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2016

E. Trevor Elmquist, DO

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## *Welcoming Dr. Sarah Eccles-Brown*

We are happy to introduce to you Air Force Major Sarah Eccles-Brown, a Board Certified Ophthalmologist, who has joined the Elmquist family. It is our honor to welcome a provider who takes an interest in giving each patient the unique care and assistance that they deserve. In addition to providing comprehensive eye care, [Dr. Eccles-Brown](#) is experienced in refractive cataract surgery, eyelid surgery, LASIK and in-office procedures.

[Dr. Eccles-Brown](#) completed her Residency Training in Ophthalmology at Wilford Hall Medical Center in San Antonio, Texas and is board certified by the American Academy of Ophthalmology. She received her Doctor of Medicine degree from New York Medical College and two bachelor's degrees from Florida State University in Biological Science and Psychology, graduating magna cum laude. Before her time in Fort Myers, [Dr. Eccles-Brown](#) was a Major in the U.S. Air Force, stationed at Eglin Air Force Base from 2012-2016, where she served as a comprehensive ophthalmologist. During this



time, she had the honor of providing clinical and surgical eye care to active duty military members, retirees, and their families.

[Dr. Eccles-Brown](#) and her husband are the proud parents of twin boys and currently have a newborn on the way. During their spare time, the family enjoys paddleboarding, traveling and running. She also enjoys singing in her church choir.

[Dr. Eccles-Brown](#) will be seeing patients at our Fort Myers, Cape Coral and Shell Point offices. Her goal is to give each patient the quality of care that she would want for her own family members. We are confident that this new addition will prove to be of great benefit to our patients as we continue to provide a complete range of eye care services to the Southwest Florida community.

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## *Caring for Your Eyes Means Caring for Your Health*

In past newsletters, we have discussed the correlation between ocular and overall health. In this article, we would like to review a few important points to consider before opting to decline an annual eye exam.



Perhaps you have received reminders in the mail that the time for your yearly eye exam is approaching and wondered if this appointment is truly necessary. It is easy to conclude that if our vision appears to be doing well, there is no need to examine our eyes. However, the reality is that a thorough dilated eye exam can help maintain more than just your ocular health. A qualified eye care provider can help detect skin cancer and thyroid disease, among other conditions, by performing an external eye exam. As the rest of the eye is carefully examined, the existence or progression of diseases such as diabetes, hypertension and hypercholesterolemia can be determined. In more severe cases, our providers have assisted in the detection of malignant tumors.

Sadly, there are websites and phone applications claiming they can "conveniently" provide an eye exam for a fraction of the cost. While the cost may be reduced, and taking an eye exam from the comfort of your home or office may seem convenient, a computer screen or cell phone simply cannot detect medical conditions. At Elmquist Eye Group, preserving your vision along with your overall health is our priority, and we appreciate all of our patients for allowing us to provide them with a complete range

of medical and surgical eye care services. For more information about our doctors, services and optical boutiques, or to make an appointment, please call 239-936-2020.

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### *Get to Know Our Staff: Gina Covyreau*



*Gina, when did you join the Elmquist family?*

I joined Elmquist Eye Group in August 2015, and I absolutely love it here! They have made me feel so welcomed, and I love the teamwork.

*What are some of your responsibilities in the office?*

Some of the duties I have at the office are patient workups, testing, and I also do the auditing.

*What motivated you to get a career in the eye care field?*

I have worked in the medical field on and off since 2005. I always knew I wanted a career in the medical field, but it took me a while to figure out what branch I wanted to pursue. It wasn't until I actually started taking my mother to her retina appointments that I considered the eye care field. My mother has a history of retinal tears, and while sitting with her at the retina office, I started to ask the technicians if they liked what they did for a living, how long they had been doing it, etc. I really started to consider a career in ophthalmology at that point. I looked into an Optometric Assistant program at what was then Edison State College. I completed the program, and started my career in the ophthalmology field! I worked at a couple of other ophthalmology practices in the area before I found "my home" at Elmquist Eye Group. I have learned so much in the process, and to this day, the eyes still amaze me!

*What are some aspects of your job that you really enjoy?*

I really enjoy helping patients to the best of my ability, and also making them feel like a priority. A lot of times, we feel like just a number at doctors' offices, and I try to make our patients feel as comfortable and cared for as possible. It's always good to connect with patients and hear a little about them while performing their workups.

*Tell us a little bit about yourself. What are some things you enjoy doing after work?*

I really enjoy arts and crafts, painting, fishing and the beach. Crafting and painting is my therapy, and I love to make my ideas come to life with my artwork. I love salt and freshwater fishing, and always enjoy spending time on the water. If I can't fish, I love going to the beach. The sound of the waves and sun on my face is one of the most relaxing things I enjoy. I also love to spend time with my family and friends.

*What are some things you've learned since working at Elmquist Eye Group?*

Since working at Elmquist Eye Group, I have learned what it really means to work together as a team. It is such a nice change, and I appreciate my teammates. I also like how both Dr. Wagner and Dr. Elmquist teach me about the eye based on findings of tests performed on the patient, or actually let me look at the eye during the exam so I can correlate what I was taught to what it actually looks like. I am thankful to be part of the family and I look forward to many more years at Elmquist Eye Group!

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