I think Spring has arrived; though Mother Nature may not have gotten the memo. We are busy spring cleaning over here and more than ready to unpack.

All the inspections are complete for our new office and the moving trucks have been scheduled. We will (finally) be seeing patients in Malta on May 19th. Our patients have been real troopers during this transition. It will be worth the wait.

My wife and her partners moved their family law firm into the building at the end of April and they are really enjoying the new space.

Thank you to all the Optometrists who joined us for our first Retina Update Lecture. It was a great evening out and we were even able to get CE credits for their effort.

We are riding the 10 mile route of the Saratoga Tour de Cure again this year. So be sure to let us know if you will be there as well!

Thank you to our new Referring Partners in April:

Dr. Julia Malin
Dr. Mary Ellen Drislane
Dr. Michael Bell
Dr. Christopher Thomas
Dr. Mabel Cheng
Adam Lloyd, RPA-C

April Fitbit Winners: Gina, Jen and Debbie
Association of Sleep Apnea and Retinal Vein Occlusion
By: Dr. Amjad Hammad

To ascertain potential links between sleep apnea and retinal vein occlusion (RVO), Chou et al (Am J Ophthalmol 2012) compared 5965 patients with newly diagnosed sleep apnea and 29,669 healthy controls matched for age, gender and preexisting comorbidities, including hypertension, diabetes mellitus, coronary artery disease, glaucoma, chronic kidney disease, chronic obstructive lung disease, asthma, arrhythmia, ischemic stroke and hyperlipidemia. They used data gathered by the Taiwan National Health Insurance Research Database from 1997 through 2007.

Both cohorts were followed from enrollment to the date of RVO diagnosis, death, withdrawal from the insurance program or December 31, 2007. During the follow-up period (mean, 3.72 years), 0.22% of sleep apnea patients and 0.13% of controls were diagnosed with RVO. Patients in the sleep apnea group had a 1.94-fold increase in RVO incidence independent of age, gender and comorbidities.

The authors hypothesized that sleep apnea could indirectly lead to RVO by initiating or promoting the progression of cardiovascular diseases that are common risk factors for RVO. “The strength of this study is the nationwide population study, which could trace nearly all cases of RVO and sleep apnea in Taiwan during the study period because all practices of ophthalmologists and sleep specialists were covered in our insurance system,” they noted.

Laser Prophylaxis and Lower Incidence of Retinal Detachment After Cataract Surgery
By: Dr. Amjad Hammad

In patients with high myopia, searching for retinal tears before and after cataract extraction and administering prophylactic laser treatments may lower the incidence of postoperative retinal detachment, according to a study conducted on 118 patients with highly myopic eyes who had an axial length of 26 mm or greater and who underwent cataract surgery at a Hong Kong hospital between January 1990 and January 1997 (Ophthalmology 1999).

Retinal tears were diagnosed before surgery in 13 patients, who all underwent prophylactic laser photocoagulation. An additional 13 patients had retinal tears after surgery and were treated with laser coagulation. Only 2 patients in the entire cohort developed retinal tears within 6 months postsurgery; neither of these patients was among the 26 patients who received laser treatment.

Posterior capsule opacification was the most frequent postoperative complication, occurring in 30 eyes (25.4%). Of 9 patients (7.6%) with posterior capsule tear, none developed retinal holes or tears, or retinal detachment.

“Preoperative retinal evaluation with laser treatment to retinal lesions that contribute to retinal tear or detachment is important,” the authors wrote. “We also advocate intraoperative and postoperative detailed retinal examination using the binocular indirect ophthalmoscope with 360 degree scleral indentation.”
I'm Always Funny Sometimes...

Mother's Day Humor

If your kids are giving you a headache, follow the directions on the aspirin bottle, especially the part that says, "keep away from children."

Susan Savannah

Went to doctor for fatigue, forgetfulness and inability to concentrate, and I was diagnosed with Motherhood.

Mom! Can you tie my shoe?

I'm done with my banana. Can you take this?

Mom! Can you come cover me with my blankie? I can't reach it!!

Just when you think you might be feeling good about your Mommy skills, a trip to the store with your kids can put you back in your place really quick.

Can I have a bite of yours?

The quickest way for a mother to get her children's attention is to sit down and look comfortable.

Mom! Can you carry me?
Strawberry Bouquet

Celebrate Mother’s Day with these candy-coated strawberry roses!

Directions

1. First, wash and dry the strawberries with a paper towel, otherwise the candy melt won’t stick to them because the water will change the emulsion.

2. Insert a skewer in the stem end of each strawberry, but not all the way through - just enough to secure it.

3. Put your base color candy in the microwave and melt it in 30-second intervals. You can choose any kind of color you want - red, orange, yellow or pink. The best is to pick your mom’s favorite.

4. Dip the strawberries into the melted candy and then stick the skewers upright into the Styrofoam block. Wait until the candy melt is hardened.

5. Microwave the “decorating color” candy melts and put the melt in a ziplock bag. Using scissors, snip off one of the corners of the bag and decorate each strawberry.

Ingredients

- Strawberries (as many as you want)
- Bamboo Skewers
- 2 different colors of candy melts (the quantity will depend on the quantity of strawberries)

Retina Digest Puzzler...