It’s official, we’re moving. We’ve hired only the best crystal ball reader available as well as dusted off our own magic eight ball to find the optimal warm, dry Spring weekend for our move! We will begin seeing patients in our new Malta location beginning Tuesday, March 25th.

We will be busy moving March 21st-24th. Keep your fingers crossed for good weather for us!

All of our current patients have been sent a moving date postcard and we have a moving flyer in the office that everyone receives upon check out.

Our phone number will stay the same and as always never hesitate to call with any questions. There’s bound to be some hiccups, so thank you in advance for your patience.

Sincerely,

Dr. Jay
Prevalence and Progression of Myopic Retinopathy in an Urban Chinese Population
By: Dr. Amjad Hammad

Despite the fact that the incidence of myopia has risen to become one of the major causes of visual impairment and blindness in highly urbanized societies of the Pacific Rim, few studies have addressed the prevalence of myopic retinopathy and its risk factors over time in these populations. Now, Liu et al (Ophthalmology 2010) have provided an initial glimpse into the prevalence of myopic retinopathy in the population of Greater Beijing, along with its incidence and change over a 5-year follow-up period.

The study involved 4439 patients 40 years of age or older who participated in the Beijing Eye Study in 2001, including 3251 patients who also participated in a follow-up arm in 2006. All patients underwent an examination that included fundus photography and answered a questionnaire regarding any history of eye disease, eye trauma, diabetes mellitus, hypertension and previous ophthalmologic care. The study also gathered information about income, level of education and profession. Myopic retinopathy was defined as the presence on fundus photography of 1 or more of the following features: staphyloma, lacquer cracks, Fuchs spot or chorioretinal atrophy at the posterior pole (Table 1). At the 5-year follow-up in 2006, examinations and photography were repeated, and fundus photographs from 2001 were compared with those from 2006 to evaluate changes in myopic retinopathy.

The researchers found that myopic retinopathy was present in 3.1% of the 4359 patients and that the disease was associated with increasing age, worse best-corrected visual acuity, deeper anterior chamber, larger optic disc area, a smaller prevalence of age-related macular degeneration and a greater prevalence of open-angle glaucoma.

During the follow-up period, 5 eyes of 4 patients developed myopic retinopathy, with an overall incidence of myopic retinopathy over the 5-year period of 0.05%. The researchers also found that of those patients who showed progression of parapapillary atrophy or an enlargement of chorioretinal atrophy at the posterior pole, 3 (3.6%) developed visual impairment and 1 (1.2%) became blind.

Interestingly, the authors also noted that the urban population in the Beijing Eye Study was significantly more myopic than was the rural population. “This may suggest that urbanization is associated with myopia,” they wrote. “Despite this myopia, however, the risk of myopic retinopathy with pathologic changes may not be markedly higher in an urban population than in a rural population, which, if confirmed by further studies, may have importance for public health in East Asia.”
National Doctor's Day

When: Always March 30th

National Doctor's Day was created to show appreciation to your doctors. Doctors perform vital diagnosis, treatment and care for yourself and your family. When you are well, your doctor keeps you well. When you are sick, there is no other person more important to you than your doctor.

Hallmark suggests you send your doctors a card of appreciation. (it's no surprise to hear this from Hallmark). Card companies have cards for this event....no surprise here, either!

We suggest you simply tell your doctor(s) that you appreciate all that they do for you and your health. If you don't see your doctor today, make a note to thank him(or her) at your next appointment.

The Retina Digest Puzzler: Bizarre March Holidays

National Pig Day (Mar 1st)
Old Stuff Day (March 2nd)
Peach Blossom Day (3rd)
Panic Day (March 9th)
Girl Scouts Day (Mar 12th)
Ear Muff Day (March 13th)
Potato Chip Day (14th)
Poultry Day (March 19th)
Waffle Day (March 25th)
Craft Month
Red Cross Month
Peanut Month
Nathan Littauer Hospital & Nursing Home is proud to announce that Dr. Jonathan Nickel is the recipient of the organization’s A.C.E. Award. The “Awards Celebrating Employees” Award is special recognition for an NLH employee or extender who has gone above and beyond their responsibilities to demonstrate the organization’s mission of caring. It is presented by the hospital’s Rewards and Recognition Committee.

Dr. Nickel was nominated by Diane Graudons on behalf of her 81 year old father Donald Wyllie of Mayfield. Wyllie was suffering with a sever eye infection, and called for his primary doctor early one Sunday morning. Dr. Nickel was the covering weekend physician who came in from Saratoga by 8 a.m. to the Gloversville office to see the patient.

Upon the examination, Dr. Nickel recognized the vital nature of the infection and called Saratoga Vitreo-Retinal. The only way to treat this infection was with antibiotic injections directly into the eye which can only be done by a retina specialist. Time was of the essence as was the jeopardy of Wyllie’s eye sight. Wyllie’s ride was 20 minutes away, so Dr. Nickel himself drove Wyllie to Saratoga Vitreo-Retinal that Sunday morning. By the time Wyllie’s daughter showed up in Saratoga, he was prepped and ready for the injections. Dr. Nickel stayed with him until all was settled. On that day, both physicians gave Wyllie a 50/50 chance of his regaining sight in this eye. If the antibiotic injections did not work, additional surgery would be required. Thanks to Dr. Nickel’s quick, compassionate care, Wyllie’s sight was saved and is near 20/20 today.

“This is the perfect example of an individual who puts patient wellbeing above all” said Moshgan Jones of the NHL Reward and Recognition Council. “This is the extraordinary reaction we admire most here at NLH, and we like to take the time to personally celebrate these heroes.”

Dr. Nickel was presented on Tuesday morning, and caught a bit off guard, as an entourage of peers, colleagues and well-wishers entered the hospital recovery room to present him with a plaque, balloons, and special gifts.

Both Graudons and Wyllie were in attendance for the presentation, and personally shared their words of praise and thanks to Dr. Nickel.

“I am convinced I would have been blind in my one eye if Dr. Nickel didn’t do what he did” said Wyllie.

This was only the fourth time the NLH Rewards and Recognition Committee has doled out the ACE Award.