

Ophthalmology *Update*

A professional courtesy of Lansing Ophthalmology

Behaviors and Visual Impairment

Looking for another reason to enjoy that glass of wine after dinner? How about better eyesight? A new report by Klein et al from the University of Wisconsin School of Medicine and Public Health (Ophthalmology 2014) has linked occasional drinking with a reduced risk of developing visual impairment. The study also found that increasing physical activity can provide a similar effect.

For their study, the researchers relied on 20 years of data collected by the Beaver Dam Eye Study, focusing on three lifestyle factors: smoking, occasional alcohol consumption and physical activity. They found that while visual impairment developed in 5.4% of the population, the incidence of visual impairment varied, sometimes significantly, depending on those particular factors.

*Study participants who took part in regular physical activity at least three times per week had a 58% decrease in odds of developing visual impairment compared with those who were not physically active. Specifically, 6.7% of sedentary participants developed visual impairment over the 20-year period compared with 2% of those who were physically active.

*Participants who consumed an occasional alcoholic beverage—defined as at least once in the past year, but less than one time per week—had a 49% decrease in odds of developing visual impairment compared with those who never drank. During the 20-year period, 11% of current nondrinkers developed visual impairment compared with 4.8% of occasional drinkers.

*Heavy drinkers and heavy smokers had higher odds of developing visual impairment than did those who never smoked and did not drink heavily; however, the differences were not statistically significant.



The findings provide risk estimates only and do not provide evidence that these behaviors are directly responsible for an altered risk of visual impairment. For that, additional studies will need to be conducted.

The authors concluded that it remains to be seen whether changes in the behaviors will result in incident cases of visual impairment in the aging population.

Multivitamins and Cataract

Long-term use of daily multivitamins may lower the risk of cataracts in men, according to the results of a study conducted by Christen et al from Harvard University, Massachusetts (Ophthalmology 2014). The study, part of the larger Physicians' Health Study II, looked at 14,641 male physicians 50 years of age and older to evaluate the effects of daily multivitamin use on cataracts and age-related macular degeneration (AMD).

For the study, participants received either a daily vitamin or placebo and were followed for an average of 11.2 years. At the end of the follow-up period, the researchers found that 872 men who took multivitamins developed cataracts, while 945 men who took placebo developed cataracts, representing a 9% lower risk for those who took vitamins. Looking solely at nuclear cataract, the

most common type of cataract associated with aging, the relative risk was even lower—13%—for those taking daily multivitamins. Looking at the rate of AMD, they identified 152 cases among the multivitamin group and only 129 among those taking placebo, a difference that was not statistically significant.



The researchers noted that while earlier studies have shown a link between nutritional factors and the development of specific eye diseases, long-term data have been lacking. The current study represents one of the largest long-term

studies available showing the effect of nutrition on the development of eye diseases such as cataracts and AMD over time among patients who were initially determined not to have the diseases. The Age-Related Eye Disease Study (AREDS) is another large-scale study that looked at nutritional supplementation, but that study looked at high doses of specific nutrients rather than the use of a standard over-the-counter multivitamin.

The authors concluded that this finding needs to be examined further in other trials of multivitamin supplements in both men and women.

Options for Slowing Myopia Progression

As the most frequent cause of distance visual impairment in the world, myopia can significantly increase a person's risk of developing other serious visual disorders, including macular degeneration, retinal detachment, glaucoma and cataract. As a result, it has the potential to create a tremendous economic burden and to significantly affect the quality of life for huge segments of the world's population.

The good news is that treatment options are being studied today that could help slow the progression of myopia. A recent study by Holden et al from the University of New South Wales, Australia (Eye 2014),

reviewed available options and found several approaches that appear to hold promise:

*Pharmacologically, 7-methylxanthine (7MX), an adenosine antagonist, has shown promise in animal trials and early human studies, but long-term clinical trials are needed to determine its efficacy over time, as well as possible side effects; atropine has also been shown to be effective in slowing the progress of myopia through nonaccommodative mechanisms.

*Using gas-permeable lenses to temporarily reshape the cornea, the technique of orthokeratology produced on average a 30% reduction in the rate of progress of myopia in a 5-year study; however, the effect diminished during the fourth and fifth years of the study.

*Optical interventions aimed at reducing peripheral hyperopia have used bifocal spectacles and peripheral-plus soft contact lenses to achieve 30% to 55% reductions in the rate of progress of myopia; in one study, approximately a 40% reduction in myopia progression was noted each year over a 3.5-year period.



"The reduction in age of onset of myopia is of great concern since the earlier the onset, the more myopic the individual will become, with all the attendant increased risks of accompanying debilitating eye conditions," the authors wrote.

The refinement, adoption and widespread use of contact lenses, and spectacle-based and selective pharmacological myopia-control strategies could have massive beneficial outcomes for hundreds of millions of future myopes.

The New Lansing Ophthalmology Doctor Portal and Referring Online

The new Doctor Portal is where physicians and their staff can go to refer a patient online to Lansing Ophthalmology, find news, events, and professional resources, and request materials.

New feature: if you are a practice with multiple physicians, you and/or your staff have the ability to create one account for the office and type in the physician(s) name you're referring from. No need to create separate accounts for every doctor in your practice!

Please note: If you've used the online referring system on our old website, your username/password will not work on our new site. You will need to create a new account. We apologize for the inconvenience.

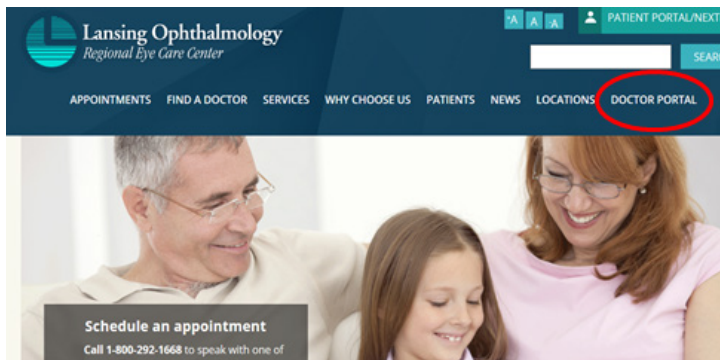
Creating an Account

Step 1:

Please visit our newly redesigned website www.loeye.com.

Step 2:

Click on the Doctor Portal tab.



Step 3:

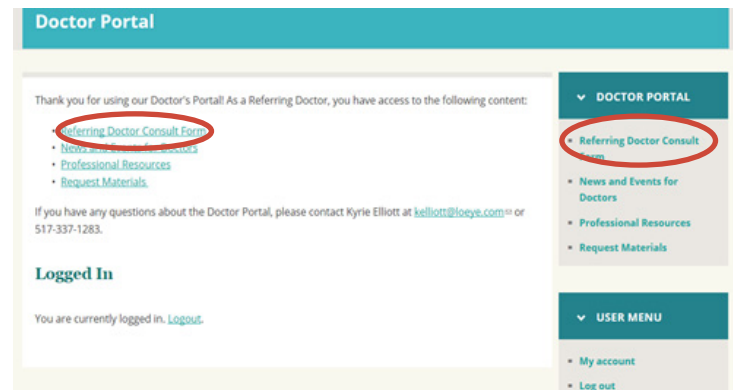
Click create a new account.**

** Each new account must be verified by an administrator, please allow up to (1) business day for approval. Once your account has been

approved, you will receive another email with a link and instructions on how to proceed in setting up your Doctor Portal account, password, etc. Please click on the link and follow the prompts. Once complete, click the Doctor Portal tab at the top of the page to enter the Doctor Portal.

Step 4:

To refer a patient, click on either one of the Referring Doctor Consult Form links.



Step 5:

Fill in the required information and hit submit at the bottom of the page.

Step 6:

A member of our scheduling staff will contact your patient and then inform your office when the appointment has been made.

If you have any comments or suggestions regarding the Doctor Portal, please let us know. Contact Kyrie Elliott at kelliott@loeye.com or 517-337-1283.

John Dunn, M.D. January 26, 1941 - September 11, 2014



It is with great sadness that we report the passing of John Dunn, M.D. Dr. Dunn was the heart of Lansing Ophthalmology and we are all grateful to have had the opportunity to work with him and share in his passion for life. He will be greatly missed.

Central Eye Consultants is now Lansing Ophthalmology Mt. Pleasant

Lansing Ophthalmology is pleased to announce that their affiliates, Central Eye Consultants and Central Eye Wear, have been renamed Lansing Ophthalmology Mt. Pleasant. Both businesses have been a mainstay in the Mt. Pleasant community since 1983. Ophthalmologist, Jeffrey Barnes, M.D. and Optometrist, Julia Holmes, O.D, will continue to provide Mt. Pleasant area families with quality eye care services, including complete eye exams and cataract surgery.

Jeffrey Barnes, Ophthalmologist in residence, states, "Central Eye Consultants has had an 18 year partnership with Lansing Ophthalmology. This partnership has allowed us to bring in regular retina, oculoplastic and glaucoma services to the Mt. Pleasant community. Central Eye Consultants officially merged with Lansing Ophthalmology in 2012 and this name change is the final step in becoming a full member of the operation. Although our name has changed, patients will continue to receive the same quality care from my staff and I that they have come to expect."

An open house to celebrate the name change and to unveil recent renovations to the office is scheduled for October 2nd. A ribbon cutting ceremony will begin at 4:30 pm.

Upcoming CME Seminars

Understanding Ocular Emergencies

Tuesday, October 7, 2014

Crystal Gardens

5768 East Grand River Ave., Howell, MI 48843

RSVP date has been extended to September 30th.

517.337.1283 or kelliott@loeye.com

Dinner provided.

The Lansing Ophthalmology designates this lecture for a maximum of 2 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Lansing Ophthalmology *Regional Eye Care Center*

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www.loeye.com

Locations:

Coolidge Rd., East Lansing

Lake Lansing Rd., East Lansing

Charlotte

Fowlerville

Grand Ledge

Howell

Lakewood

Sparrow Professional Building, Lansing

Central Eye Consultants, Mt. Pleasant

Williamston

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