

# FORRESIGHT

*Experience Inspiring Innovation*

Look What  
We Built  
Together

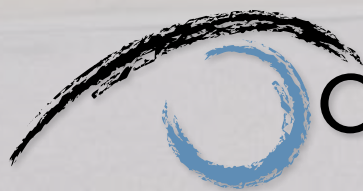
3

We Welcome  
Two New Eye  
Surgeons

4

Increasing  
Your Access  
To Advanced  
Surgical  
Eye Care

6



OPHTHALMOLOGY  
LTD.

***Celebrating  
50 Years of  
Clearer Vision!***





## IN THIS ISSUE

- 3 Look What We Built Together**  
We've built an eye care family that's lasted 50 years.
- 4 We Welcome Two New Eye Surgeons**  
Meet Dr. Elizabeth Atchison and Dr. Elise In't Veld.
- 6 Increasing Your Access to Advanced Surgical Eye Care**  
State-of-the-art eye surgery and convenient locations.
- 9 Cataract Surgery**  
Restoring vision many don't realize they are living without.
- 10 Savor Your Sight**  
Enjoy this quick broiled salmon with vegetables recipe.
- 11 In The Next 50 Years**  
We look forward to continuing to grow and adapt.



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**Appearing left to right:**

**Elizabeth A. Atchison, MD**  
Diseases and Surgery  
of the Retina

**Eric R. Thomas, MD**  
Diseases and Surgery  
of the Retina

**Ryan L. Geraets, MD**  
Diseases and Surgery  
of the Retina

**Andrea L. McCann, OD**  
Comprehensive Medical  
Optometry

**Bryan J. Hammer, MD**  
Plastic and Reconstructive,  
Surgery of Eyelids,  
Orbit and Lacrimal Systems,  
Cataract Surgery

**Michael K. Eide, MD**  
Corneal Surgery,  
External Eye Diseases,  
Cataract Surgery

**Dustin L. Dierks, MD**  
Cataract Surgery,  
Comprehensive  
Ophthalmology

**Emily L. Walters, OD**  
Comprehensive Medical  
Optometry

**Jonathan P. Erickson, MD**  
Medical and Surgical  
Glaucoma, Cataract Surgery

**Gregory D. Osmundson, MD**  
Medical and Surgical  
Glaucoma, Cataract Surgery

**David R. West, MD**  
Cataract Surgery,  
Pediatric Ophthalmology

**Elise J. In't Veld, MD**  
Medical and Surgical  
Glaucoma, Cataract Surgery

## Look What We Built Together

After half a century, Ophthalmology LTD has built an eye care family unlike any other.

Here, our surgeons have seen generations of patients walk through our doors seeking and finding care for every vision condition. Some of those patients grew up to become highly skilled eye surgeons themselves and returned to Ophthalmology LTD to care for the community that inspired them. It is this commitment to community and advanced surgical eye care that has drawn not only patients but each member of our skilled surgical team to our doors—doors that have expanded beyond our original Sioux

Falls office. Today, we see patients in state-of-the-art facilities all across South Dakota, Iowa, and Minnesota.

In this issue of Foresight, let's celebrate what we—our founders, our current team, and our patients—have built together. From increasing accessibility of surgical care to expanding sub-specialty care, check out what has made Ophthalmology LTD the region's most trusted and experienced eye surgeons.



# We Welcome Two New Eye Surgeons



## Elizabeth A. Atchison, MD Returns Home to Expand Your Retina Care

***What is your vision specialty and where will you see patients?***

"I specialize in diseases of the retina and vitreous. So, it's diabetic retinopathy, macular degeneration, retinal detachments, occasionally blood clots to the retina. Those are the most common things, but we see a lot of uncommon things, too, in retina, which is part of what makes it so challenging and rewarding. I'll be caring for patients at our new Yankton retina clinic, as well as at our main Sioux Falls office."

***Where did you go to school?***

"I went to St. Olaf College in Northfield, MN, for undergrad before going to Northwestern Medical School in Chicago. I did a residency at Mayo Clinic for general ophthalmology and then a two-year fellowship in surgical retina back in Chicago at Illinois Retina Associates."

***Why did you fall in love with eye surgery?***

"In medical school you see all sorts of different options. I discovered I really loved the surgical option, because it's more intense, and you really get to know people in a different way than you do with general medicine. You can do so much to help people, not just preventing worsening conditions but actually improving their vision and quality of life."

***What drew you to Ophthalmology LTD?***

"I chose to practice at Ophthalmology LTD because I'm from the area originally. I was raised in Sioux Falls and always knew I wanted to come back. In terms of options in this area, Ophthalmology LTD has been the dominant practice and is really well known for being great doctors, taking great care of their patients, especially for subspecialty ophthalmology care."

## Elise J. In't Veld, MD Delivers Customized Cataract & Glaucoma Care

***What is your vision specialty and where will you see patients?***

"I specialize in cataract surgery as well as glaucoma medical and surgical management. I always like to stay up to date on the latest trends to make sure I'm providing the best care for my patients. This is incredibly important when it comes to glaucoma surgical management, because this is a very up and coming field right now. We have several new advances recently that are safer and can provide excellent treatment. I'll be using these advances to care for patients in Sioux Falls and in our Windom, MN, office."

***Where did you go to school?***

"I'm originally from Belle Fourche, SD. I completed my undergrad college degree at South Dakota State University and then medical school at the University of South Dakota. I went to Detroit, MI, to complete my ophthalmology residency at the Kresge Eye Institute and stayed on there for one more year for specialty training in glaucoma surgical management. I'm very happy to be back in Sioux Falls."

***Why did you fall in love with eye surgery?***

"I love the fact that I can really impart a difference in a person's quality of life with their vision. I like to custom fit each patient's visual goals with the treatment I recommend. I also get to know patients long-term as a lot of these conditions are chronic and require a lot of follow-up, so I like the ability to develop those strong relationships with my patients."

***What drew you to Ophthalmology LTD?***

"I chose to come back to Sioux Falls and join Ophthalmology LTD because it is a fantastic group. They have the latest technology. They really care for their patients, which is of the utmost importance when it comes to joining a practice. I also like that we have so many specialties available so there's always somebody in the building who we can refer you to for help. It ensures that all your eye care needs are met."







# Increasing Your Access to Advanced Surgical Eye Care



Every new addition to our eye care team, every new technology, technique, and location incorporated into our practice over the years has been to ensure that you have access to the four most important aspects of advanced eye care:

## 1. Experts On-hand for Every Vision Problem

The range of eye problems affecting vision is vast and varied. To ensure you always have a

specialist nearby, Ophthalmology LTD has built a team of surgeons diverse and experienced enough to provide expertise in every vision specialty, all under one roof:

- Cataracts
- Glaucoma
- Retinal (macular degeneration, retinal tears/holes, etc.)
- Cornea (dry eye, keratoconus, corneal transplants, etc.)
- Oculoplastics

Through study, training, decades of hands-on experience, and constant research of traditional and current eye care technologies, our surgeons perform state-of-the-art eye procedures in a surgery center unlike any other in the region.

## 2. Affordable Eye Surgery in the Ideal Environment

Years ago, we built our Ophthalmology LTD Eye Surgery Center to bring you more affordable outpatient surgery in the ideal environment. Did you know that the first outpatient surgery center (ASC) was actually created because physicians were seeking a high-quality, cost-effective alternative to inpatient hospital care? ASCs such as ours have been shown to reduce patients' out-of-pocket procedure costs, as well as make it possible to schedule your procedure more conveniently, hand pick and assemble the most qualified staff, research and choose only the most advanced and proven technology, and design a patient experience that is not only efficient and effective but also comfortable



and compassionate. With so much more control over our environment, we are able to provide the best possible results.

Our goal is for you to enjoy your improved vision as well as the process that helped you achieve it. In fact, we've made some recent renovations designed to do just that!



New Exam Rooms



New Front Desk Design

Ophthalmology LTD has...

- ✓ Added new exam rooms and new testing rooms, allowing us to care for more patients
- ✓ Added new staff offices to keep your experience organized and streamlined
- ✓ Incorporated a more open front desk design for easy check-in, and reconfigured our overall space to make it more efficient
- ✓ Added new patient counseling and insurance rooms for more comfortable confidential conversations



If you have concerns about your vision, call us or talk to your regular eye doctor to discuss scheduling an appointment at Ophthalmology LTD.

### 3. Ongoing Commitment to Evolving Technology



Of all the enhancements we have made to our eye care clinic and surgery center, perhaps the most important are the latest additions to our range of state-of-the-art eye care technology. This includes everything from a new vitreoretinal surgery platform to new wide-field imaging equipment within our clinic.

Eye care technology is always evolving and becoming more efficient, safer, and more capable of treating even the toughest of vision conditions. At Ophthalmology LTD, we firmly believe that just because something is labeled the “latest advancement” it does not mean it will prove to be the best option. We carefully vet all new emerging technology, selecting only those that have proven their value, to keep our patients’ best interest—and vision—at heart.

Additionally, by continuously monitoring each new innovation and incorporating the most effective into our surgery center, we make it

easier for our patients to access the state-of-the-art care they need without having to visit or worry about the higher fees of a hospital facility.

### 4. Multiple Convenient Eye Care Locations

Vision issues are stressful enough without having to worry about making multiple trips from town to town to talk to an expert. As our surgical team has grown, we have closed the distance by sending our doctors out to see you at 15 state-of-the-art offices in 12 cities around South Dakota, Iowa, and Minnesota.

This close-to-home eye care convenience also ensures you benefit from a comforting continuity of care. Often, the same eye doctors providing your pre- and post-operative care, examinations, and diagnostics are those performing your treatment. We are with you from start to finish, with a clear understanding of your eye care history and vision goals. Call us or visit [OphthalmologyLTD.com](http://OphthalmologyLTD.com) to find the location closest to you.



# Cataract Surgery

## Restoring the Vision Many Don’t Realize They are Missing

As we age, proteins within the eye’s lens inevitably begin to cluster together forming a cataract. Over time, cataracts dull vibrant colors, blur vision, and ultimately complicate everyday tasks, such as driving at night, reading a menu, or even recognizing faces. Because cataracts tend to grow gradually, many people in the early stages do not even realize this is happening. In fact, many of our cataract patients do not realize how much they have been living without until after cataract surgery—a procedure that has been around even longer than Ophthalmology LTD.

### What kind of vision do you need for the rest of your life?

At your preliminary cataract consultation, our experts will examine your eyes and determine if cataract surgery is right for you. If so, they will ask about your lifestyle and vision needs to help select the best intraocular replacement lens (IOL). IOLs are implanted during cataract surgery to replace the cataract clouded lens and restore focus. With a variety of IOL types available, you

have options and the ability to choose the kind of vision you want to enjoy after cataract surgery.

Thanks to modern advancements, our cataract surgeons can also treat cataracts and other vision conditions simultaneously in one procedure. Ophthalmology LTD offers certain IOLs designed to correct common refractive errors, such as astigmatism (imperfectly shaped cornea or lens resulting in blurry vision) and presbyopia (eye’s lens becomes less flexible resulting in inability to focus clearly on close objects) during cataract surgery. Additionally, cataract patients who 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.

You only get one chance to choose the kind of vision you need for the rest of your life. Our cataract surgeons have guided thousands of patients to their best results. When you are ready to enjoy clearer vision, request a consultation at the Ophthalmology LTD office nearest you.





# Savor Your Sight

## Quick Broiled Salmon with Vegetables

4 Servings, 20-min Total Time

### Ingredients

- 4 (6-ounce) salmon fillets (about 1 inch thick)
- 3/8 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 cup sliced red bell pepper
- 1 cup vertically sliced onion
- 1 cup snow peas, trimmed
- 2 tablespoons rice vinegar, divided
- 2 tablespoons lower-sodium soy sauce
- 1 1/2 tablespoons honey
- 1 tablespoon water
- 2 teaspoons canola oil
- 2 teaspoons sambal oelek (ground fresh chile paste)
- 1/2 teaspoon cornstarch
- 3 garlic cloves, sliced
- 2 (1/2-inch) pieces fresh ginger

Recipe from: Cooking Light. "Quick Broiled Salmon with Vegetables." MyRecipes, CookingLight, Sept. 2013, [www.myrecipes.com/recipe/quick-broiled-salmon-vegetables](http://www.myrecipes.com/recipe/quick-broiled-salmon-vegetables). Photo: Randy Mayor; Styling: Cindy Barr

### Instructions

1. Preheat broiler to high.
2. Place a jelly-roll pan (or regular baking sheet) in oven; preheat for 5 minutes. Sprinkle fillets evenly with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Arrange fillets, skin sides down, on pan. Broil fish 5 minutes.
3. Combine remaining 1/8 teaspoon salt, remaining 1/4 teaspoon black pepper, bell pepper, onion, snow peas, and 1 tablespoon vinegar in a medium bowl. Arrange the bell pepper mixture on pan with fish; broil 3 minutes.
4. Combine the remaining 1 tablespoon rice vinegar, soy sauce, and remaining ingredients in a microwave-safe bowl. Microwave at HIGH 2 minutes. Stir; let stand 5 minutes. Discard ginger pieces. Serve sauce with fish and vegetables.

## Did You Know...

Fish such as salmon and other foods that are rich in vitamin-B and omega-3 fatty acids are essential to good eye health.



# IN THE NEXT 50 Years

As Ophthalmology LTD closes out our 50th year of service, our eyes are already looking towards the next 50 years. We are excited to continue to grow and adapt to meet new needs as they arise. There is no better eye care family—from our patients to our staff—to help shape our story. Keep up with each new addition to our team and every new location by stopping by our offices or visiting [OphthalmologyLTD.com](http://OphthalmologyLTD.com).

There will always be a need for Ophthalmology LTD as long as there is a need for clear vision. Thank you for being a part of our history and our future.





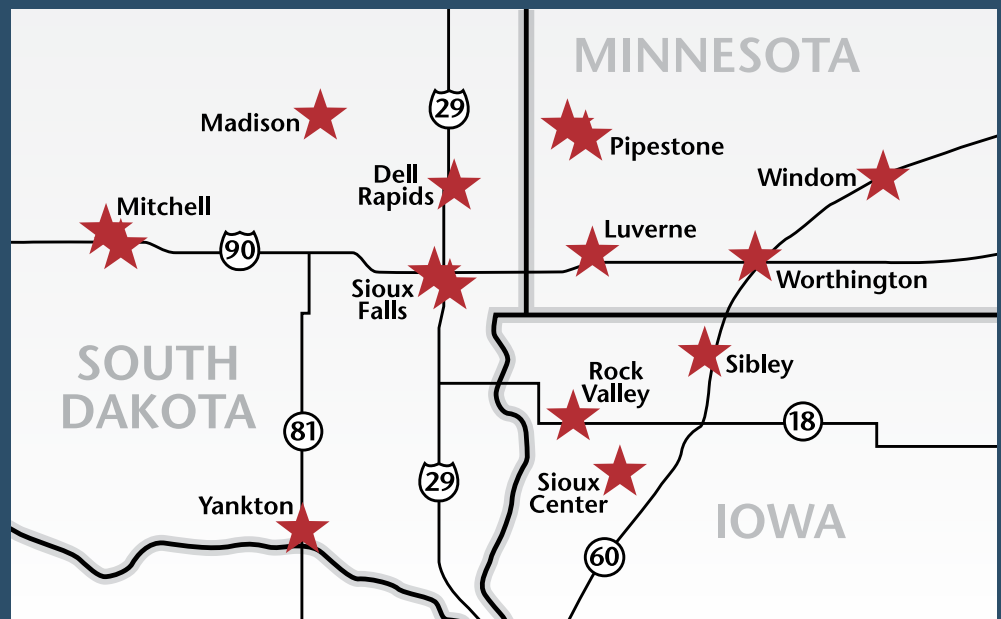


*Celebrating  
50 Years  
of Eye Care  
in 2018!*



## Convenient Locations

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](http://www.OphthalmologyLTD.com)



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