The OCOS wishes you
HAPPY HOLIDAYS &
HAPPY NEW YEAR

for California Vision Foundation

OCOS Holiday Mixer
TUESDAY
DECEMBER 9
6:30 TO 10 PM
AGOURA CHURRASCAIA
1830 MAIN ST, IRVINE, CA
FREE FOR OCOS MEMBERS + 1 GUEST
$75 FOR NON-MEMBERS
RSVP @ WWW.OCOS.ORG
SPACE IS LIMITED
Dear OCOS Colleagues,

The weather is colder and daylight savings time has ended which means the holidays are here! I hope your offices are bustling with patients ready to spend their FSA accounts and max out their insurance.

Your OCOS board is working hard for you! Danny Ngo, Thanh Mai, and I attended President’s Council at the Monterey Symposium in November. We convened with other society leaders to discuss the value of COA membership, how to have better meetings, and ways to enhance advocacy efforts and we each took away great pearls to help our society be better.

We had another great turnout at our holiday party on December 9th at Agora Churrascuria in Irvine! We held a silent auction to benefit the California Vision Foundation for those people without good access to comprehensive eye exams and glasses - and I’m proud to say that we raised $3895 for CVF! If you are not already, please consider signing up to become a CVF provider http://www.coavision.org/i4a/pages/index.cfm?pageID=3722. If you are already a CVF provider, thank you for your generosity! For more information about CVF please go to: www.californiavision.org/

We also have the COA House of Delegates coming up February 20-21, 2015 at Optowest North in San Jose. As one of the bigger societies, we will have great representation and I would like to personally thank those who have volunteered as delegates. Optowest South will be in Anaheim on Sunday May 3rd for 6 hours of CE.

From the bottom of my heart, I wish you a great holiday season! Thank you for being a member and for supporting your profession. I am looking forward to a productive 2015. The OCOS board will be working on updating our bylaws and bringing you great CE. Please feel free to email me at any time if you are interested in being on the board or if you have any suggestions to improve our society ichoiod@gmail.com.

Sincerely,
Isabell Choi, OD
2014-2015 BOARD OF TRUSTEES

President (open)
Isabella Choi-Srirata, O.D.
Interim President
ichoiod@gmail.com

President-Elect
Danny Ngo, O.D.

Immediate Past President
Isabel Choi-Srirata, O.D.

Secretary
Maggie Jan, O.D.

Treasurer
Jade Davis, O.D.
jadedavisod@hotmail.com

Education Committee
Sally Dang, O.D.
Danny Ngo, O.D.
Harue Marsden, O.D.

Events Chair
Rebecca Ng, O.D.
rebeccangod@cox.net

Membership Committee
Edeline Lu, O.D.
Krystal Nguyen, O.D.

Legislative Committee
David Ardaya, O.D.
dardaya@yahoo.com
James L. Cooperman, O.D.
jcooperman@earthlink.net
Chris Vargas, O.D.
docvargas@gmail.com

Public Relations Chair
Thanh Mai, O.D.

Webmaster/Communications
Ketan Patel, O.D.
ketan.patel. inc@gmail.com

SCCO Representative
Maddie Low

Sponsorship Co-Chairs
Sally Dang, O.D.
Rebecca Ng, O.D.

Advisory Committee
Robert J. Moeser, O.D.
moeser@pacbell.net

Eunice Myung Lee, O.D.
(714) 449-7424
emyung@scco.edu

Michael Spitzer, O.D.
imeyes80@hotmail.com

David Wakabayashi, O.D.
(949) 552-2020
dwakabayashi@scco.edu

Editor
Ivy Lin, O.D.
andromeda313@yahoo.com

THANK YOU TO OUR 2014-2015 SPONSORS:

GOLD
Allergan
Madison Bettis
Madison.bettis@gmail.com

Coastal Vision Medical Group
Mylene Soriano
mylenesoriano@danbtranmd.com

Harvard Eye Associates
Maria Michel
mmichel@harvardeye.com

NVision Laser Eye Centers
Rosalyn Ayson
Rose.ayson@nvisioncenters.com

SILVER
Alcon
Megan Mozayeni
Megan.mozayeni@alcon.com

Essilor Labs
Stefanie Cook
scrtek@essilorusa.com

KMars
Paul Kedington
paulkedington@gmail.com

MARCO
OASIS
Mahtab Williams
mwilliams@oasismedical.com

Orange County Retina
Tim You, MD

George M. Salib, MD
Orange County Eye Institute
Eta Chalfin
gsalibmd@yahoo.com

Shamir
Dia Keesman
dkaesman@shamirlens.com

TLC/Harvard Eye
Rebecca Zemla
Rebecca.zemla@tlcvision.com

Vistakon
See-Wan Szeto
swszeto@its.jnj.com

VMR Institute
Marta Mott
marta.m@vmrinstitute.com
Advanced Technology
NVISION offers multiple state-of-the-art laser technologies that are safer, faster and more precise.

Nationwide Lifetime Commitment
VISION for Life™ is our commitment to your patients that we stand behind their results.

Unparralleled Surgeon Experience
There is no substitute for experience, so trust your patients’ eyes to the surgeons who have done more than 250,000 LASIK procedures.

NVISION Makes it Affordable
Here at NVISION, we make LASIK affordable for your patients through flexible payment plans and financing options.

The Eye Doctors’ #1 Choice®
At NVISION, we work with your patients to optimize safety and results for life.

LASIK for as low as $99/Month

REMEMINDER
Patients will save even more on LASIK by using their FSA - Flex Spending Dollars. Use it before it runs out by the end of the year.

*Must be 18 years of age or older to be eligible.
Not applicable to individuals that need enhancements or have had past refractive procedures. Not to be combined with any other offer.
The Big Picture

As I turn off the news station in my car or TV, I often ask myself why I had even turned it on in the first place. It seems like whenever I do, there is something else to worry about or be sad about. After all, if it didn’t evoke those emotions, it probably wouldn’t make the news, right? I recently heard of a great tragedy in the ophthalmology circle, where a local colleague was bicycling with his wife in Central California, only to be hit by a distracted driver in a big SUV—his wife sadly did not make it, and he was still in the ICU in bad shape last I heard. It got me thinking about what it is we are here for in the first place, and what we should be doing about it.

Most of us got into this profession for several reasons which usually include an interest in the subject matter as well as a desire to help people. Of course, many people who do not know better often cynically say that we are in it for the money, which is a position they wouldn’t take had they truly known our challenges we face: long years of schooling, lots of liability, tremendous responsibility, difficult patient personalities, and declining reimbursements, to name a few. Meanwhile, there are many more professions that require less effort or responsibility yet yield a much more prosperous and easy life. No, there is definitely something more in the big picture that draws us to do what we do.

When a patient who has never seen clearly is provided with crisp vision for the first time, their elation and gratitude are palpable and infectious. When a lady who suffers a fall and huge abrasion across her face because she couldn’t see the curb finally has clear vision after her cataract is removed, her happiness and enhanced sense of security are priceless. How about a terminal cancer patient who just wants to be able to see well during the short time he will still be here—the sense of satisfaction in helping this poor patient achieve his modest goals is beyond words. These are all real life examples of patients I have had the pleasure of helping, and these are the encounters that stay with you forever. This is truly what propels us forward as we meet the daily challenges that might befall us.

What kinds of challenges might we face in our day to day lives, and how do these fit in the overall big picture? A patient might be simply unhappy with our service, whether it is a pair of glasses that doesn’t fit to their satisfaction or the way one of our staff interacted with them. The schedule might begin to run behind because one patient’s exam or questions take longer than expected. Staff might decide to give you a letter of resignation right before the busy season. Maybe a patient is simply having a bad day and you become the target of their frustration. Maybe after seeing the patient, you discover that the patient’s insurance does not cover their exam or test and you just spent the last hour doing everything for free. Even worse, maybe you don’t see a small retinal hole in this same patient that leads to a retinal detachment, and you end up in a courtroom because of this, not to mention the guilt at having not seen it in the first place.

Such are the challenges we might face in our profession, yet we continue to find satisfaction and joy in the simple act of helping others, restoring sight, and
improving the lives of our patients. This is truly what makes our vocation a calling. This is what gets us through the difficult days and lifts us up in the good days. In the end, though, what is the big picture behind all of this? If we were able to take a deep breath and a step back and observe ourselves, what would we determine? Are we truly satisfied with our lives and our professions, or are we just getting by? Are we engaged in our work and at home, and are we equally enthusiastic about our careers as with our friendships and family? Do we really need to stay in the office late at night catching up on paperwork? Are we taking care of ourselves physically, mentally, and spiritually, allowing for time to work out, eat right and spend time with those we love?

After all, what is the big picture? Sure we all love our careers and do the best we can for our patients. But in the end, as the saying goes, I’ve never heard of anyone on their death bed saying “I wish I had spent more time at the office.” We need to live every day as if it were our last day, relishing every waking moment and cherishing the special times in our lives with our loved ones. We need to make time to do the things we love to do, take care of ourselves, reconnect with friends or family, or simply to relax.

As for me, I’m just as guilty as everyone else in this department of not living each day to the fullest. But during the holidays, and whenever I hear of tragedies that befall someone close to home, I’m reminded even more of the urgent need to do so. For me, my wife and three beautiful children and my church are what matter most to me. I certainly intend to make the most of every day enjoying my time with them and take off a few days to do so. May all of you feel the warmth and joy of the season, and may you truly live your lives to the fullest!
THE FUTURE OF VISION...TODAY!

- Advanced Cataract Surgery
- Premium Lens Implants
- Pterygium Removal
- Glaucoma
- Corneal Transplantation
- Retinal Diseases
- Cosmetic Eyelid Surgery
- Custom Intralase LASIK
- Facial Aesthetics and Skin Care
- Hearing Health

949.951.2020

Roger V. Ohanesian, MD, FACS
John A. Hovanesian, MD, FACS
Brian T. Kim, MD
Nicoletta J. Stefanidis, OD, FAAO
Edward W. Kim, MD, MPH, FACS
Jeffrey L. Jacobs, MD, FACS
Satvinder K. Gujral, MD, FAAO
Mark J. Levy, OD
Diana H. Kersten, MD, FACS
Savak Teymoorian, MD, MBA
Karen P. Skvarena, OD

LAGUNA HILLS | 24401 Calle de la Louisa, Suite 300 | Laguna Hills, CA 92653
SAN CLEMENTE | 665 Camino de los Mares, Suite 102 | San Clemente, CA 92673
harvardeye.com
DEDUCTIBLE MET? NVISION LASER EYE CENTERS SAYS IT'S A PERFECT TIME TO CONSIDER CATARACT SURGERY

Cataract surgery is one of the most common procedures in the United States with over three million surgeries performed each year.

NVISION Laser Eye Centers is encouraging baby boomers and seniors to plan ahead, instead of scrambling in December, to use their Flexible Spending Accounts (FSAs) for their cataract surgery.

“A Flexible Spending Account (FSA) allows you to pay for eligible medical expenses on a pre-tax basis,” says Dr. Tom Tooma, founder of NVISION Laser Eye Centers. “Complete your cataract procedure before your deductible resets in 2015, and if you have an FSA, you can pay for all or a part of your procedure with pre-tax dollars.”

To learn more about Flexible Spending Accounts, go to LASIK Flexible Spending Account on the NVISION web site.

---

DRY EYE TREATMENT

FORM FIT® Hydrogel Plugs

SOFT PLUG® Silicone

SOFT PLUG® Extended Duration and Collagen

OASIS Medical, Inc.
800.528.9786
www.oasistears.com
We Bring More to Your World

The Allergan Commitment to Optometry Is Stronger Than Ever. With new programs designed for doctors at every phase of their career, there are more ways for us to work together than ever before.

Visit AllerganOptometry.com to access a world of possibilities for your practice.
RAVE REVIEWS FOR DR. LISA GARBUTT AT COASTAL VISION

A cornea and refractive surgery trained, board-certified ophthalmologist, Lisa D. Garbutt, MD, joined the Coastal Vision family earlier this year.

Whether she’s saving the vision of a young gardener with a sight-threatening corneal fungal infection or jumping in to perform surgery quickly on a hyperope with high IOP who needed cataract surgery right away to fix her pressure problems, Lisa Garbutt’s response and quality of care to acute ocular emergency referrals has been fantastic. Patients love her and optometrists love her, and her follow-up reports are timely and precise.

Dr. Garbutt completed her medical degree cum laude at Boston University School of Medicine and her ophthalmology training at UCSD. She then completed her cornea and refractive surgery fellowship at UCSD, Shiley Eye Center and participates in our research and FDA clinical trials at Coastal Vision.

Happy to return home to Orange County, where she grew up, Dr. Garbutt enjoys running, skiing, and spending time with her friends and family. Please contact me for more information, or to schedule a face-to-face meeting with Dr. Garbutt.

"Dr. Garbutt is awesome!" "Dr. Garbutt is wonderful." "Dr. Garbutt went above and beyond."

Yes, that’s what your colleagues are saying about our very own, amazing Dr. Garbutt. Just ask Carlos Green, or Bob Downs, or Jeff Dougal, or Eric Bass, or... Find out for yourself!

Mylene Soriano | Director, Affiliate Relations & Education | www.coastalvisionmedical.com
We are excited to announce that TLC Laser Eye Centers has launched a joint venture partnership with Harvard Eye Associates at our Laguna Hills location.

TLC brings your patients the very best in technology, surgical outcomes and a personal approach for both LASIK and refractive IOLs. TLC was founded on the philosophy of co-managing patients with Optometry, working with some of the most experienced surgeons while maintaining our strong commitment to our affiliate optometrists.

TLC LIFETIME
We stand behind your vision for life.
COMMITMENT

24401 Calle de la Louisa, Suite 300 | Laguna Hills, California 92653 | 877.TLC.2020
Patients' Perspective of Premium IOL Technology

Patient Education = Patient Satisfaction

Fifteen years ago, cataract patients faced a simple decision: to either have surgery or not have surgery. Today, however, that decision is not nearly as simple for the patient. They have choices such as an LRI, toric lenses, multifocal lenses, accommodative lenses or even accommodative toric lenses with TRULIGN™ IOL technology. In additional to a slew of lens options, many practices also offer femtosecond cataract removal. With all of the technology and options for cataract removal, it can be quite confusing for patients and the diagnoses of cataract surgery can be worrisome for patients. Therefore, we try to avoid added surprises and unknown costs.

Our practice focuses on educating patients as much as possible on premium IOL technology prior to and during their initial visit to achieve excellent patient outcomes and satisfaction.

Education Starts at the Initial Call

To avoid an unhappy patient experience, we have found that patient “pre-education” is key. We start educating cataract patients during the initial phone call and then we e-mail and mail the patient our cataract brochure, which discusses cataract surgery, FAQs and lens options. The brochure also shows a “simulation” of vision with a standard lens, toric lens and premium lens. Prior to their initial visit, patients are also encouraged to visit the cataract section of our website. Giving the patient some pre-education on their options often results in a well-informed patient during their initial visit. This allows our doctors to use terminology the patient has already become familiar with and understands versus them hearing Greek!

Does the Patient Want a Premium IOL?

Along with the cataract brochure we send to patients, we also send them a lifestyle questionnaire. This questionnaire is designed to help us determine if the patient would be interested or benefit from a premium IOL. Since we have several options and each option has potential advantages and disadvantages, this questionnaire helps our surgeons decide which lens would be best based on the patient’s lifestyle, visual needs and budget. Whether or not a patient will benefit from a premium IOL depends on if he or she wishes to be less dependent on glasses after cataract removal. Perhaps they do not mind wearing glasses, or even prefers how he or she looks with glasses. In some cases, after evaluating the completed questionnaire, our surgeons decide that a premium IOL is not the best option for the patient, even though their ocular health is ideal.

Internal Education

Our practice has a strong internal patient education system in place. We have digital picture frames and posters throughout the office and also have multiple looping educational videos in our waiting and sub-
waiting rooms. These videos discuss services provided at Harvard Eye Associates, which include cataract surgery and premium IOL options. Although we also send our patients quarterly newsletters that discuss various topics, we always include a section for cataract surgery education.

If a patient is deemed a good candidate for a premium IOL, our surgical counselors use a computer program that simulates various premium IOL technologies. This virtual simulation really helps show the patient the true power of a premium IOL and is a wonderful tool that patients really seem to grasp.

**Conclusion**

At our practice, we offer our patients the latest in laser-assisted cataract removal using all available premium IOL options. For some doctors, getting the technological options and potential benefits communicated clearly to the patient can sometimes be difficult. Educating the patient on their lens options at the beginning and throughout their initial visit can help them have an overall better premium IOL prospective, which results in our practice having a higher patient satisfaction rate.

For more information, contact Maria Michel at Harvard Eye Associates, 949-900-5228 or mmichel@harvardeye.com.

---

**Only the Latest Surgical Technologies**

Coastal Vision uses only the latest surgical technologies to ensure the very best outcomes. Our excimer laser is part of the fastest refractive surgery platform available in the U.S.

Having pioneered the all-laser, bladeless LASIK technique back in 2001, Dr. Dan B. Tran is an internationally published expert on LASIK innovations and lectures worldwide on various refractive surgery advancements. Surgical technique and a deep understanding of technology are why eye doctors and eye industry executives alike trust Dr. Dan B. Tran as their personal surgeon.

**Technique. Technology. Trust.**

Coastal Vision offers many ophthalmological procedures, including specialized cornea, LASIK, glaucoma, and cataract treatments.

- Laser vision correction (LASIK, PRK)
- Cataract surgery
- Glaucoma surgery
- Cornea surgery and transplants
- Reading vision solutions
- Implantable collarar lens for vision correction
- Surgical treatment of keratoconus (corneal crosslinking)
- Currently conducting multiple FDA clinical studies on new advanced ophthalmic surgical implant devices

**Dan B. Tran, MD - Medical Director**
**LASIK, Cornea & Cataract Surgery Specialist**

877-ALL-LASER
www.coastalvisionmedical.com
ADVANCED CATARACT SURGERY WITH MULTIFOCAL LENSES

COMPREHENSIVE EYE CARE

LASER VISION CORRECTION
Cataract • Dry Eye • Glaucoma • Laser Surgery

ORANGE COUNTY EYE INSTITUTE
GEORGE M. SALIB, M.D.
Diplomate American Board of Ophthalmology
Fellowship Trained in Cornea and Refractive Surgery
www.oceneyeinstitute.com
(949) 770-1322

Orange County Eye Institute
See Well. Live Well.
Medicare • Most PPO's • Most Vision Plans

Saddleback Memorial Medical Tower
24411 Health Center Dr., Suite 340 • Laguna Hills, CA 92653

VMR Institute
is proud to offer pioneering diagnostic and therapeutic approaches to complex disorders of the
VITREOUS, MACULA, & RETINA
(VMR)

When LA Magazine asked 31,000 doctors "Who would you choose as your doctor?" only two vitreo-retinal specialists in Long Beach and Orange County were named by their peers from 2010 through 2012
Super Doctors of Southern California
Dr. Sebag & Dr. Chong of the VMR Institute in Huntington Beach

VMR Institute
bringing university-level care to the local community in a private setting

Phone: (714) 901-7777 • Fax: (714) 901-7770
7677 Center Avenue, Suite 400 • Huntington Beach, CA 92647
www.VMRinstitute.com
“Without Deviation, Progress Is Not Possible”
- Frank Zappa

As healthcare technology is constantly improving, and the minds of those visionaries who are invariably tasked with expanding the horizons of medical advancements explore new forms of wellness and surgery, sometimes it is best to jump off the train of forward momentum to understand and revel in the successes that we have attained thus far.

One of the aspects that I love about refractive surgery is the ever-advancing technology that I am able to utilize on a daily basis. My clinical life in this sub-specialty of optometry and ophthalmology began with radial keratotomy, bladed keratomes and broad beams, single optical zone sized, non-custom, untracked, one size fits all LASIK. Boy, have we come a long way. The advancements in one of the world’s most commonly performed surgical procedures are mind-boggling. With all of these advancements, we have discovered that a less popular cousin of LASIK, namely the mother of excimer laser surgery invention, Photo-Refractive Keratectomy (PRK) aka surface ablation, has some distinct advantages over the more commonly performed LASIK procedure. This occurs in a variety of cases that provide the patient a safer surgical and post-operative experience.

PRK is a good choice over LASIK in patients who:
- Are at increased risk of post excimer kerato-ectasia due to thinner corneas
- Are at slightly increased risk of kerato-ectasia because of mild surface curvature irregularities
- Have epithelial disease, which can lead to healing issues with LASIK
- Have occupations or hobbies in which they are at high risk of ocular injury
- May have a higher risk of epithelial ingrowth with a conventional flap life for enhancement

Current PRK Advantages:
- Lesser amount of excimer excavation into the deep corneal stroma
- Concurrent use of Mitomycin-C to potentially reduce haze formation and refractive regression
- New options for pain management, including the use of gabapentinoids such as Neurontin and Lyrica

PRK also offers the following advantages as compared to LASIK:
- No risk of flap complications
- May offer less post-operative dryness with no severing of the corneal nerve plexus
- More residual stromal bed for possible excimer enhancement

Today’s PRK is very similar to the
(Continued on page 16)
original procedure in that there is an epithelial removal, a laser application and a bandage contact lens in place for epithelial recovery. The advancements in custom wavefront guided and wavefront optimized excimer ablation combined with a lower risk de-epithelialization have made PRK highly desired. There is no procedure that is absolutely free of risk but the risks of complication are quite low.

Actually, in many situations, custom PRK is commonly the preferred technique of both the Canadian and US militaries. This it he case even when a patient qualifies for both LASIK and PRK. Because there is no flap with PRK, there is zero risk of flap displacement in environments where explosive or high velocity impact to the face and eyes are more probable.

Both procedures have been proven safe and effective under the proper circumstances. Actually, in various studies the long-term visual outcomes were virtually identical and equally safe. There are those who scrutinize the PRK procedure because the central healing does take a little longer, but remember that just because PRK takes a little longer to heal and has been around longer does not mean it has not progressed to become a very favorable procedure for the right patient.

Pregabalin and gabapentin for post-photorefractive keratectomy pain: a randomized controlled trial