

Clemson Eye News

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Quarterly Report for Health Care Professionals Delivering Eye Care



Out and About in the Community

Clemson Eye has had a busy fall so far! First, we stepped out in Greenville at the Walk to Stop Diabetes. Because the impact of diabetes on eye health is less well understood, we continue to sponsor this key fundraiser for the American Diabetes Association. It was held in on September 19.

Then we were pleased to again sponsor the Goldstein Charity Golf Tournament, held September 25 at the Smithfield's Country Club in Easley. The event benefits Helen's Hugs, a charitable organization supporting therapeutic horseback riding for special needs children.

On September 26, we supported finding a cure for breast cancer by sponsoring - and running - the Susan G Komen Race for the Cure at Heritage Park in Simpsonville.

Next up is the Turkey Trot on November 22 to benefit the Leukemia & Lymphoma Society. Perhaps we'll see you there!

Visian ICL – An Implantable Contact Lens



By Donald Glaser, MD

Clemson Eye now has an excellent vision correction alternative for patients with moderate to severe nearsightedness, particularly patients with dry eyes or thin corneas.

The Visian ICL is an implantable collamer lens. It is a soft lens, like a contact lens, that is surgically placed into the eye. The lens works similarly to LASIK and PRK in that it corrects your vision, except unlike these refraction correction procedures, it doesn't require any cutting or reshaping of the corneal tissue, and an ICL is removable.

Good candidates for this procedure are patients ages 21 to 45, who are nearsighted and have had stable vision for a year. The ICL is made to help correct patients with low myopia (-3 diopters) to high myopia (-20 diopters). It can be a preferred option for people with severe dry eyes or thin corneas.

FDA-approved, ICLs have been available for 10 years. More than 500,000 ICLs have been implanted in patients worldwide, with excellent visual outcomes. The patient satisfaction rate to date is 99%.¹

Advantages of ICLs

The Visian ICL is an advanced soft-material lens, composed of 100% bio-

compatible collagen copolymer. It provides vision correction that is sharp and vivid. There is no maintenance associated with the lens, and it is intended to remain in place as long as the patient is satisfied with their vision. If at any point their vision changes or they wish to have them removed, this can be done easily. Because the cornea is in its natural state, the patient is able to pursue other vision correction options.

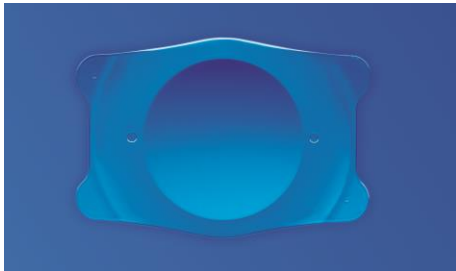
In short, ICL advantages include:

- Treats moderate to high myopia (nearsightedness).
- Sharp, clear vision with great depth and dimension.
- Excellent night vision.
- Great for people with thin corneas.
- Does not induce dry eye syndrome.
- No natural corneal tissue is removed or reshaped during implantation.
- Because ICLs maintain the eye's structure, measurements required for possible future procedures are easier to identify, increasing the likelihood of positive outcomes. Thus, ICLs mean better and more flexible options for future treatments.
- UV protection built into the biocompatible lenses. Long-term or intense exposure to UV radiation can damage eyes, increasing the chance of eye disorders such as cataracts and some retinal problems.

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How is the procedure done?

The ICL procedure is an outpatient procedure that generally takes about 15 minutes. Prior to the procedure, the patient receives topical anesthesia drops to minimize discomfort. Then the eye surgeon creates a very small opening to insert the lens into the eye with an injector. Once the lens is injected, it unfolds in the eye and the procedure is complete. Patients typically experience minimal discomfort and return to work the next day.



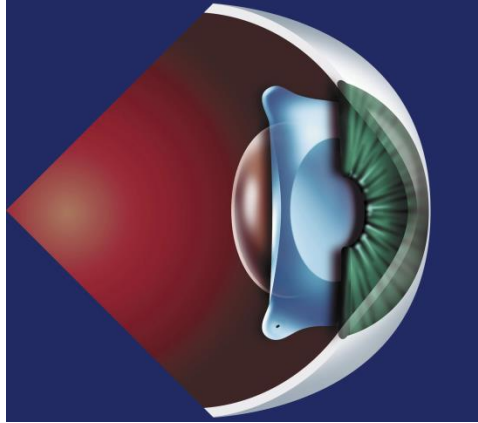
Visian implantable collamer lens: It requires no maintenance and the patient can't feel it.

What are the risks?

The risks of implantable contact lenses are similar to those of other refractive procedures like LASIK and PRK. However, ICLs do not have the complications associated with physically changing the shape of the eye. In addition, if any complications should occur, ICLs are removable. Complications related to ICLs include infection, increased intraocular pressure, and possibility of accidental damage to the crystalline lens during the procedure. In most cases, these complications can be corrected by the eye surgeon.

Who is not a candidate?

At Clemson Eye, we always recommend refractive patients have a vision consultation to determine their best vision correction plan. If ICLs are not a good option, we can consider other options. Patients who have undergone any ophthalmic surgery or who have a history of eye disease such as iritis, glaucoma, or



The ICL is positioned behind the iris, where it is invisible to the patient and observers.

diabetic retinopathy are not considered good candidates for ICLs. In addition, ICLs may not be the best course of action for patients:

- Whose eye prescription has changed in the last year.
- Without a large enough anterior cell density.
- With an anterior chamber depth of less than 3.00mm.
- Who are pregnant or nursing.
- With uncontrolled dry eye or blepharitis.
- With corneal endothelial dystrophy.

Through implantable contact lenses, we can offer patients with moderate to severe myopia a high quality of vision and excellent, stable outcomes. We are proud to be the only eye surgeons in the Upstate currently offering this refractive procedure.

If you have questions about ICLs, or you have patients you think could benefit from this procedure, please contact our office for more information.

Donald Glaser, MD, is a Clemson Eye ophthalmologist specializing in comprehensive medical and surgical eye care.

1. ICL in Treatment of Myopia (ITM) Study Group. United States Food and Drug Administration clinical trial of the Implantable Collamer Lens (ICL) for moderate to high myopia. *Ophthalmology*. 2004;111:1683-1692.

What's New

Building of Greenville Visual Health Center Is on Track!

As we enter the fall, things are springing into action at Clemson Eye's new visual health and surgery center in Greenville.

Framing has been completed and the windows, which will provide scenic views of the Blue Ridge Mountains, are being installed. LASIK patients will sit up from their surgery in the new second floor suite and the first thing they'll see - without their glasses - will be these beautiful vistas.

Our new center is located on the original 1827 Lowdes Plantation at the corner of Pelham Road and Villa Road. The 18,500-square-foot facility will have state-of-the-art treatment rooms, a surgical suite, a LASIK suite, and a medical aesthetics suite.

Building is proceeding well, and the center is on schedule to open in the winter of 2015.

We are planning a number of open houses to introduce local eye care professionals and community members to our new facility. Stay tuned for dates!



Clemson Eye's new Greenville center under construction. Photo courtesy of Christine Tedesco.