

CLEAR TALK

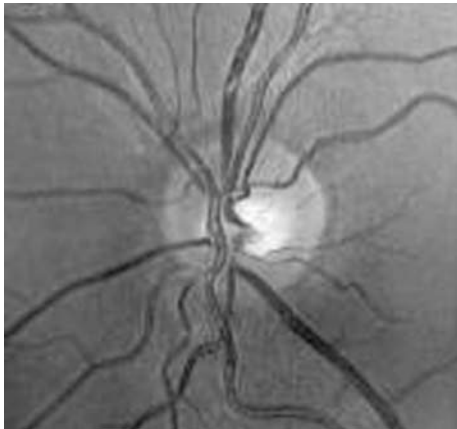
A NEWSLETTER FROM GRUTZMACHER & LEWIS

FALL 2008

LATEST AND MOST INNOVATIVE GLAUCOMA IMAGING SYSTEM

Treating glaucoma requires an understanding of where the damage occurs. In most patients, elevated eye pressure (IOP) damages the retinal nerve fiber layer (NFL) at the optic disc (see photo). In our examination, we look at the optic disc to assess for damage. However, until recently we could not quantify the extent of that damage or, equally important, whether that damage was progressing.

Over the past few years, we have used a diagnostic test called the GDx to monitor the progression. This spring we acquired the latest and most innovative technol-



A healthy optic disk.



The Cirrus Spectral Domain Optical Coherence Tomography (OCT)

ogy to assess your glaucoma. It is called the Cirrus Spectral Domain Optical Coherence Tomography (or just OCT). It is a marvelous device that analyzes the optic nerve in glaucoma and will be instrumental in detecting early changes (see photo). We will image your optic nerve once a year and compare to years past. Using this, along with the other diagnostic tests (including corneal thickness, visual fields, intraocular pressure, etc), we will be able to monitor your glaucoma and it's effect on your eyes. Once again, technology has progressed and we are happy to report we have the most current technology available for managing your glaucoma.

"AARON'S EYE"

Corneal transplants are the most common and successful transplant surgeries performed in the United States today, with more than 40,000 procedures completed each year. Standard corneal transplant surgery was first developed one hundred years ago, and the wonderful 90% success rate reported today is based on numerous refinements to this same basic technique. It has certainly stood the test of time. Doctors Richard Grutzmacher and Patricia Sierra have successfully completed thousands of Penetrating Keratoplasties and hundreds of the newer DSEK (Descemet's Stripping Endothelial Keratoplasty) procedures, thus restoring sight to thousands!

The restoring of sight to so many is possible through organ and tissue donation. Read on to hear how donations change lives for the better. The following letters were exchanged via the Eye Bank.

From the recipient:

Forty years ago, as a young mother with four little kids, I had a severe injury

continued on page 2

Inside this issue:

Cataract Implants	-----p2
Safe at Home?	-----p3
Co-Management	-----p3
Websites	-----p3
BOTOX® Cosmetic	-----p4
Staff Update	-----p4
3D-Eye Office	-----p4

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IMPLANTS AVAILABLE WITH CATARACT SURGERY

There are about 3 million cataract surgeries performed annually in the US. Artificial lenses called intraocular lenses (IOLs) or simply implants are placed during this surgery to help restore vision. Historically, most implants have been single vision IOLs: targeting either distant or near vision, normally requiring glasses to fine-tune the vision for both distant and reading sight.

Today, there are more choices for the type of implant inserted. Roughly 20% of patients choose a specialty IOL to reduce astigmatism or have a bifocal effect, lessening the dependence on glasses following surgery.

Most patients have some degree of astigmatism, which is typically cor-

rected with glasses following surgery. A popular and accurate way of reducing astigmatism during cataract surgery is the astigmatic lens (Alcon's *AcrySof Toric* IOL), which can correct up to 3 diopters of astigmatism. This can dramatically reduce the dependence on distant glasses following surgery.

Multifocal and accommodative IOLs (Alcon *ReSTOR*, AMO *ReZoom* and Eyeonics *Crystalens*) can allow a fuller range of vision causing less dependence on reading glasses. About 80% of patients with these lenses can function without glasses for the majority of their activities. More patients every year choose a specialty lens depending on their lifestyle and needs.

Regardless of the lens type chosen,

there is often a need for some glasses correction following cataract surgery to fully sharpen vision. Often, this can even be addressed with laser correction (LASIK or PRK) to further reduce or eliminate the need for glasses altogether.

Medical insurance typically pays for a portion of specialty lenses and a portion is an out of pocket expense. With laser vision correction, medical insurance does not reimburse, therefore making it the patient's full responsibility.

Drs. Grutzmacher, Lewis and Sierra all insert these specialty lenses and offer a wide range of Ophthalmic services to interested patients. For more information, visit our website at www.eyelasik.com.

"Aaron's Eyes" continued from page 1

to my left eye. It was possible to save the eye, but I had very limited vision in it. A year ago I was referred to Dr. Sierra who, after many tests, surprised me when she said that my damaged eye could have a cornea transplant, which would probably result in much greater vision. We are living in an amazing time; medical knowledge and expertise are advancing rapidly.

It was so easy (for me: outpatient surgery, and then coming back the next morning for a checkup.) The stitches were taken out gradually over the next months (painlessly). My sight kept improving. It seems like a miracle, having a part of someone's body that is now gone. I asked if I could write to the donor's family to thank them for such a precious gift. I was told to contact the eye bank. The result was this heartwarming letter from them. I am seeing 20/30 in the eye I now call "Aaron's eye."

If you have been advised to have a cornea transplant, I urge you not to hesitate...and do make sure to donate your good parts when you are no longer here. It's one of the greatest gifts of all.

C.S., Grateful Recipient

From the donors:

What joy we experience knowing that our son, Aaron, lives on and you are now seeing the world through his beautiful eyes!

Aaron was a wonderful person who had a brilliant smile and great sense of humor. He was a son we were always very proud of. He had so many friends, both young and old and every age in between. He had strong work ethics and enjoyed his job as a surface maintenance mechanic and welder. His co-workers share in our loss as they respected his word and enjoyed his friendship.

Aaron loved cars! As soon as he could push one on the floor and make an engine sound, he was playing with them. When he was old enough he "played" with the real thing. His passion in the summer was building a car for the Demolition Derby.

This year's car was going to be his best ever, he said. After his sudden death his friends decided to finish the car he started and run it. Aaron would be proud because it won 1st place for Best Looking Car, 1st place in Heat #3, 1st place in the finals and his girlfriend drove it and won 1st place in

the Powder Puff!

When we look at his picture we still see that sparkle in his eyes. Now he shares that sparkle with you!

G & M, Proud parents.

Each day, about 77 people receive organ transplants. At the same time 19 people die each day waiting for transplants that can't take place because of the shortage of donated organs.

You have the power to choose to donate life. Your generosity can save up to eight lives through organ donation and enhance another 50 through tissue donation. What an awesome gift to so many!

If you would like more information or would like to join the donor registry, visit www.organdonor.gov or www.donatelifecalifornia.org. Be someone's hero, do it today.

Your vision and eye health are very important to us!

If it has been over a year since your last appointment please call (916) 649-1515 today to schedule your next appointment.

If someone you know is in need of eye care, we would be happy to offer our expertise. Your referral is the greatest compliment we could receive.

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SAFE AT HOME?

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life. Did you know that eye injuries are a frequent cause of vision loss and that nearly half of all eye injuries each year occur in and around the home?

Home-based injuries seem to be increasing each year and because of this alarming trend, the American Academy of Ophthalmology and the American Society of Ocular Trauma now recommend that every household have at least one pair of ANSI-approved protective eyewear for use during projects and activities that may present risk of injury. (ANSI-approved protective eyewear is manufactured to meet the American National Standards Institute eye protection standard, and can be purchased at hardware stores at a low cost).

From the bathroom to the backyard, there are many risks around your home. Common accidents include, but are not



limited to, using hazardous chemicals for cleaning, drilling or hammering, mowing the lawn or working in projects or home repairs.

Wearing protective eyewear will prevent 90 percent of eye injuries, so make sure that your home has at least one approved pair and that you and your family members wear the eyewear when risks come into play.

A TEAM OF DOCTORS FOR THE PRICE OF ONE

Everybody looks for the best quality medical care at the best value, right? Well, here's an opportunity to be treated by a team of doctors for the price of one! The term is **Co-Management** and it is a practice commonly used in medicine and surgery. It gives you combined care with your primary eye doctor and the team at Grutzmacher and Lewis without any additional cost to you.

With vision correction surgery co-management, your primary eye doctor, whom you know and trust, will provide most of the pre-surgery evaluations. He/she will discuss the risks and benefits of vision correction surgery with you and will review your case with our surgical team at Grutzmacher and Lewis.

For their part, Drs. Grutzmacher, Lewis, Sierra and/or Robinson will provide some pre-surgical evaluation and discussion

of risks, benefits and alternatives to surgery. Then, one of our eye surgeons will perform the procedure and see you for a follow-up exam the next day. Your primary eye doctor will continue your post-operative care after that, usually seeing you during the following week.

The total charge to you, the patient, for co-managed care is no different than that of our office alone. This is possible because your eye doctor and our office have agreed to share the surgical fee and the care required to treat you and follow your case. Close consultation between both of your eye doctors allows for excellent care at a great value.

If you've been considering cataract or LASIK surgery don't delay correcting your vision any longer. Give us a call today (916) 649-1515.

WEBSITES

To assist you in your research, we suggest the following websites:

Grutzmacher & Lewis
www.eyelasik.com

Glaucoma
www.glaucomaweb.org
www.glaucoma.org

<http://www.medrounds.org/glaucoma-guide/2006/02/table-of-contents-patients-guide-to.html>

Multi-Focal Lens & Implantable Contacts

Verisyse and Rezoom Lens
www.visioninfocus.com

Alcon Restor
www.cataractsurgery.com

Visian
www.staar.com

Wavefront LASIK
www.visx.com/patients

LASIK
www.fda.gov/cdrh/lasik
www.lasikinstitute.com

Food & Drug Administration
www.fda.gov

Cataracts
www.eyesurgeryeducation.com

Low Vision
Society for the Blind
www.societyfortheblind.org

General Eye Health
www.aao.org/public

Visit the Grutzmacher & Lewis website!

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

www.eyelasik.com

We provide up-to-date information about much of what you want to know.

STAFF UPDATE

Brenda has cared for and scheduled surgery for our patients during the last several years. Shortly, she will be leaving our practice to pursue a new personal opportunity. Brenda will be greatly missed, but we wish her well and congratulate her on her new journey.



Wendy

Many of you may remember first meeting Wendy when we were located next to Mercy General Hospital. She has been at our new office for the past year coordinating studies and will now assume Brenda's position to schedule surgeries. Please help us congratulate Wendy as she continues to offer great care through coordinating patient studies and scheduling cataract, corneal transplant and LASIK surgery for Drs. Grutzmacher and Sierra.

NON-SURGICAL WRINKLE CORRECTION WITH BOTOX® COSMETIC.

You've probably heard about BOTOX® Cosmetic from friends, news, TV or magazines. It is a procedure that can temporarily smooth those wrinkles between your brows and next to your eyes (crow's feet) with no surgery and no recovery time. BOTOX® Cosmetic is considered the most popular physician-administered aesthetic procedure in the United States.

BOTOX® Cosmetic works by reduc-

ing the contraction of the muscles that cause persistent frown lines and crow's feet, which have developed over time to make you look older, tired or upset. Having a BOTOX® procedure can help restore a youthful appearance by removing some of the effects of time and aging.

Doctor Patricia Sierra is now offering BOTOX®. Call us to schedule an evaluation and find out if BOTOX® Cosmetic is right for you.

3D-EYE OFFICE

We are excited to offer you our new interactive software program, **3D-Eye Office®**. This is a fun educational program by Eyemaginations, using 3D animation, music and narration, to enhance the communication between your doctor and yourself, the patient. We have installed 3D-Eye Office

in each of our exam rooms. You can learn more about glaucoma, cataracts, corneal transplants and LASIK, and you can learn of the various products and services our practice offers. Ask to see it at your next appointment or you can also visit our website, www.eyelasik.com and click on **3D ONLINE** for a sample.

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