

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

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Eye Health Products Now Available For Purchase

We are delighted to announce that Elmquist Eye Group is now carrying a supply of eye health products at a competitive rate.

Our wish is to offer our patients the convenience of purchasing all of the recommended products at one location for a better price than what's available over the counter. We have received feedback from patients on how difficult it is to find some of these products at local pharmacies. It is our hope that this new system can help eliminate some of that trouble.

Our supply includes: Ocusoft Lid Scrubs, Retaine HPMC Preservativefree Tears, Retaine AREDS 2 vitamins, Retaine PM ointment, Ocusoft Sochlor 5% ointment (same as Muro 128) and an advanced eyelid and lash cleanser solution. Retaine HPMC tears, for instance, is a preservative-free tear that comes in a unique bottle container rather than the traditional vials. This design doesn't only offer convenience, but also prevents harmful bacteria from entering the bottle. Please call our office for more information and pricing details.

TearLab Osmolarity System

New Technology at Elmqvist Eye Group

Elmqvist Eye Group is happy to introduce the TearLab Osmolarity System. With the help of this new device we are now able to grade the severity of a patient's dry eye syndrome. This new technology is allowing us to more accurately diagnose and treat this common ocular disease. In past newsletters we have discussed how dry eye syndrome can affect a patient's vision, comfort and ability to perform daily tasks. That is why at Elmqvist Eye Group it is our personal interest to offer new methods that could help fight this disease.

How does it work?

The TearLab is performed by collecting a minute sample of the patient's tear. The sample is smaller than the period at the end of this sentence. It is collected by placing the tip of a small hand held device on the patient's lid margin. This procedure is painless and performed within a few seconds. The sample is then tested and the salt content in the patient's tear is determined. The link below will direct you to a video that demonstrates how the test is performed:

<http://www.tearlab.com/products/patients/videos.htm>

Why is it important?

Knowing the salt content in your tears can help determine if proper treatment is taking place and whether additional treatment is recommended. Having a baseline TearLab will help the doctor decide how to approach the condition. For instance, patients with a high salt content in their tears might require prescription drugs such as Restasis, while over the counter artificial tears could be sufficient in mild cases. Patients who are started on dry eye syndrome therapy will be followed by the physician at a later date for a repeat TearLab. If the salt content has reduced to a satisfactory number we will know that the current treatment is effective. As a result, the patient's overall eye comfort improves.

Ask us about the TearLab Osmolarity Test System at your next office visit. Our technicians



Fort Myers Office

Mon-Fri 8am to 5pm
12670 New Brittany Blvd.
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Cape Coral Office

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will help you determine whether testing is recommended with your symptoms.

Spa Scrubs

Innovative Blepharitis Treatment Available at Elmquist Eye Group

Blepharitis is a common eyelid disease that can lead to infections and further complications if left untreated. You may have blepharitis if you're experiencing redness, itching or swelling along the eyelid margin. Other symptoms include a foreign body sensation, dryness and grittiness. Generally blepharitis can be treated at home with daily lid hygiene and warm compresses. However, in more severe cases additional treatment may be necessary. We have also noticed that the performance of lid hygiene at home can be especially challenging for patients with a limited mobility or other restrictions. With this in mind, Dr. Elmquist has designed an in-office spa therapy to help battle this disease.

Spa Scrubs are performed by one of our skilled physicians at our Fort Myers office. The goal is to help alleviate patient's symptoms and reduce their need for at-home therapy. Our upper and lower eyelids contain small glands that secrete oily wax.

Did you know?

Our eyelids contain small glands that secrete oily wax. This can lead to infections in patients with blepharitis.

This can lead to infections in patients with blepharitis. During the Spa Scrubs visit the physician will express these glands, clearing out any potential source of infection. The patient is kept in a serene, low lit room with relaxing music playing in the background. The procedure fee includes an at-home kit with some of the tools that were used and are not available for purchase over the counter. Many of the patients who had this therapy have reported a significant improvement in their symptoms. Spa scrubs can be repeated as needed on an annual basis. Please call our office for further information if you think that you could benefit from this new service.

Contact Us

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10/20/2014

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