

FORESIGHT

Experience Inspiring Innovation

See More
in 2020

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Growing

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The greatest eye care 2020 has to offer!

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MORE
IN 2020



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Enjoy an eye healthy smoothie filled with vitamins and nutrients.



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See More in 2020



It has been one year since Ophthalmology LTD celebrated its 50th anniversary. In our last issue of Foresight, we looked back at the past to truly appreciate how far our team and technology have come over the years. Now, your trusted and experienced eye surgeons are looking forward!

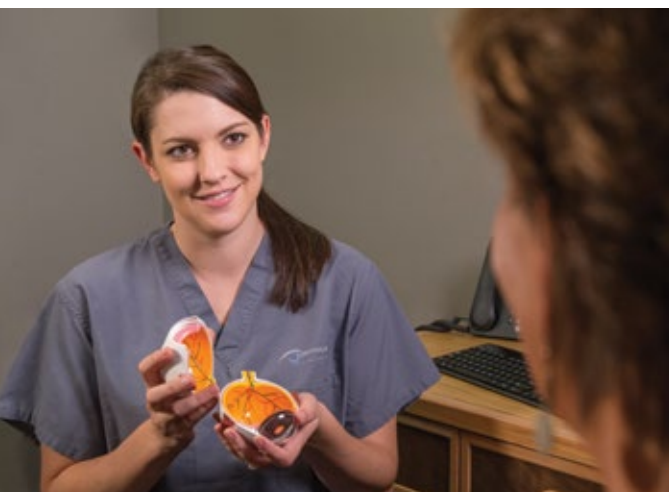
In this issue of Foresight, we will introduce you to some of the ways in which Ophthalmology LTD has been preparing to help lead our community into the future of eye care. From staying at the front of retina

technology to providing the latest cataract surgery lens options, and more, everything we do at Ophthalmology LTD is intended to help you see life clearly. The way we see it, there is no better time to go after 20/20 vision (or better) than in the year 2020.

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Cataract Surgery Customization Options Growing



Cataracts are one of the most common causes of age-related vision loss. Fortunately, millions of cataract correction procedures are performed in the U.S. every year, with a high patient satisfaction rate. Even better, the vision customization options for cataract surgery patients only continue to grow.

For years, cataract surgery has reopened doors for those who were forced to set aside their favorite activities because of vision-clouding cataracts. Today's intraocular replacement lenses (IOLs), which are used to replace the cloudy lens and improve focus after surgery, are opening those doors wider than ever before. Patients are asking our team about the latest “lifestyle” IOLs designed to restore a full range of vision at all distances. Ask one of our cataract surgeons about the best option for you and your lifestyle.



Why Patients Chose Our Surgery Center

When a doctor diagnoses someone with cataracts or another vision issue requiring surgical correction, the patient often hears “surgery” and assumes theirs will take place in a hospital. However, many eye surgeons across the U.S.—including ours—prefer to perform surgery within an ambulatory surgery center (ASC) thanks to the highly attractive benefits they offer over hospitals. In fact, many of the same benefits attracting surgeons to ASCs are impressing patients well.

An ASC is an outpatient facility that offers more flexible scheduling, less risk of surgery delays or rescheduling, and affordability due to reduced patient co-pays. However, what makes ASCs truly special is that they are customizable spaces. At Ophthalmology LTD Eye Surgery Center, for example, our facility is designed exclusively for eye surgery. Every detail prioritizes vision care, from the technology hand-picked by our surgeons (instead of by the hospital) to the specially trained ophthalmic doctors, nurses, and technicians providing your care. All of this contributes to shorter procedure times, better post-surgery results, and a more convenient, comfortable patient experience.



The Ophthalmology LTD Eye Surgery Center, located adjacent to our main office in Sioux Falls, specializes in:

- Cataracts
- Glaucoma
- Retina issues
- Cornea issues
- Oculoplastics
- Strabismus

No matter what vision issue is keeping you from seeing life clearly, the surgeons and doctors at Ophthalmology LTD are here to help.



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

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

Retina Technology Surpasses Expectation

Our team at Ophthalmology LTD has seen technology change

tremendously over the last 50 years. In terms of retina care, the innovations we have monitored and carefully selected during that time have helped patients living with vision-stealing retina diseases and conditions maintain and even recover some sight.

A Decade of Gold Standard Macular Degeneration Care

Age-related macular degeneration (AMD) is a leading cause of irreversible blindness and visual impairment in the world. Approximately 11 million people in the United States have some form of the disease. Because so many of our patients are affected by AMD, Ophthalmology LTD strives to connect patients to the most effective treatment. When revolutionary injection therapy for wet AMD patients became available more than 10 years ago, we



thoroughly evaluated this promising new technology and became one of the first in South Dakota and the upper Midwest to bring it to patients. This therapy and other special medications revolutionized what we can do for wet AMD patients in terms of maintaining the quality of their vision for much longer.

Our AMD patients are not the

only ones benefitting from advancements in retina treatment tools:

- Injection therapy is also used to treat diabetic eye disease and retinal vein occlusions.
- Many of those in need of surgery for other retina issues enjoy faster healing post-surgery, thanks to smaller, more sophisticated surgery instrumentation used within our operating rooms. This nearly eliminates the need for sutures, making post-operative care much more comfortable for our patients.

- A wider selection of technology, including new medications and laser procedures, also allows us to conveniently perform certain procedures in the clinic that we never could before.

Our three fellowship-trained

retina surgeons are dedicated to staying ahead of the technological curve and to being a steady, reliable provider of gold standard retina treatment. With so much promising technology flooding the industry, the future will continue to look brighter—and clearer—for retina patients at Ophthalmology LTD.





You Remind Us Why We Do What We Do

Because our patients face a wide range of sight threatening diseases and conditions, our comprehensive team thrives on solving even the toughest vision problems, with specialties in every area of surgical eye care. It is a rewarding experience, not just for the patients achieving their best vision but also for our team, especially when patients share how we have changed their lives. Here are a few of the most recent voices reminding us why we love what we do.



Diana, Cataract Patient

"It is unbelievable that they can do a procedure like this, plant that new lens and you can see again. It was exciting that I could read again and that I could actually see the shape of leaves on trees, things like that I couldn't see before."

Karen, Retinal Detachment Patient

"I walked in the door and they were ready for me, they had smiles on their faces, they were just the most welcoming people. My doctor was amazing, he came in, he went through the procedure, he says, 'I feel I'll be able to restore your vision 100%', and he did just that."



Brenda, Cornea Transplant Patient

"Since I've had the procedure my vision has really improved. I've noticed at work that I actually can read fine print on things with my glasses on or off that other people can't read. The activities that I enjoyed probably years ago I'm enjoying again."



Carol, Cataract Patient

"After the procedure I noticed immediate improvement. I walked out into the waiting room and I could read the clock on the wall. Before, someone would be five feet away from me holding up a big sign and without my glasses I wouldn't have been able to see it. But I could see all the numbers on the clock."

Claire, Strabismus Patient

"Before I had the procedures, it was very double vision all the time. The doctors and staff were awesome. They were really friendly, they knew me by name. My vision improved within a day. It was the first time I've been seeing straight in quite a few years."



Jan, Blepharoplasty (eyelid surgery) Patient

"The funny part about the surgery was, as the nurse was wheeling me out, I looked up and said I could see better already and I wasn't even in recovery yet. I walk a lot every morning and everything just seems brighter. I can see more. I don't feel any heaviness in my eye at all, so I'm very, very happy."



Eye On The Horizon

Even after all the great additions we have made to our practice over the last two years, from new surgeons to new facility updates, to new technology and treatment options, we expect even greater things from the coming year. Eye care is a crucial part of maintaining your health and is always moving forward. Ophthalmology LTD will too. We look forward to bringing our family of patients the greatest eye care innovations the future has to offer.



Savor Your Sight

Eye-Healthy Smoothie

Makes one large smoothie

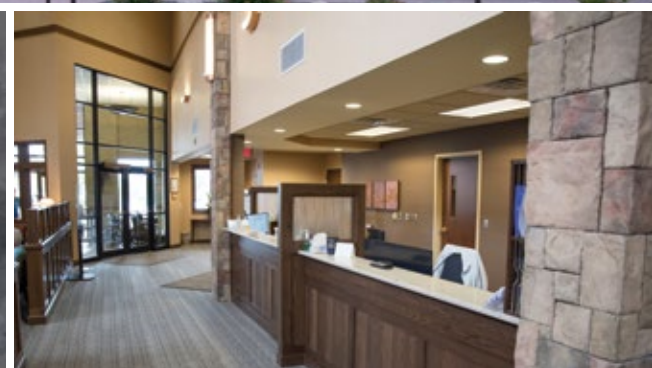
Ingredients

- 65g/2¼ oz cooked kale
- 1 tbsp almond butter
- ½ tsp wheatgerm oil
- 160ml/5½fl oz semi-skimmed milk
- ½ small banana
- 90g/3¼oz kiwi fruit, peeled
- 85g/3oz tinned pineapple chunks in water
- ½ medium apple, peeled and cored
- 5g fresh mint leaves
- ½ lime, juice only

Instructions

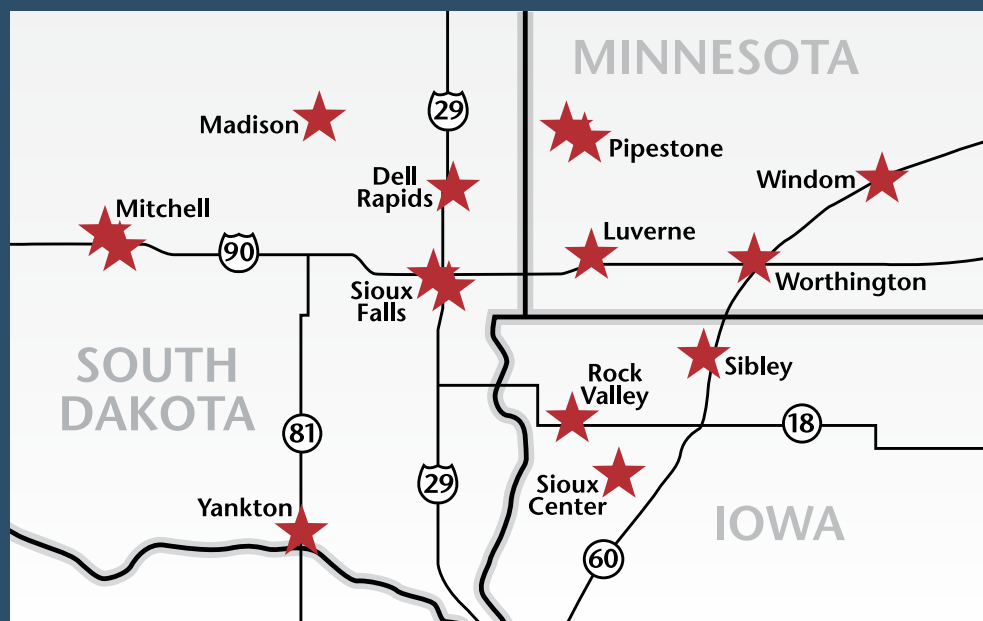
1. In a food processor or high-powered blender, combine the kale, almond butter, wheatgerm oil, and small amount of the milk. Blend to a smooth paste.
2. Add the remaining ingredients (including the rest of the milk) and continue to blend until smooth.

Recipe by: Rasmussen, Helen M, PhD; Murphy, Virginia Paige, RD; and Johnson, Elizabeth J., RD, PhD. "Eye-Health Smoothie Recipe." BBC Food, BBC, 2019, www.bbc.co.uk/food/recipes/smoothie_29786.



Convenient Locations

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



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