

CLEAR TALK

A NEWSLETTER FROM GRUTZMACHER, LEWIS & SIERRA

Spring 2010

LOOKING TOWARD THE FUTURE WITH A NEW NAME

When ophthalmologists Dick Grutzmacher and Rick Lewis ran into each other at Mercy Hospital in December of 1988 they had no idea that, over twenty years later, they would be good friends, business partners and successful eye surgery physicians, but that's what happened.

The two doctors were there to investigate the office space that Mercy Hospital was leasing in its new building and they liked what they saw. While there the two discovered not only that each had graduated from UC Berkeley but both also had received their medical degrees from Northwestern University. What's more, both had young children and that was only the beginning of their surprisingly parallel medical careers. After Northwestern, Dr. Lewis had received a fellowship in glaucoma from the University of Iowa, while Dr. Grutzmacher had attained a fellowship in diseases and surgery of the cornea at Flinders Medical Centre in Australia.

Recognizing what fate seemingly had brought together, they committed to 2500 square feet of shared office space.

Ultimately their working relationship and mutual admiration led to the incorporation of **Grutzmacher and Lewis Medical Corporation** in 1998. That was just the beginning.



Dr. Patricia Sierra has become a partner and our name has changed to: Grutzmacher, Lewis and Sierra.

In addition to his recognized expertise in cornea transplantation surgery, Dr. Grutzmacher became one of Sacramento's leaders in laser vision correction, and was instrumental in the development and growth of refractive eye surgery in the region. Dr. Lewis went on to specialize in the diagnosis and treatment of glaucoma and cataracts and to serve as President of the American Glaucoma Society.

In May of 1997, Dr. Monica Robinson joined Grutzmacher and Lewis, expanding the practice to include optometry services.

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New Technology

Our Surgery Center Works in 3D.

We are using a 3D camera in some of the surgeries performed at our **Capital City Surgery Center**. This novel technology allows the surgeon greater visibility without being tethered to the microscope. Although you won't see these productions at the local IMAX theater, the enhanced visibility using the special 3D glasses maybe the next big step in eye surgery. It is also a wonderful teaching tool for nurses and doctors.

Visual Field Testing

One of the least favorite exams for patients with glaucoma is the visual field study. While this exam may seem tedious and boring to the patient, it is a critical step in our assessment of his or her eye health and visual function. The current version of the software that runs the visual field exam was recently purchased. It is touted to be faster and more reliable. There are no assurances, but we hope our patients will find the new exam less stressful.

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DRS. LEWIS, SIERRA,
GRUTZMACHER & ROBINSON

Eye Myth Busters – FACT OR FICTION?

1. Glaucoma is a rare disease.

FICTION

Glaucoma is the third leading cause of blindness in the world (behind cataracts and trachoma – ocular infection). It's considered a silent disease because it causes visual loss without symptoms. Glaucoma is not curable, but treatment is available to save your vision. The goals of glaucoma treatment are to lower intraocular pressure and stop the optic nerve damage. Several kinds of treatment are available, including eye drops, laser therapy and surgery.

After the age of 40, it is important to have an eye exam every 1 to 2 years to look for early signs of glaucoma.

2. Don't let the clouds get in your eyes!

FACT

One of the greatest threats to your eyes is invisible. Studies show that exposure to bright sunlight may increase the risk of developing pterygium, cataracts, age-related macular degeneration and growths on the eye, including cancer.

The longer the exposure to bright light, the greater is the risk. However, the sun's

rays can also pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime.

What can you do?

Protect your eyes during peak sun times: Sunglasses should be worn whenever you're outside. It's especially important to wear sunglasses with 97 to 100 percent UVA and UVB protection between 10 AM and 2 PM and at higher altitudes, where UV light is more intense.

3. My eyes are safe when I'm in a car.

FICTION

Air bags can save your life in an accident, but they can also cause ocular injuries if you are not properly restrained by a seatbelt. Ophthalmologists from Brown University conducted a retrospective chart review of drivers and front seat passengers who were involved in a crash with air bag deployment.

The study showed that individuals wearing a seatbelt were less likely to have injuries that resulted in legally blinding vision loss. Wearing a seatbelt can save your life and protect your vision!

LATISSE: Longer, Thicker and Darker Eyelashes

Many women have longer, thicker and darker eyelashes lately. Why? They may have discovered Latisse, the only FDA approved product that is clinically proven to affect the growth (anagen) phase of the eyelash hair cycle.

Available by prescription only, Latisse comes in solution form and is applied, using disposable applicators, to the base of

the upper eyelashes every night. Results are seen after 2 months of daily use and lashes continue to improve for 4 months, at which time bi-weekly applications maintain the results.

For more information about Latisse, go to www.latisse.com and then call us for an eye exam to see if Latisse is right for you.



Erase Effects of Time

Dr. Sierra is offering patients BOTOX treatments designed to eliminate problem wrinkles in the face. The treatments gently weaken the muscles under the skin that cause stubborn frown lines, and problem wrinkles in the forehead and around the eyes (crow's feet). There is no surgery, no recovery time. The procedure takes only minutes in our office with the results evident in a few days.

Call our office to find out if BOTOX is right for you.

**Receive a \$50 discount
on all BOTOX treatments
until June 30, 2010**

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es and expertise in new drug and device developments. By February of 2005, the practice had outgrown its J Street offices, and Grutzmacher and Lewis moved to larger quarters on River Park Drive, bringing its experienced staff, headed by long-time office administrator, Linda Skamnes. The move also allowed for additional expansion of the practice. In the spring of 2007, ophthalmologist Dr. Patricia Sierra joined the team. A board-certified ophthalmologist, with fellowship training, Dr. Sierra specializes in cornea, cataract, glaucoma and laser vision correction. In January 2010, Dr. Sierra became a partner, reflected in the new name: **Grutzmacher, Lewis and Sierra.**

Under our new organization, Drs. Grutzmacher, Lewis and Sierra offer decades of unsurpassed expertise and experience in the comprehensive treatment of cornea, glaucoma, cataract, and laser vision correction. Dr. Robinson continues as our on-site optometrist. Finally, we have also added noted ophthalmic plastic surgeon, Dr. Jonathan Perlman, to provide cosmetic and functional eyelid surgery services.

Not a bad outcome for a chance meeting of two Cal grads some thirty years ago. Think where we could have been with just one Rose Bowl.

DR. JONATHAN P. PERLMAN

Dr. Jonathan P. Perlman, a board certified ophthalmologist, is collaborating with our office to offer his extensive expertise in cosmetic and functional eyelid surgery.

Dr. Perlman has a Bachelor of Science degree in Biological Sciences from Stanford University. He graduated from the University of California at San Diego School of Medicine and completed his internship at Tucson Hospitals Medical Education Program and His Ophthalmology Residency at White Memorial Center in Los Angeles. Dr. Perlman completed a one-year preceptorship in ophthalmic plastic surgery with Drs. David and Richard Tenzel in North Miami Beach, Florida.

Dr. Perlman was Director of the Eye Institute at Woodland Healthcare for ten years. In November 2002 he founded the Perlman Center for Eye and Eyelid Surgery. Dr. Perlman is an Assistant Clinical Professor in the Department of Ophthalmology at UCDMC.

With Dr. Perlman's help, we can now offer a variety of eyelid and reconstructive



Dr. Jonathan P. Perlman

cosmetic procedures to our patients.

One of the most common cosmetic and functional eyelid surgeries is *blepharoplasty*. Blepharoplasty removes excess eyelid skin as well as fatty tissue from around the eyes. Drooping eyelids and eyebrows are commonly corrected at the same time. Excess eyelid tissue can be caused by a variety of factors: heredity, the sun, diet, gravity, and time.

If you would like to discuss your options for corrective surgery, please contact our office to schedule a consultation with Dr. Perlman.

Cataract Surgery Unrelated to AMD Progression

Recent research studies have brought some promising news for those concerned about the potential longer-term effects of cataract surgery. Contrary to beliefs held in some medical circles, *Health Day News* has reported that recent clinical research has found that cataract surgery does not appear to accelerate the progression of age-related macular degeneration (AMD).

The study determined that progression to AMD within one year occurred in only 4.6 percent of the study group eyes fol-

lowing cataract surgery, as compared to 3 percent progression in cataract free eyes. Researchers believe the study results suggest that the prior linking of cataract surgery and progression to AMD may have been biased by a failure of prior researchers to recognize subtle and masked signs of neovascular AMD already present in study patients prior to their surgery. The undetected early AMD, it is believed, simply continued its progression independent of the patient's cataract surgery.

Visit the Grutzmacher,
Lewis & Sierra website!

When you want to know more about
your eye health, condition, surgical
procedure or our doctors, visit us
first: www.eyelasik.com

STAFF UPDATE

Kathy

Involved in processing insurance claims and getting them authorized and paid is Kathy, who has been with us for over two years and has over 30 years in the medical field. She works diligently with insurance companies to obtain authorizations for visits and surgeries as well as seeing the process of payment through to the end.



Julie

If you've been in our offices during the last six months, you may have had a visual fields test administered by Julie. You may also have heard Julie's friendly voice reminding you of your appointment, as she also helps out in the front office.



Deni

Since Wendy's move back to coordinating medical studies, Deni has assumed Wendy's position of medical and refractive surgery coordinator. A certified ophthalmic assistant, Deni has been in the field for 11 years and will be scheduling cataract, corneal transplant and refractive surgery for Drs. Grutzmacher and Sierra.



Brenda

Brenda has been with us for only a short time, but she has over seven years experience as an ophthalmology technician. Her experience includes testing in all specialties: cataracts, glaucoma, corneal and retinal. She's been a certified ophthalmic assistant since 2004 and assists with surgeries in all specialties.



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WE HEAR FROM OUR PATIENTS

From time to time we've shared a few of our many responses from our refractive, cataract and glaucoma patients. We appreciate your feedback!

Larry says:

I'm not sure I can put into words how cataract surgery has changed my daily life. Thanks to Patricia Sierra, M.D. of the Grutzmacher & Lewis group, and their great staff, from the reception desk to surgery coordinator, Wendy, I felt as though they cared about my care and I was in good hands.

After the surgery the results were more than I had hoped for. Colors are bright, and lines are clear and straight. No more glasses except for fine print, very fine. I was informed and cared for through the whole process with great results.

Carrie writes:

I have worn glasses and/or contacts for over 18 years for near-sightedness and the constant struggles with contacts and glasses were really getting tiring. My optometrist, Dr. Bechtold, referred me to Dr. Grutzmacher.

Dr. Grutzmacher and his staff were very accommodating when I was considering LASIK eye surgery. After my consultation, I enthusiastically scheduled my surgery and that day could not come soon enough. With the expertise of the Horizon Vision Center staff and Dr. Grutzmacher,

I obtained 20/15 vision after the quick, 20-minute procedure. "I can't believe my eyes!" is the first phrase that came to mind when I walked outside after the procedure: I could see clearly around me for the first time in a long time without glasses or contact lenses.

Now, in the morning I do not have to reach for glasses and at night I do not have to remember to take my contact lenses out! I regret not doing it sooner because I see my future clearly now through my own eyes!

Get on our email list!
If you would like to receive news and updates from our office as well as information about your prescriptions and appointments, join our email program. Send Deni an email and she will add you to our files. As with any personal information you give us, we will protect your address and not sell or give it to any other entity.
Send your email to denil@eyelasik.com

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