a Glance

In patients with wet AMD, the lining in the back of the eye that separates the macula from its blood supply breaks down, allowing abnormal blood vessels to grow into the macula. These fragile new blood vessels often leak fluid or bleed. As a result, the macula can become damaged and scarred. It is this damage that causes the central vision loss that occurs with wet AMD.

Common risk factors include age (usually over 60 years), a family history of wet AMD, obesity, smoking, gender (more common in females), and race (more common in Caucasians).



Jonathan M. Gloth, MD

One of the first signs of macular degeneration can be straight lines and edges of objects appearing wavy or distorted. We utilize a chart called the Amsler Grid to test a patient's eyesight. We have them available for our patients.

Coping With Your Wet AMD

You can continue to enjoy your friends, family, hobbies, and other interests by making a few adjustments to your lifestyle. You can work with your doctor to determine the adjustments that could benefit you.

Tell your family and friends that you have wet AMD. Educate those close to you about your condition and treatment. Ask for help when you need it, such as when you need to read labels.

Try to stay positive

Vision loss may cause feelings of loneliness, anxiety, helplessness, and depression. Learn how to cope with it by seeking counseling if needed.

Feel free to ask Dr. Gloth questions about your eyes, Wet AMD or any other Retina diseases or Surgery.

Amazing Things Are Happening Here !

The Danger of Forgoing an Eye Exam....

A serious problem with using pre-fabricated reading glasses has less to do with the glasses than with one of the reasons that people purchase them. Some people head to the drugstore instead of the eye doctor when they notice that it's time for a stronger correction. In fact, a recent survey of presbyopes revealed that 17 percent purchased readers because they "didn't want to bother with an eye exam."



Common sense and good eye health dictate that you should consult us when you need a change in prescription, or at least once every two years. The need for a new pair of reading glasses may be nothing more than the natural aging process at work. But it might also signal a serious problem with your eyes that can be treated if caught in time. Glaucoma, for example, is a serious eye disease that has no symptoms at first but can steal your vision if it's not controlled with medication. A simple test can detect glaucoma in its early stages, but you'll need to visit your eye doctor in order to have the test.



?? Did You Know ??

“Using computers can damage your eyes.”

False. Working on computers or video display terminals (VDTs) will not harm your eyes. Often, when using a VDT for long periods of time, just as when reading or doing other close work, you blink less often than normal. This reduced rate of blinking makes your eyes dry, which may lead to the feeling of eyestrain or fatigue.

Try to take regular breaks to look up or across the room. Looking at objects farther away often relieves the feeling of strain on your eyes. Keep the monitor between 18 to 24 inches from your face and at a slight downward angle. Also consider the use of artificial tears. If your vision blurs or your eyes tire easily, you should have your eyes examined by an ophthalmologist.

“Wearing the wrong kind of eyeglasses damages your eyes.”

False. Eyeglasses are devices used to sharpen your vision. Although correct eyeglasses or contacts help you to see clearly, wearing a pair with the wrong lenses, or not wearing glasses at all, will not physically damage your eyes. However, children less than eight years old who need eyeglasses should wear their own prescription to prevent the possibility of developing amblyopia or “lazy eye.”

“Eating carrots improves your vision.”

False. Carrots are rich in vitamin A, which is essential for sight, but many other foods also contain this vitamin. A well-balanced diet, with or without carrots, provides all the vitamin A necessary for good vision.

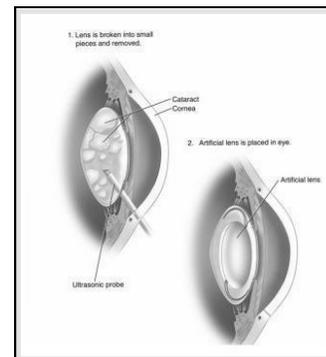
Amazing Things Are Happening Here !

When Can A Cataract Be Removed ?

With older surgical techniques, it was thought to be safer to remove a cataract when it was “ripe.” With today’s modern surgical procedures, a cataract can be removed whenever it begins to interfere with a person’s lifestyle.

If you are unable to see well enough to do the things you like or need to do, you should consider cataract surgery. Surgery is the only way to remove a cataract.

There are many options you can chose from, if you want to wear glasses or not. See near, far and inbetween ! Go to www.sjeyeassociates.com or ask us!



Eye Twitching or Blepharospasm

Eye Twitching, or Blepharospasm, is an involuntary eyelid twitching. It is also referred to as an eye spasm or **eye twitch**. Minor eye twitches usually do not worsen but there are cases where an eye care professional should be consulted when the twitching causes vision problems or the twitching begins to worsen and other issues arise.

Eye Twitching, for most people, is just annoying, involuntary muscle spasms surrounding the eye that goes away over time. The spasms usually occur a few times and come back. Spasms that cause twitching to the side of a face known as hemifacial spasms. This type of spasm requires an eye care professional for treatment.

What Causes Eye Twitching or an Eye Twitch

- Stress
- Irritation of the cornea or conjunctiva
- Fatigue
- Lack of sleep
- Staring too long such as at computer screen or tv or when sewing
- Nervous system disorder



Eye Twitching Treatment Options

Mild Eye Twitching

- Will usually go away on its own
- Cut down on stress
- Rest up

Severe Eye Twitching

- Medication (different depending on situation) usually to relax muscles
- Botox injections
- Surgery only for the severest of cases that hamper vision

Eye Twitch- Preventive Measures

- Stress management - keep stress under control
- Get plenty of sleep to keep eye muscles rested
- When in vision intensive scenarios such as computer work, take frequent breaks to give the eyes a break

Amazing Things Are Happening Here !

EYE ASSOCIATES

Newsletter



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Board Certified Ophthalmologist



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Board Certified Ophthalmologist

Carrot Cube Salad

Toss 1 cup cubed carrots,
2 cups coarsely chopped
cabbage.

Season with salt and add
mayonnaise to moisten.

Keep covered in
refrigerator for at least
2 hours before serving.



(Serves 4)

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.

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 !!

Different Types of Cataracts ?

YES...there are different types of Cataracts.... Although most cataracts are related to aging, there are other types of cataracts:

- **Secondary cataract.** Cataracts can form after surgery for other eye problems, such as glaucoma. Cataracts also can develop in people who have other health problems, such as diabetes. Cataracts are sometimes linked to steroid use.
- **Traumatic cataract.** Cataracts can develop after an eye injury, sometimes years later.
- **Congenital cataract.** Some babies are born with cataracts or develop them in childhood, often in both eyes. These cataracts may be so small that they do not affect vision. If they do, the lenses may need to be removed.
- **Radiation cataract.** Cataracts can develop after exposure to some types of radiation.

Imagine enjoying life with less
dependence on contacts or glasses.

LASIK Consults are FREE
0% FINANCING AVAILABLE



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and get your \$500 coupon
for LASIK !!

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