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Spring 2014 Newsletter

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E | **ELMQUIST**
eye group
preserving and restoring vision



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Have You Visited Our Website?

www.elmquist.com is the official website for Elmquist Eye Group. The website is very user friendly with an easy navigation system.



Why should I visit the website?

It is our goal to have patients who are well educated about any particular ocular condition they may have. This is why it is important for us to provide you with a reliable [website](#) to receive such education.

In the [Patient Education](#) portion of the site you will find various articles, along with videos explaining some of the most common eye diseases. There's also a video summary of Dr. Elmquist's detailed education on cataract surgery and the options available.

Did you know?

If you are a contact lens wearer you are able to order your contact lens supply through our website. A link on the Home Page will direct you to a site where



contact lenses can be ordered. Another useful feature is the ability to print the paper work that you will be required to complete prior to your visit. Having this paperwork filled out when you arrive to our office will help reduce waiting time, which results in an overall better experience. We hope you take the time to browse through our [website](#). And please encourage any friends and relatives who are seeking reliable eye health information to visit as well.

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The Silent Thief of Sight

Understanding Glaucoma

Take a moment to look at your hands extended in front of you. Without moving your eyes, were you able to see some of the area above, below and to the sides of them? If you could, that is because you have what is called peripheral vision.



This ability allows us to recognize someone who's approaching us from the side, avoid tripping or stumbling, and drive a vehicle safely.

But what if, without ever giving us a warning, someone began to slowly take our peripheral vision away from us? And what if it could potentially be many years before we ever noticed that this had been happening? That is exactly what glaucoma is capable of, earning itself the title of the silent thief of



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sight.

What is Glaucoma?

There are different types of glaucoma, the most common one being Primary Open Angle Glaucoma (also known as Chronic Open Angle Glaucoma). This is the type that we will be discussing in this article. Glaucoma is a disease of the optic nerve which can lead to permanent vision loss if not detected on time. Anyone, regardless of their health condition, could potentially develop glaucoma. However, a person with positive family history, history of trauma to the eye, or history of having taken steroids, is at an increased risk of developing glaucoma.

Glaucoma could steal up to 90% of your vision in one eye without you being aware of it. How so? All of us have a natural blind spot at the back of each eye. We are unaware of this blind spot because our brain has the ability to fill in the missing bits of what we look at. It is the brain's ability to do this that makes glaucoma so dangerous and subtle.

How is it diagnosed?

A common misconception is that anyone with glaucoma suffers of elevated IOP (intraocular pressures). However, in some cases glaucoma can be present in individuals with low-to-normal pressures. That is why, it is not always sufficient to have a glaucoma screening or an IOP check to determine if a person is at risk of developing glaucoma. The most important element is having a thorough look at the appearance of your optic nerve through a dilated fundus exam. In a glaucomatous eye, the optic nerve cup portion of the optic disc will take over 50% of the total disc diameter. A good analogy used by Dr. Wagner to explain the cup to disc ratio is the ratio of a donut hole to a donut. The cup represents the hole in the middle. The disc, however, represents the good stuff on the outside: the donut. The more space that the hole takes up, the more a person is at risk for developing damage from glaucoma.

Together We Can Fight It

If during a dilated fundus exam it is determined that an individual is at risk of developing glaucoma, further testing will be ordered by the physician in order to better assess the condition. The key to treating glaucoma is that the sooner is always the better. Initial treatment is typically the use of an eye drop at bedtime. In many cases, this is sufficient to control glaucoma and prevent peripheral vision loss. In progressive cases additional drops may be used or treatment through lasers and surgery may be recommended.

At Elmquist Eye Group we are determined to fight this thief. With early detection and appropriate care we won't allow glaucoma to steal one of your most valuable possessions, your sight.

Free Frame Anyone?

Elmquist Eye Group is offering FREE frames with the purchase of lenses

For a limited time, Elmquist Eye Group is offering a variety of free frames with the purchase of lenses. Lenses must include a Crizal anti-glare treatment. Some of the many benefits of Crizal is a reduction in glare from computer or electronic devices screens, and a resistance to smudges. Overall, Crizal lenses help you achieve a much clearer view than regular non-Crizal lenses.

Among the free frames selection you will find the following brands: Guess, Prada, Armani, Gucci and Boss.

Some of these frames would make great sunglasses. For optimum benefit from sunglasses, we recommend polarized lenses in addition to Crizal Sun. Crizal Sun is the first anti-glare technology created specifically for sunglasses. It not only reduces backside glare, but also adds a scratch protection and ease of cleaning. Please visit our [Optical Boutique](#) where one of our friendly opticians will be happy to provide you with more information.



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