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Top Doctor Recognition

Dr. E. Trevor Elmquist has been recognized as a “Best Doctor” by the US News & World Report for 2013. Physicians on this list were selected on a peer nomination process. The recognition of top doctor puts Dr. Elmquist at the top 10% of ophthalmologist in the South West Florida region.

We are extremely proud of this accomplishment and would like to share the joy with our loved and loyal patients during the past 20 years. Dr. Elmquist also credits any success to exceptionally talented partner, Dr. Kate Wagner, and to the superbly trained and caring staff at Elmquist Eye Group.

“I credit any success to exceptionally talented partner, Dr. Kate Wagner, and to the superbly trained and caring staff at Elmquist Eye Group” - E. Trevor Elmquist, D.O.

New Dry Eye Syndrome Treatment Available at Elmquist Eye Group

What Is Dry Eye Syndrome?

Dry eye syndrome is a common condition that affects many individuals in the United States. The symptoms include sharp pain, tearing, burning, itching, a sensation of having sand in your eyes, and in many cases intermittent blurry vision that clears with rapid blinking. Untreated dry eye syndrome could sometimes lead to permanent scarring of the cornea and potential vision loss.

How Is It Treated?

There are many treatments available for dry eye syndrome. That is why, at Elmquist Eye Group, our skillful doctors will recommend a treatment that corresponds with the severity of your condition. In many cases, the symptoms of mild dry eye syndrome can be alleviated with over the counter supplementation. In more severe cases, prescription medication or punctal plugs may be required.

But what if you have tried it all and nothing has given you proper relief? Elmquist Eye Group is now offering autologous serum tears as an available treatment.

What Are Autologous Serum Tears?

Autologous serum tears are created by extracting the serum from a patient's blood. That serum is then diluted with saline and compounded into a drop that can be applied

topically to the eye. The components of autologous serum tears are natural and similar to those in a patient's tears, making it very safe to use.

The concept of creating a solution using a patient's own blood may seem strange. However, studies have shown that in severe cases of dry eyes syndrome, autologous serum tears can be effective in improving the condition of corneal surface. Some patients have reported an improvement in as little as two to four weeks.

Please call us and schedule a dry eye syndrome consultation if you are seeking relief from this condition.

You May Suffer from Dry Eyes Syndrome If ...

- Your eyes burn and itch.
- You get a sharp pain that lasts seconds.
- Your eyes water, especially while reading or doing computer work.
- Your vision suddenly blurs, but clears with blinking.

Smoking and Ocular Health

How Smoking Affects the Eye

Most of us can agree that smoking is a habit that leads to overall health deterioration and a short life expectancy. As the director-general of the World Health Organization (WHO) stated: "A cigarette is . . . a cleverly crafted product that delivers just the right amount of nicotine to keep its user addicted for life before killing the person." In this article, we will discuss how smoking can affect one of our most treasured senses, our sight. We will cover four ocular conditions that have been linked with exposure to tobacco smoke.

• **Cataracts**

One way in which smoking affects our body is by decreasing its antioxidant levels and certain enzymes that contribute in removing damaged protein from the ocular lens. Over time, this damage can double a person's risk of developing cataracts. Dr. Sheila West, an ophthalmologist at the Johns Hopkins Hospital in Baltimore, has found that "approximately 20 percent of cataract cases are attributable to smoking in the U.S. population."



• **Age Related Macular Degeneration (ARMD)**

ARMD is now one of the leading causes of irreversible vision loss in the United States. Smoking has been highly associated with the development of this condition. Several studies have found a three times risk increase in smokers compared to non smokers. These studies also show that smoking actually *causes* ARMD, rather than just being a contributing factor.

• **Strabismus or "Lazy Eye"**

Strabismus is a condition in which the eyes become misaligned, or crossed. Maternal smoking during pregnancy increases a child's risk of developing strabismus by 6.55 times.

• **Dry Eye Syndrome**

Composed of over 4000 different chemicals, tobacco smoke can be very damaging to the ocular surface. Several of these toxins are irritants to the eye, which cause itching, redness and discomfort along with other symptoms. Therefore, smokers have been found twice as likely to report dry eye syndrome complaints as non smokers.

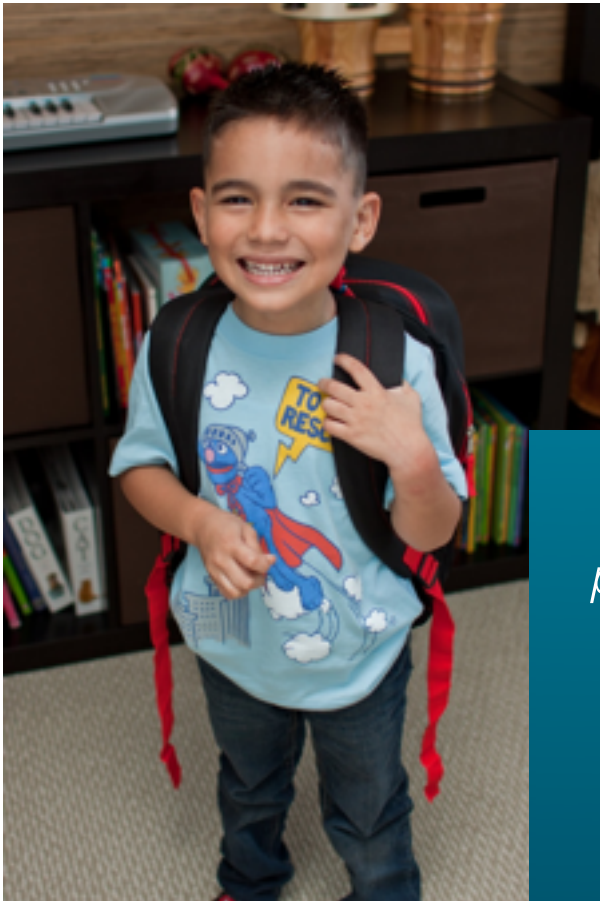
The list of ocular side effects with smoking could be quite lengthy. At Elmquist Eye Group we care about preserving your vision, and if possible, recuperating what has been lost. That is why, if you are a current smoker, we encourage you to seek immediate help and be determined to give up this sickening addiction.

Back to School Eye Exams

Preparing Your Child for the New School Year

During the month of July most parents find themselves busy with preparation for the new school year. Their list of “to-dos” often includes school supplies, clothes and a visit to the family doctor for an annual physical. But how important is it to include a thorough eye exam on this list?

Although at times disregarded, a child's vision has been closely linked with the learning process. Children with an undetected vision deficiency could be struggling with school work. And many times, they are unable to describe their discomfort due not knowing what “normal” vision is like.



Additionally, a comprehensive eye exam can help detect a muscle imbalance or systemic conditions such as diabetes or hypertension. Regardless of a person's age, the eyes can be an indicator of overall health. Nina Burt, optometrist at Elmquist Eye Group and mother of two states: “Kids can have a hard time expressing what's wrong with their eyes. A problem with focusing could lead to headaches with extensive reading. Early detection with an eye exam could help prevent this”

In the event that your child was to need glasses, our pleasing optical staff will be sure to help you make the best and safest choices. Accordingly, at Elmquist Eye Group, all children are fitted with polycarbonate impact resistant lenses. Polycarbonate is the same material found in airplane and bulletproof windows. Considering their high activity level, it is important that children are only fitted with this anti-shatter lens.

We look forward to assisting you with your back to school plans. Please call our Cape Coral or Fort Myers office to schedule your child's eye exam with one of our caring optometrists.

“Early detection of a focusing problem could prevent your child from experiencing headaches”

-Nina Burt, OD

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