

Fall Newsletter - SAVE 20%

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E | ELMQUIST
eye group
preserving and restoring vision



Welcoming Baby Kirk



It is with great joy that we welcome Kirk T. Judd. Born March 23, 2013, baby Kirk has brought much bliss to the Elmquist Eye Group family. We are sure all of you who have had the opportunity of meeting Dr. Wagner are also delighted to welcome him to the world.

Dr. Wagner has returned from maternity leave and continues to see patients in both the Fort Myers and Cape Coral offices.

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Are You Seeing Spots Before Your Eyes?

What Exactly Are Floaters

You have probably noticed them- little bug shaped spots that appear to float before your eyes. You may try looking in a different direction, but the spots appear to follow.

What are these flecks and how exactly did they get there?

Try blinking your eyelids without moving your eyes. Are the spots still present? If that is the case, it is because they are floaters inside of your eyes, suspended in the vitreous humor. The vitreous humor is the jelly-like structure that fills up the inside of our eyes.

But how exactly did those spots get there? There are many factors, but in this article we will discuss some of the most common ones. As we get older, the vitreous humor's jelly-like structure tends to liquefy. This process allows broken pieces of fiber inside our eyes to float more freely and become visible. Another factor is that the vitreous humor could potentially shrink slightly and begin to pull away from the retina. This common process could result in a benign condition called Posterior Vitreous Detachment.

Call our office immediately if...

- You experience a sudden increase in floaters.
- You experience flashes of light.
- There appears to be a veil/curtain-like sensation over your vision.

When Spots are an Indication of Danger

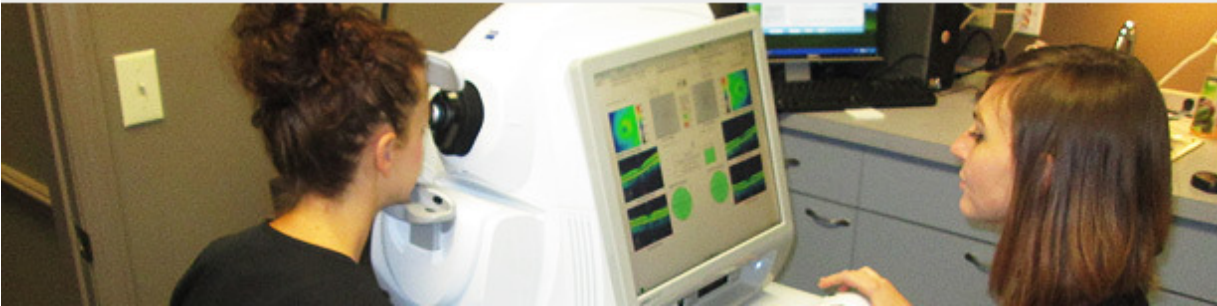
Anytime that there is a sudden increased in floaters, especially when accompanied by flashes of light, we recommend that you are seen for a dilated fundus exam immediately.

The retina has no pain receptors, and therefore, it uses its photoreceptors to indicate us when there's danger present. A shower of floaters, flashes of lights and/or a curtain-like sensation over the vision could all be an indication of a retinal tear or detachment. If such event were to occur, it is important that you're immediately seen. In the meantime, avoid any heavy lifting or forceful coughing. In some cases a retinal tear can be accompanied by minor symptoms, that could easily be disregarded. This is why at Elmquist Eye Group we recommend that you have a dilated fundus exam at an annual basis. Our doctors will thoroughly examine your eyes and be able to tell you what the source of those

familiar spots is.

The New Cirrus HD OCT Has Arrived

New Technology Available at Elmquist Eye Group



The most advanced macula and optic nerve scanning device has arrived to Elmquist Eye Group. The Cirrus HD OCT will allow our physicians to detect the earliest macular changes that could possibly lead to Age Related Macular Degeneration (ARMD). In addition, for patients who are at risk of developing glaucoma, we are now able to identify optic nerve damage years before other traditional testing could. Over time, we could track progression of either disease and adjust treatment as needed.

Overall, the new Cirrus HD OCT is a fascinating tool that will allow us to better care for your health.

Another beneficial feature of this scanning device is that it allows us to obtain an exact measurement of your anterior segment. This is particularly important in patients who have narrow angles and are at risk for Acute Angle Closure Glaucoma (AACG). This is a serious type of glaucoma considered an eye emergency. If left untreated, AACG could lead to permanent vision loss. With the help of the Cirrus HD OCT we will be able to track the measurement of your angle and ensure that you receive treatment at the appropriate time. We are delighted to be able to offer new ways of monitoring your ocular health. Please be sure to ask us more information on this new device at your following appointment.

Dr. Elmquist Heads to Montana for Fly Fishing



Fly fishing, a method of fishing where an artificial fly is used to catch a fish, is one of Dr. Elmquist's many hobbies. He joined a group of ophthalmologists on September 20-26 for some fly fishing along with catching up on the newest advancement in ophthalmology.



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