



Eye Care **Advisor**

Spring/Summer 2008



Committed to providing the most advanced eye care services available today.

OUR MEDICAL TEAM

T. Gordon Hand, M.D.
Peter Wasserman, M.D.
Mark Szal, M.D.
Christie Morse, M.D.
Bradford Hall, M.D.
Maynard Wheeler, M.D.
Eliot Foley, M.D.
David Weinberg, M.D.
Jacqueline Lipsy, O.D.
Amy Michaud, O.D.
Scott Krauchunas, O.D.

OUR LOCATION

248 Pleasant Street
Suite 1600
Concord, NH 03301

Located on the Concord
Hospital Campus

CONTACT US

Phone: 603.224.2020
Fax: 603.228.0248
Website: www.concordeyecare.com

OFFICE HOURS

Monday: 8 a.m. to 8 p.m.
Tuesday: 8 a.m. to 5:30 p.m.
Wednesday: 8 a.m. to 5:30 p.m.
Thursday: 8 a.m. to 8 p.m.
Friday: 8 a.m. to 5:30 p.m.

Saturday: 8 a.m. to Noon
(September to June Only)

Latest Technology in Glaucoma Treatment Now Available

Concord Eye Care surgeons encourage glaucoma sufferers to find out more about laser technology for the treatment of glaucoma.

To provide patients with the latest alternatives in glaucoma treatment, **Concord Eye Care** surgeons are pleased to announce the availability of selective laser trabeculoplasty (SLT), a progressive new treatment in the fight to stop the progression of glaucoma.

Screening and early intervention is critical to detecting and stopping the relentless progression of glaucoma. The **Concord Eye Care** surgeon team is proud to offer this breakthrough laser treatment. It has been clinically proven to reduce intraocular pressure (IOP), which has been attributed to the progression of glaucoma. With virtually no side effects, and thereby eliminating or reducing the quantity of prescription medications, eye drops, surgery and other invasive treatments required to control the disease, SLT may be the ideal treatment modality.

Certain groups of people have been shown to be at increased risk for developing glaucoma. These groups include: people over the age of 40; people who have a family history of glaucoma; African and Hispanic Americans; people who have diabetes, hypertension, myopia (nearsightedness), poor ocular circulation, or a previous eye injury; people who have used steroid/cortisone medications on a long-term basis; and, especially, people with elevated intraocular pressure.

Selective laser trabeculoplasty can be administered in an office setting to lower the eye pressure that is symptomatic of glaucoma. SLT does not cause scarring or damage to the eye like other laser treatments and has been shown to effectively keep pressure lower for up to four years. SLT also may be an alternative for patients who have been treated unsuccessfully with laser surgery in the past or with pressure-lowering eye drops.

Concord Eye Care surgeons are proud to offer this breakthrough laser treatment.

Women and Dry Eye

Dry eye syndrome is among the most common eye conditions in the United States. What is dry eye syndrome? In healthy eyes, a thin layer of tears coats the outside surface of the eye, keeping it moist and washing away bits of debris that might fall into the eyes. Dry eye syndrome occurs when the eye doesn't make enough tears, or doesn't make effective tears, or the tears that it does make evaporate too quickly and leave the eye dry and vulnerable.

People with dry eyes often experience dryness, stickiness, and stinging or burning of their eyes. The eyes are often red and irritated. Sometimes the eyes water excessively in an effort to soothe the irritation, but these reflex tears are usually not adequate to fix the problem, and all they do is spill over the eyelid and run down the cheek.

The cause of dry eye syndrome is unknown, but the disease becomes more common as we age and is particularly common in women. Dry eye syndrome affects women two to three times more often than men. This is thought to be related to hormones. Male hormones (such as testosterone) seem to be good for the tear glands, and female hormones (particularly estrogen) seem to be bad for the tear glands. In a recent study, women who were on hormone replacement therapy after menopause were at higher risk for developing dry eyes. Compared to women not receiving hormone replacement therapy, women using estrogen alone were 70 percent more



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likely to develop dry eyes, and women on both estrogen and progesterone were 30 percent more likely to develop dry eyes. By one estimate, one in 20 women over the age of 50, and one in 10 over the age of 75, have dry eye syndrome. This amounts to over 3.2 million middle-aged or older women with dry eye syndrome in the U.S. alone.

One particular form of dry eye syndrome occurs in patients with Sjögren's syndrome. Patients with Sjögren's syndrome suffer from dry eyes and dry mouth, because their

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bodies mistakenly produce small molecules that attack their moisture-producing glands, in addition to causing other problems, such as rheumatoid arthritis or lupus. Ninety percent of people with Sjögren's syndrome are women.

Dry eye syndrome may sound like more of a nuisance than a serious problem. But if left untreated, severe cases of dry eye syndrome can result in permanent loss of sight. These include problems such as inflammation, infection, and scarring of the eye surface.

If you have dry eye syndrome, there are numerous treatments available to help protect your eyes and your sight. For many dry eye sufferers, small changes in their daily habits can make the problem better. For others, tear replacement drops, medications, and plugs to block tears from escaping once they reach the eye surface are all effective in reducing or eliminating dry eye symptoms. **Your doctor can help you develop a treatment plan that's right for you.**

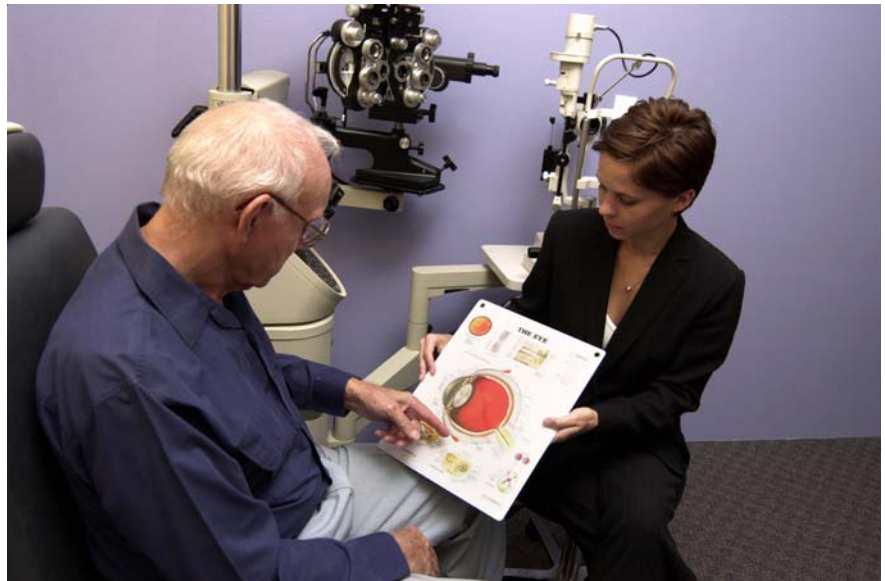
Lens Implant Choices After Cataract Surgery

The lens of your eye is an important structure. In order to see clearly at all distances (from up close to far away), your eye must be able to change its focus power. The lens of your eye is responsible for this change in focus—it changes its shape to bring whatever you're looking at into clear focus. In your early 40s, you lost the ability to see up close and required bifocals or at least reading glasses. This was because, as we age, the lens hardens and cannot change its shape anymore and, in order to focus at different distances, more than one eyeglasses prescription was required.

As we age even more, the lens becomes cloudy. This cloudiness of the lens is called a cataract. Cataract is a common problem among aging Americans, and cataract surgery is the most common surgery performed on adults in the United States. In cataract surgery, the cloudy lens is removed. In order for you to see clearly afterward, a new lens (called an intraocular lens implant, or IOL) must be inserted at the time of surgery.

Selecting the right implant for your eye is very important for your vision after surgery. Your doctor will take measurements before your surgery to determine how strong your lens is, so an implant with the same strength can be put in during the surgery. If you wear glasses, the implant strength can be adjusted to replace both your lens and your glasses.

Like your aging lens, the implant cannot change its shape to help you see both up close and off at a distance. But several options are available to help you minimize—or even eliminate—your need for any type of glasses after cataract surgery.



Talk with your doctor about the various types of implants available and their effects on your vision after surgery.

For instance, your doctor may place implants in your eyes with the appropriate strength for you to see well at a distance, and you can wear reading glasses when you want to see up close, such as for reading.

Another option is for your doctor to select the implant strength for you to see clearly off at a distance for one eye, and a different strength—the one for up close—for your other eye, so you can see clearly at all distances without glasses after surgery. This works well for most people, but some people have trouble with depth perception when their two eyes are focused at different distances.

In recent years, several types of bifocal and/or multifocal implants have been developed. These lenses allow you to see clearly at a variety of distances, effectively eliminating the need for glasses. Several manufacturers, including Alcon, Advanced Medi-

cal Optics, and Eyeonics, have recently received approval from the FDA for new-technology, multi-focal lenses following cataract surgery. It should be noted, however, that multi-focal lens technology is evolving rapidly, and a doctor-patient consultation may be in order to discuss these options. Also, this technology is relatively expensive and is considered elective by Medicare and most payers; therefore the difference in price between a standard cataract IOL and the new technology must be paid by the patient.

Talk with your doctor about the various types of implants available and their effects on your vision after surgery. You and your doctor will develop a plan that pairs you with the best type of implants for your eyes and your vision needs.

CONCORD EYE CARE

Concord Eye Care: Your Full-Service Ophthalmology Practice

Conveniently located in central New Hampshire, **Concord Eye Care** is a full-service ophthalmology practice with a reputation for excellence. Our doctors are committed to helping each patient with their individual needs. Because we want our patients to experience the best possible eye care, our office utilizes the latest equipment in our newly renovated facility. We have our own surgical center, which provides a more personable environment than would a traditional hospital setting. We also have our own surfacing lab for glasses, allowing our opticians to respond quickly to your needs—sometimes in only an hour.

Located on the Concord Hospital Campus, **Concord Eye Care** has been in practice since 1996. At that time, three of our physicians (one of whom has since retired) merged with a sole practitioner to form the nucleus of our current team. Since then, our consistent results and superior care have enabled us to double our number of doctors. Our 11 physicians are teamed with a staff of 53.

We offer a variety of services for both children and adults. Our eye doctors provide treatment for: cataracts, diabetic retinopathy, macular degeneration, glaucoma, LASIK, CK, refractive surgery, retinal surgery and comprehensive pediatric eye care. As a large and well-known practice, we often see 200 to 300 patients a day. The coordinated efforts, hard work, and dedication of our entire team make it possible for us to treat every patient with the highest standard of care.



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