

VISION INSIGHTS FROM THE REGION'S LEADING EYE SURGERY SPECIALISTS

Flashes and Floaters? We Can Help

by Gregory D. Osmundson, MD

Everyone has seen them. But when they appear often or affect your ability to do normal tasks, it may be time for an eye exam.

We're talking about flashes and floaters. Flashes are flashes of light, stars or streaks that aren't really there. Nearsighted people are more likely to see flashes, which are caused by the vitreous (the gel filling the inside of your eye) pulling on the retina (a membrane lining the inside of your eye).

Floaters are dark specks or clouds that move through your vision. They are usually gel or other material floating harmlessly inside your eye.

Most often, flashes and floaters require no treatment. But if they appear suddenly or increase in number, it can sometimes be a sign of a more serious eye problem. They may be caused by the vitreous pulling too hard on the retina, which can lead to a tear or detachment from the back of the eye.

Protect your vision. The best way to determine if your flashes and floaters are normal is to get regular eye exams.



Dr. Osmundson is the region's only surgeon Fellowship-trained in glaucoma management. His practice also includes cataract and implant surgery.

Hope for Dry Eyes

by Geoffrey T. Tufty, MD



Do your eyes feel scratchy? Do they sometimes sting or burn? If so, they may not be producing enough tears to keep them comfortably lubricated and moist. Many factors can contribute to your eyes becoming dry. Among them are aging, heaters and air conditioners, smoke, dry weather, wind, and allergies.

In some cases, all you need to treat dry eyes are artificial tears, or lubricating eyedrops to replace your natural tears. These are not to be confused with eyedrops to relieve redness or itching. If you use lubricating drops, we recommend they be preservative free.

If lubricating drops do not relieve your symptoms, the problem may be caused by too much moisture draining from the eye through puncta, or drains that connect the upper and lower eyelids to the drainage canals. By inserting plugs into the puncta, a healthy tear film will be allowed to remain on the eyes to keep them comfortable. The procedure is simple and pain free.

If you frequently experience dry eyes, please call us at Ophthalmology Limited.



Dr. Tufty specializes in small-incision cataract surgery, general ophthalmology and refractive surgery.



Don't Let Diabetic Retinopathy Take Your Vision

by Charles W. Mohler, MD PhD

If you're diabetic, you already know the effects of high blood sugar on your body. But did you know what it could do to the blood vessels in your eyes?

When blood vessels in the retina are damaged, they can leak fluid or bleed, leading to retinal swelling and the formation of deposits. This is an early form of diabetic retinopathy, which may not have any symptoms. The only way to tell if you show signs of the disease is by looking at the inside of your eye through special instruments.

Left untreated, it can lead to more serious forms of retinopathy that may affect your vision. You may experience gradual blurring of your vision and have difficulty doing close work such as reading. The thing to remember is that diabetic retinopathy can be treated if it's caught early enough.



Dr. Mohler specializes in diseases and surgery of the retina and vitreous.

Baggy Eyelids Can be Treated

by Bryan J. Hammer, MD

There's a term for those baggy eyelids you see in some people. It's called dermatochalasis, and while it cannot be prevented, it can be treated.

Dermatochalasis occurs because the tissue around the eye is generally very loose. When the elastic fibers beneath the skin become weakened, the skin in the eyelid stretches and becomes thinner which leads to protrusion and overlapping of the skin. Some of the factors that contribute to dermatochalasis are aging, heredity, sun exposure and smoking.

This condition can be improved through eyelid surgery where the excess skin is removed along with the underlying fat that may be bulging forward. Laser skin resurfacing can also be used to smooth the wrinkles around the eye.

The risks of this type of surgery are relatively small, but still possible. To learn more about dermatochalasis, contact Dr. Hammer at Ophthalmology Limited.

To learn more about common eye disorders, go to www.opthalmologyltd.com.



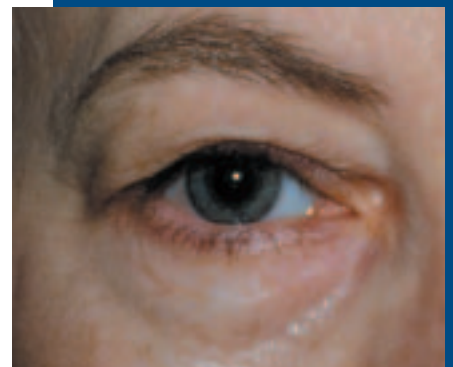
Dr. Hammer specializes in oculoplastic surgery, small-incision cataract surgery and reconstruction of the lids and orbits as well as laser skin resurfacing.



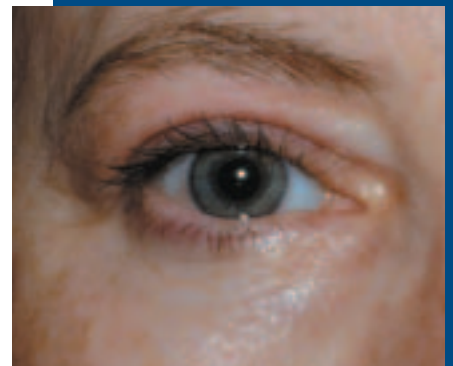
Before eyelid surgery



After eyelid surgery

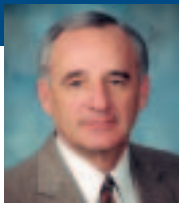


Before eyelid surgery



After eyelid surgery

Contact Ophthalmology Ltd. and see the difference.



Richard T. Tschetter, MD

Dr. Tschetter specializes in small-incision cataract surgery and glaucoma management. He received his BA from Huron College and his MD from Johns Hopkins Medical School. He interned at Johns Hopkins Hospital and then completed his Ophthalmology Residency at the Henry Ford Hospital in Detroit, MI. Dr. Tschetter founded Ophthalmology Ltd. in 1968.



David R. West, MD

Dr. West specializes in small-incision cataract surgery and pediatric ophthalmology. He received his BA from the University of South Dakota and his MD from the University of Oklahoma Medical School. He completed his Ophthalmology Residency at the University of Missouri.



Charles W. Mohler, MD PhD

Dr. Mohler specializes in diseases and surgery of the retina and vitreous. He received his BS from Purdue University and his MD from Case Western Reserve University. He completed his Ophthalmology Residency at Johns Hopkins Hospital and his Retinal Fellowship at Johns Hopkins and the University of Iowa.



Bryan J. Hammer, MD

Dr. Hammer specializes in oculoplastic surgery, small-incision cataract surgery and reconstruction of the lids and orbits as well as laser skin resurfacing. He received his BS from the University of South Dakota and his MD from the University of South Dakota School of Medicine. He completed his Ophthalmology Residency at Texas A&M University and his Fellowship in oculoplastic surgery in Cincinnati, OH.



Byron T. Hohm, MD

Dr. Hohm specializes in corneal surgery and external eye diseases as well as small-incision cataract surgery. He received his BA from the University of South Dakota and his MD from the University of Texas. He completed his Internship at Southwestern Hospital in Dallas, TX and his Ophthalmology Residency at the University of Missouri. He completed a Fellowship in corneal surgery and external diseases in Houston, TX.



Geoffrey T. Tufty, MD

Dr. Tufty specializes in small-incision cataract surgery, general ophthalmology and refractive surgery. He attended the South Dakota School of Mines and Technology, received his BS from the University of South Dakota and received his MD from the University of South Dakota School of Medicine. He completed his Ophthalmology Residency and his Vitreo-retinal Surgery Fellowship at the Alton Ochsner Medical Clinic and Hospital in New Orleans, LA. He then completed a Fellowship in Refractive Surgery at Ophthalmology Ltd.



Gregory D. Osmundson, MD

Dr. Osmundson is the region's only surgeon Fellowship-trained in glaucoma management. His practice also includes cataract and implant surgery. Dr. Osmundson received his BA from South Dakota State University and his MD from the University of South Dakota School of Medicine. He completed his Ophthalmology Residency at the University of Missouri and his fellowship at the University of Utah.



Ashley R. Crouch, OD

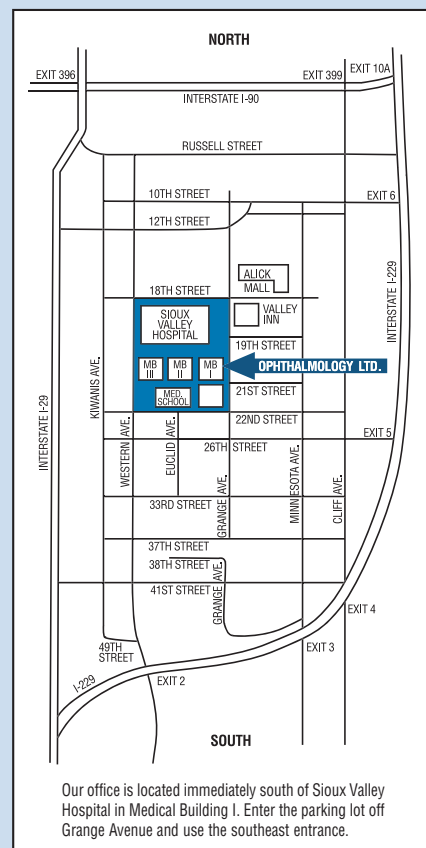
Dr. Crouch received her BS in biology and chemistry from the University of South Dakota and her OD from the Illinois College of Optometry in Chicago.



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For more information, go to www.ophthalmologyltd.com.



Our office is located immediately south of Sioux Valley Hospital in Medical Building 1. Enter the parking lot off Grange Avenue and use the southeast entrance.



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