

Glendale Eye

607 North Central Avenue • Glendale, California 91203-1879 • (818) 956-1010 (323) 225-2020

Fall/Winter 2001

New Lasers Keep GEMG At Forefront of Eye Medical Care

"Our goal is to provide state-of-the-art lasers for our patients," says Medical Director Dr. Chang of our new VISX S3 Excimer Laser for LASIK surgery and our new Selecta 7000 Glaucoma Laser, which can replace eye drops. The new machines are a great improvement over their predecessors."

"We're extremely pleased and proud that Glendale Eye has been selected as one of the first sites in California to offer a revolutionary new treatment for glaucoma surgery," says Dr. Weise of our Selecta 7000.

Patient Ambassadors Reassure First Time Surgery Patients

The Patient Ambassador program began shortly after the Surgery Center opened in 1988. "Having a volunteer in the waiting room who can sit and talk with patients is very comforting," says Surgery Center Coordinator Heather McKinney, R.N.

"The volunteers, who have already been through their own surgery, can reassure patients and answer their questions."

Surgery Center Celebrates 20,000th Surgery Patient



Jane Whitaker, who has been a patient at Glendale Eye for many years, is the 20,000th person to have surgery in the Surgery Center since its opening in 1988. Behind her are, l-r, Lourdes Navarro, R.N., Dr. Sheffer, and Heather McKinney, R.N.

The Surgery Center, inaugurated by Founding Director Dr. McCaffery, and now under the direction of Dr. Chang, provides a very high standard of medical care, even beyond Medicare specifications, by using the best equipment possible and the best qualified doctors.

Mrs. Whitaker, who served on the Glendale Unified School District's Board of Education during a time of tremendous growth in the school system, was very pleased with the care she received during her surgery.

"I'd been seeing Dr. McCaffery for my normal eye care problems. When he retired, I continued to come to Glendale Eye, since everything is right here in one place."

"Dr. Sheffer performed the surgery. He was very thorough. Because of my diabetes, it took awhile to get clearance for surgery from my medical doctor. I was absolutely amazed at the surgery process. They monitored my blood pressure and everything the whole time. The hardest thing was remembering to take my eye drops."

Mrs. Whitaker says she's looking forward to having her other eye done soon. "Then I'll have great vision in both eyes."

We're Seeking a Few New Patient Ambassadors

- Patient Ambassador volunteers work on a scheduled basis, at least one morning a week.
- Volunteers visit with patients waiting for surgery and give them a hot beverage and a snack after surgery.
- If you are interested in learning more about being a patient volunteer and have at least one morning a week available, call Georgia Jallo at (818) 956-1010. She'll tell you more about the program and set up an appointment with you.

New Glaucoma Laser Replaces Eye Drops

Our eye medical group has been selected as one of the first sites in California to offer a revolutionary new laser in the fight against glaucoma, one of the leading causes of blindness in the U.S.

"Although lasers have been used for over twenty years to treat glaucoma, this new "O-switched" yag laser is proving to be a pivotal breakthrough in the treatment of glaucoma," says Dr. Weise. "It will become the standard of care in this field."

The Selecta 7000 works by a totally different process than previous glaucoma lasers. "It works on a "cellular" level," says Dr. Weise. "One laser treatment is the equivalent of taking an eye drop that lasts from 1 to 3 years."

"Even more important," he adds, "the laser treatment can be repeated throughout a patient's lifetime with equal effectiveness and no known side effects."

This is in sharp contrast to the old laser, which could only be used two



Gail Lira discovered she had glaucoma several years ago when she came in to see Dr. Weise. At that time, she had a laser treatment which brought her pressure down 8 points. But, as is sometimes the case with glaucoma, her pressure began to build again. On her most recent visit, Dr. Weise told her she could begin using medication to maintain proper eye pressure, but suggested that, instead, she have a treatment using our new Selecta 7000 laser.

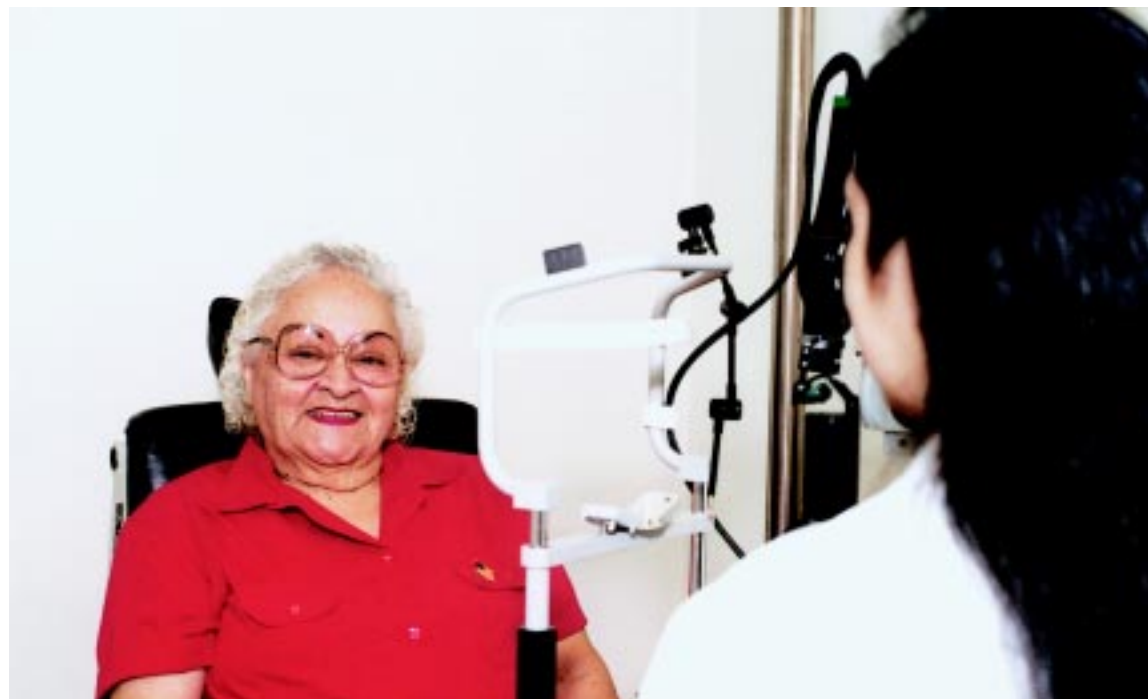
"Now I don't have to use drops, which I understand have some side effects. I like Dr. Weise as a physician, he knows what he is talking about. I've been taking my mother to him since he first started at Glendale Eye."

or three times per patient.

Approved by the FDA in March of 2001, this laser has over 5 years of research and use in Canada and

Europe. "Our new laser promises to help eliminate or reduce the use of eyedrops in almost all glaucoma patients."

Quick Action Needed to Prevent Severe Visual Loss



Juliette Aros realized one day that something was blocking the vision in her only good eye. "My regular doctor told me to call Glendale Eye."

"She could hardly see," recalls Dr. Recasens. "A blood vessel had burst in her eye." It was a critical situation, an arterial macroaneurysm, and if left untreated, would leave her with only peripheral vision. Dr. Recasens injected a gas into the eye to dissolve some of the blood clot and move it away from the affected area.

Now her vision is a very good 20/40. "She's the best," says Ms. Aros.

An arterial macroaneurysm, a blood vessel growing abnormally in the eye, often goes undiagnosed until it is too late, says Dr. Recasens.

The condition, caused by uncontrolled high blood pressure, can go unnoticed until the blood vessel bursts, causing bleeding under and in front of the retina.

"Unless it is corrected immediately, this condition can cause loss of central vision," says Dr. Recasens. "Often, a laser treatment can seal off the area around it and cause it to regress. In more severe cases, further treatment involving the use of gas is necessary."

The best way to prevent this vision loss is to have your blood pressure checked on a regular basis. If you have hypertension, control it with medication.

New Excimer Laser An 'Incredible' Machine

"Our new VISX Star S3 Excimer Laser System with Active Eye Tracker represents the next stage in vision correction," says Dr. Hurt.

The eye tracker uses two infrared cameras that follow the patient's eye movement during the procedure and keeps the laser right on the pupil for very accurate results.

"Even though patients are instructed to keep their eye focused on a red light during a LASIK procedure, they still make involuntary movements that are out of their control," explains Dr. Chang.

Normally, he says, that is not an issue, but in some cases, when very fine adjustments are needed, such as with farsightedness, a very accurate treatment is vital.

Because the laser tracks the entire pupil instead of just the center, there is no need for pupil dilation.



Dr. Chang and Dr. Hurt take a look at the new VISX Star S3, which replaces our previous Excimer Laser.

"This is an incredible machine," says Dr. Chang. "Our eye surgeons will use this for all of our LASIK procedures."

The VISX is situated in a newly-designed room in our Laser Center in Suite 100. The new facility has an area for the patient's family to sit right outside and watch the procedure through glass doors.

Mother, Daughter Choose GEMG for LASIK and Cosmetic Surgeries

"I've always been an outdoor person, even as a kid," says Betty Simpkins.

However, that love of the outdoors left its mark on her skin and she decided it was time to have something done.

Mrs. Simpkins has been a patient at Glendale Eye for many years. She brought her daughter Debbie in because of an eye injury when she was five years old, so it was an easy decision on her part to call Dr. Weise about a cosmetic laser procedure to remove the effects of her sun damage. "I'd gone to one of his lectures a few years ago and I liked his presentation."

Now that her sun damage has been repaired (even her freckles are gone), Mrs. Simpkins is careful to stay out of the sun as much as possible and to use sun screen.

"I highly recommend Dr. Weise. All of the doctors and nurses and staff are a great group of people."



After years of wearing glasses, Debbie Bright, co-owner of Arnol Salons & Spa, was tired of the way glasses felt on her face. When she thought about LASIK surgery, she automatically thought about Glendale Eye. "They have a very good reputation, plus, my mother is a patient."

"Dr. Hurt went into detail on the pros and cons of LASIK and told me I was a perfect candidate." The surgery was scheduled for a week later. "I had no discomfort. It was over and done with."

"I woke up the next morning and could see the world. It's a miracle. It's been two months since the surgery and my vision gets better every day."

Mrs. Bright says she recommends LASIK to everyone. "I wear a button here at work that says, "Ask Me Why I'm Not Wearing Glasses," so I can share it with others."

Two Longtime Patient Ambassadors To Retire



Sisters Kathleen Neklia, left, and Margie Beath, who have served as Patient Ambassadors for many years, are retiring from the program.

"The patient contact is most important," says Mrs. Beath. "Sometimes patients come in and they are just plain nervous about surgery. We tell them it will be okay, they'll be warm and comfortable and there'll be no pain."

"I love being with the patients," says Mrs. Neklia.

"The Patient Ambassadors are a unique group," says Dr. Chang. "They've gone through surgery, they know the doctors and they can share that experience with other patients."

You Are Invited To Our Annual Open House Sunday, November 4, 2001

Drop by anytime between 12 noon and 3 p.m.
Listen to our Eye Care Seminars in the Education Tent
Relax in our Refreshment Tent

Say "Hello" to the Doctors and to our Patient Ambassadors

All of our eye doctors will be here to visit with you personally.
They will also present seminars on eye medical topics.
The schedule is at right.

No reply necessary

Eye Care Seminars

Dr. Hurt: 12:00 - 12:25

Laser Vision Correction

Dr. Chang: 12:30 - 12:55

Cataract Surgery

Dr. Sheffer: 1:00 - 1:25

Eye Emergencies

Dr. Weise: 1:30 - 1:55

Cosmetic Eyelid Surgery and
Facial Rejuvenation

Dr. Recasens: 2:00 - 2:25

Macular Degeneration & PDT Laser

Dr. Fuerst: 2:30 - 2:55

Glaucoma and Cornea

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