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Experience Inspiring Innovation

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Dedicating

50 YEARS TO YOU

This coming year will mark Ophthalmology LTD's 50th year of eye care service, and lately we've been feeling a little nostalgic.

With such a monumental anniversary on the horizon, our surgeons, doctors, and staff are more grateful than ever for the patients that have allowed us to do what we love for so many years. Nearly half a century in the business and our comprehensively specialized vision team continues to grow, taking on new expertise and new ideas. Even with so much history, our practice never gets old. And we owe it all to you.

That's why we're dedicating this issue of Foresight to our patients. YOU are the reason our founders pushed past what was expected and expanded into the revolutionary.

YOU are the reason behind every new advancement we bring into our practice.
YOU are the reason we have a history.

Let us share it with you.





The Story of Us

It started in a small practice with big ideas...



"When Ophthalmology LTD started nearly fifty years ago, it was meant to be the main source of eye care, not only in the city but in the region.

I think we've probably expanded and grown more than what the founders ever expected it to...The foundation they laid for us, with putting patients first always, has really carried us through decades of care."

- Eric Thomas, MD, Vitreoretinal Surgeon



"When the practice started there were just a few doctors and it was a small group with a staff of, I think, less than ten. They were in a small area with a couple exam rooms each, and they really came together and decided they could build on that to better meet the needs of everyone in the area."

- Michael Eide, MD, Cornea & Cataract Surgeon



"The founders had the foresight to bring in subspecialty care, with retina and cornea being the first ones but also eventually oculoplastics, pediatrics, glaucoma, and virtually almost all of the subspecialty areas of ophthalmology."

- Bryan Hammer, MD, Oculoplastic & Cataract Surgeon



"The ability to work with multiple specialists with the same goal in mind—to provide the best possible care—is really very unique, and we owe it to those founders. If I see a patient that needs a specific additional level of care, I can refer that patient within the same building."

- Jonathan Erickson, MD, Glaucoma & Cataract Surgeon

Some ideas continue to grow...



"Eye care has changed tremendously in the past nearly 50 years. We've had the introduction of new lenses for cataract surgery, new imaging technologies, new drugs, new treatments for macular degeneration and cataracts. Ophthalmology LTD has really embraced those innovations, and we really try to be at the forefront looking at new research and making sure it's the right thing for our patients."

- Andrea McCann, OD, Comprehensive Optometrist



"Fast technological changes are one of the fascinating things about medicine. In the past, people used to talk about being in the hospital for several days after cataract surgery. Now they are in our outpatient surgery center probably twenty or thirty minutes for their actual procedure."

- Greg Osmundson, MD, Glaucoma & Cataract Surgeon



"Most of us will satellite to at least one different location throughout the tri-state area. We bring our subspecialty care to these locations as well so we can take care of patients closer to home."

- Ryan Geraets, MD, Vitreoretinal Surgeon



"Satellite clinics are something that was unheard of when I joined this practice twenty-eight years ago. We went from one satellite to now our office has 16 all throughout the upper Midwest area surrounding Sioux Falls."

- David West, MD, Cataract Surgeon & Pediatric Ophthalmologist



Some ideas have become tradition...



"The evolution of Ophthalmology LTD has been extraordinary. Maintaining that down-home South Dakota and upper Midwest attitude and giving that kind of personal, compassionate care, while ensuring patients receive the best, most effective diagnostics and treatments has been and will forever remain our focus."

- *Dustin Dierks, MD, Cataract Surgeon & Comprehensive Ophthalmologist*



"The thing that I am most excited about with practicing at Ophthalmology LTD is that everyone here, from the staff to the optometrists to the ophthalmologists, are here for the better of the patient. It's not to be the quickest or to be the most well-known; it's to do the very best thing for the patient. And I love that."

- *Emily Walters, OD, Comprehensive Optometrist & Newest Addition to Our Team*



"When you come in the door here, we want to make sure that from the front desk all the way through the technicians, the physician, and the people in billing who work with you, we want to ensure that you're comfortable. It's where Ophthalmology LTD started, it's something we're proud of, and it's something we'll continue to do."

- *Eric Thomas, MD, Vitreoretinal Surgeon*





Ophthalmology LTD's Newest Eye Doctor

Emily L. Walters, OD

With 16 locations to serve and a commitment to consistent innovation, we're always welcoming experienced eye doctors to our team. Emily Walters, OD, is our most recent addition, now providing comprehensive eye care to patients of all ages. From customized contact lens fittings to careful evaluation and management of common eye diseases, and even pre- and post-surgical eye care, Dr. Walters offers her expertise at our Sioux Falls office and is currently accepting new patients.

Dr. Walters attended Creighton University in Omaha, NE, before graduating from the Illinois College of Optometry. She joined Ophthalmology LTD in early September and has a passion not only for providing effective treatment but also for educating patients about their eyes.

To schedule an appointment with Emily Walters, OD, call Ophthalmology LTD at (605) 336-6294 or visit our website to request an appointment online.



Cataract Surgery

Decades of Clearer Vision



Cataract surgery has been around even longer than Ophthalmology LTD. Over time, it's become one of the most frequently performed procedures in the United States, with more than 99% of cataract surgery patients ranking their vision as significantly improved. Cataract surgery earned its reputation for effectiveness the same way the Ophthalmology LTD surgeons earned theirs, by evolving to embrace the latest, most customizing techniques.

Our Outpatient Surgery Center

Our cataract surgeons perform many of our cataract procedures within our own state-of-the-art ambulatory surgery center (ASC) conveniently located within our Sioux Falls office. Compared to hospital outpatient facilities, ASCs such as Ophthalmology LTD Eye Surgery Center have been found to reduce patients' out-of-pocket costs, making them the more affordable option. Additionally, because our facility is focused solely on eye surgery, we provide a more personalized, efficient surgical experience from start to finish.

This personalization includes results tailored to fit your individual lifestyle, using a range of intraocular replacement lenses (IOLs). These lenses are designed to replace the natural cataract-clouded lens to restore focus. Based on the kind of vision you want after surgery your doctor will recommend an IOL that best suits your needs.

Options range from monofocal IOLs that restore focus at one distance to advanced IOLs that restore focus at multiple distances and correct astigmatism. Even glaucoma patients are benefiting from advances in cataract correction technology. Cataract patients who also have glaucoma and are looking to reduce reliance on glaucoma medication may elect to have microinvasive glaucoma surgery (MIGS) during cataract surgery to lower intraocular pressure.

Philip's Story

Actual Cataract Patient at Ophthalmology LTD

"I do some woodworking, make some little fast track games, but with the cataracts my eyesight was getting to where I couldn't really see most of the lines where I had to drill holes and cut. After the cataract surgery, everything is a lot clearer. I can see now.

"Since my vision is better, I've been out working in my garage again. I haven't had to wear my glasses, and it's fantastic!"

Cataracts steal the color and clarity from your favorite activities. Phillip from Marshall, MN, experienced this firsthand before rediscovering his youthful vision at Ophthalmology LTD.



SAVOR YOUR SIGHT

Make room on your Thanksgiving table for hearty Carrot Cumin Soup. This brightly colored treat not only looks great mixed in with your holiday spread, but it's chock full of one of the greatest sources of vitamin A, as well as many other vision-aiding nutrients.



Carrot Cumin Soup

Serves 4

Ingredients:

2 tablespoons olive oil
1 medium yellow onion, chopped
2 garlic cloves, minced
1 pound large carrots, peeled and cut into 1-inch pieces (about 2½ cups)
2½ cups vegetable broth
½ teaspoon ground cumin
¼ teaspoon ground coriander
½ teaspoon sea salt
Freshly ground black pepper
1 teaspoon freshly squeezed lemon juice
½ cup plain Greek yogurt
2 tablespoons toasted cumin seeds, for garnish

Instructions:

1. In a heavy saucepan, heat the olive oil over medium-high heat and sauté the onion for 2 minutes, then add the garlic and sauté an additional minute.
2. Add the carrots, broth, cumin, coriander, salt, and pepper. Bring to a boil. Reduce the heat, cover, and simmer until the carrots are tender, about 15 minutes.
3. Purée the soup with an immersion blender or, working in batches, purée in a blender or food processor until smooth, then return it to the saucepan.
4. Whisk in the lemon juice and yogurt. Season to taste.
5. Ladle into bowls and sprinkle with the cumin seeds.

Recipe from Eat Right For Your Sight: Simple Tasty Recipes That Help Reduce the Risk of Vision Loss from Macular Degeneration, by Jennifer Trainer Thompson and Johanna M. Seddon, copyright © American Macular Degeneration Foundation, 2014. Photo courtesy Jason Houston. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold. <http://www.mensfitness.com/nutrition/healthy-recipes/11-delicious-recipes-are-good-your-eyes/slideshow>

Looking

T O T H E F U T U R E

Our patients have always deserved the best, and we have loved the challenge of delivering it to them. But the best eye care never stops evolving, so neither will we.

We promise to continue to set the bar for advanced vision correction and to provide the level of care you've come to expect from the region's most trusted and experienced eye surgeons. We are here to be your complete vision experts. Using modern, proven eye care techniques and a comprehensive team of specialists, the Ophthalmology LTD office and Surgery Center in Sioux Falls—and our many satellite offices across the tri-state area—provide a lifetime of better vision.

Keep an eye out for special offers and events in 2018 as we celebrate our ever-growing eye care legacy. Learn more about who we are, what we do, and how to take the next step towards better vision by visiting us online at www.OphthalmologyLTD.com.





Our team is made up exclusively of highly experienced eye care specialists, all of whom were carefully selected based on their individual strengths, specialties, and experiences.



For your convenience, Ophthalmology LTD has multiple locations across South Dakota, Minnesota, and Iowa.



*The Region's Most Trusted,
Experienced Eye Surgeons*

6601 S. Minnesota Ave. • Sioux Falls, SD 57108
605-336-6294 • 1-800-888-1433 (Toll-Free)
605-336-0266 (Fax)

www.OphthalmologyLTD.com



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