Allow me to take this season of Thanksgiving to thank you for your support and trust in our practice. I know I say this often, but it’s true, without you, we would not exist. So, from all of us at Saratoga Ophthalmology, Thank You.

We begin renovation on the Troy office this month. We are renting extra space right next door so there will be no interruption in any of our services.

Congratulations to our friend Dr. Laurie Runnerstrom for the opening of her East Greenish Eye Center new location at 99 Troy Road.

Also happening in East Greenish this month, The North Eastern Association of the Blind (NABA) is co-sponsoring a “Vision Health Information Day” for you on Friday, November 14th from 1:00-3:30pm at the East Greenbush Public Library, 10 Community Way.

Sincerely,

Charles Rheeman
While uveitic macular edema is the most common cause of visual impairment in patients with uveitis, epiretinal membrane formation in association with uveitis and uveitic macular edema is a common structural complication. Previous studies have reported negative effects of epiretinal membrane formation on visual acuity and a higher risk of failing medical therapy in patients with uveitic macular edema.

Lehpamer et al from the Icahn School of Medicine at Mount Sinai, New York, conducted a retrospective case-series study to evaluate the effect of epiretinal membrane in uveitic macular edema on visual acuity and on improvement and resolution of the edema. The researchers reviewed the records of all patients with a diagnosis of uveitic macular edema confirmed by spectral-domain optical coherence tomography seen at the institution from 2008 through 2011. These included

*the presence or absence of an epiretinal membrane (a thin, smooth hyperreflective layer between the neural retina and the vitreous)

*epiretinal membranes classified as wrinkled or not wrinkled

*macular edema identified by a central subfield retinal thickness of 315 µm or greater

After a 6-month follow-up, a successful outcome was defined as a decrease in macular thickness to less than 315 µm. Visual acuity was measured during the first visit at which uveitic macular edema was identified (baseline), 3 months and 6 months.

Ten different uveitic diagnoses were present in the 77 patients (104 eyes). The most common was intermediate uveitis, non-pars planitis type, that was present in 26% of the eyes.

The cohort included 59 patients with an epiretinal membrane in at least 1 eye, 26 of whom had an epiretinal membrane with wrinkling. These patients were significantly older than were the patients without epiretinal membrane.

Mean central subfield retinal thickness and mean visual acuity at baseline were similar among all 3 groups. However, a significantly greater proportion of patients with wrinkled epiretinal membrane had visual acuity of 20/200 or less. All patients underwent similar treatment. At 6 months, eyes with an epiretinal membrane and surface wrinkling had significantly greater central subfield retinal thickness and significantly worse mean Snellen visual acuity. The differences in mean visual acuity could be attributed, at least in part, to the greater number of eyes with Snellen scores of 20/200 or less.

Although the study population was small, the differences in outcomes were great enough to reach statistical significance. This retrospective review suggested that uveitic macular edema patients with an epiretinal membrane of sufficient severity to cause wrinkling of the retinal surface may not respond to therapy as well as patients without an epiretinal membrane or patients with an epiretinal membrane that has not wrinkled.

Dairy Free Maple Pumpkin Pie
(By Healthy Living Market & Cafe)

INGREDIENTS
1 single 9-inch pie crust
1 15 oz can pumpkin puree
1/2 cup pure maple syrup
1/4 cup granulated sugar
1/4 cup plain non-dairy milk
1 TB coconut oil
1 tsp vanilla extract
2 tsp ground cinnamon
1/2 tsp ground ginger
1/2 tsp ground nutmeg
1/2 tsp sea salt
2 TB cornstarch
Pinch of ground cloves

DIRECTIONS
Preheat oven to 350°F. In a blender, purée together pumpkin, maple syrup, sugar, milk, coconut oil, vanilla, cinnamon, ginger, nutmeg, salt, cornstarch, and cloves until very smooth. Pour into the pie shell and bake for 60-65 minutes or until center looks semi-firm (a little jiggle is okay), applying crust protectors/tin foil if the edges appear to be browning too rapidly during baking. Remove to a cooling rack for 30 minutes and then chill for at least 4 hours before serving.

HAPPY TURKEY DAY!
I’m always Funny Sometimes...

Who’s the best-smelling actor that you’ve worked with?
Kevin Bacon.

PUMPKIN SEASON
Strange Thanksgiving Trivia

Was There Turkey At The First Thanksgiving?
There is no evidence that turkey was eaten at the first Thanksgiving, a three-day meal shared between the pilgrims and Wamponoag tribe in 1621. It is more likely that they ate venison and a lot of seafood.

Of The Three Utensils We Use To Eat (Fork, Spoon & Knife) Which Was Not Present At The First Thanksgiving Feast?
The fork. What did they use to eat their meal with? A knife, a spoon and their fingers. The fork was not brought by the pilgrims. Governor Winthrop of Massachusetts introduced it 10 years later, but it did not really catch on until the 18th century.

Do People Consume A Lot Of Booze During This Holiday?
YES! It has been claimed again and again that the night before Thanksgiving is the biggest drinking night of the year -- beating out New Years Eve and St. Patrick's Day. Why? It is the number one evening where people return home and reunite with their high school buddies. Or possibly the anxiety of being surrounded by family drives some to drink.

What Is The Relationship Between Frozen T.V. Dinners And Thanksgiving?
Apparently, part of the reason that Swanson started creating T.V. dinners in 1953 was because it needed to find something to do with the massive amount of leftover frozen Thanksgiving turkeys.

How Did The Pilgrims Make Their Green Bean Casserole?
They didn’t. Green been casserole came into being just 50 some years ago and was created by Campbell's soup. It came about when the company was making new recipes for its annual cookbook. Now, Campbells sells about $20 million worth of cream of mushroom soup, most likely for people to make the casserole.

Did Thanksgiving Officially Begin With The Pilgrims?
It sure didn’t. Thanksgiving only became a public holiday in 1863, when president Lincoln declared it so.

Have Turkey, Stuffing And Football Always Gone Hand In Hand?
Not quite. It all started in 1934, when the Detroit Lions was bought by G.A. Richards. Trying to build up the fan base for the team, he scheduled a game for Thanksgiving Day to play the Chicago Bears, who at the time were world champions.

The game sold out and was broadcasted live on radio. And with that huge success, the tradition began. Since then, the Detroit Lions have played 67 Thanksgiving games!