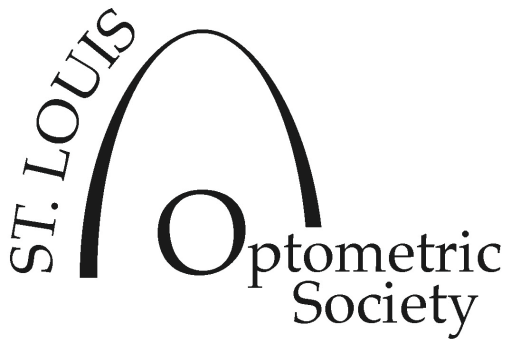




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Bulletin

NEXT MEETING

September 13, 2022

Marriott West Hotel

660 Maryville Centre

St Louis, MO 63141

In Person and Zoom Meeting

Paula: slos@mailcan.com
Or text 314-725-2020

September 13, 2022

6:00 PM Dinner

7:00 PM Business meeting

Followed by one hour CE

Update on Treatment of Thyroid Eye Disease

Presented by: **Steven Couch, MD**

RSVP to Paula slos@mailcan.com
Or text 314-725-2020

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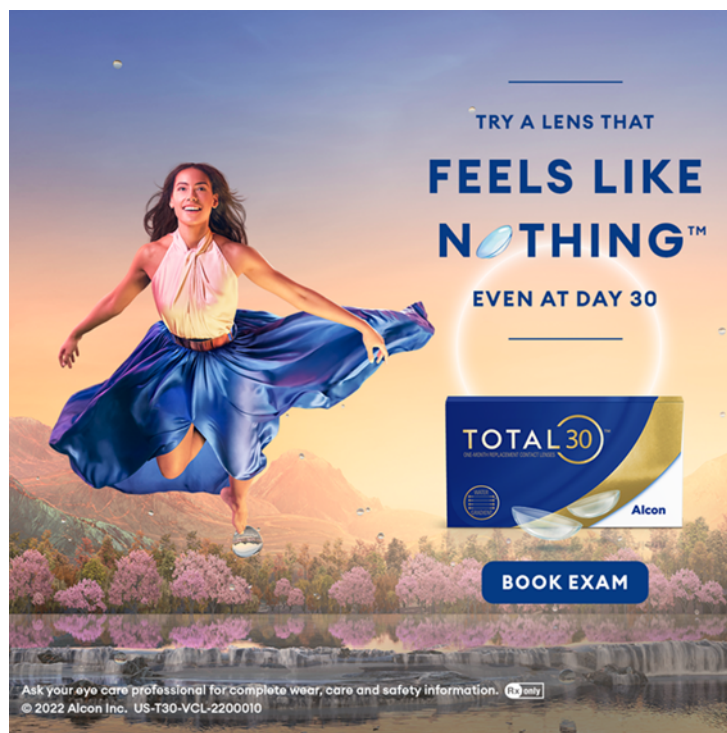
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Thank You Alcon!

Management of Ocular Disease on the Post-LASIK Patient

Presented by: Eric Polk, OD

Submitted by: Ashley Tary, OD

Case 1:

Patient presents with c/o "feels like my LASIK flap came off"

- Symptoms include tearing, burning, stinging
- H/o complicated LASIK x 5 years ago

Dx: Recurrent corneal erosion

Treatment:

- Bandage contact lens
- Antibiotic drop
- Ibuprofen

Follow up 2 days later

- Abrasion healed
- Stage 2 DLK present
 - Begin prednisolone acetate 1% q1hr
 - Initiated oral prednisone 30mg BID
 - Continue ab drop

*Need to alert surgeon – may need lift flap

**Takeaway– check @ 1 day due to deferment of DLK after injury/ surgery

Diffuse Lamellar Keratitis (DLK)

Non-inflammatory complication consisting of WBCs that develop under the LASIK flap → Cells spread through path of least resistance (i.e. between flap interface)

- Often occurs 1 day po
- Self-limiting
- Usually no adverse effect on vision (reduced BCVA w/ stromal loss in stage 4)
- 4 stages
- Stage 3 requires flap lift – want to catch early to prevent further progression, severe stage can lead to degradation of corneal tissue/ compromise flap integrity
- Treatment requires prednisolone drops every hour (oral steroid can be used in severe cases)
- May occur years after surgery (documented as late as 17 yrs po)

Continue on the next page



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Michael Stock, MD
Whitney Marlow, MD

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Continue from previous page

- Usually caused by compromise in epithelial tissue (i.e abrasion, keratitis, RCE)
- Other causes may include trauma, uveitis or PRK for LASIK enhancement

Flap Dislocations

- Most occur within 24 hours after surgery
- Incidence rate low – only 0.35 to 1.4%
- Possible to occur years after surgery
 - Look for wrinkles/ striae or uneven edges such as hyperplasia at flap edge
- Requires referral to “lift & stretch” flap
- Good visual prognosis

Follow up after K Trauma

- Epithelial ingrowth
 - Epithelial cells grow under flap
 - Look for staining at edge of flap
 - Occurs approximately 4 weeks after injury
 - Treatment options
 - Flap lift
 - Suture flap
 - Tiseel glue
 - Yag laser ablation
 - *some do not require treatment
- Rule of thumb should be to see patients for follow up 2-4 weeks after injury
- Referral back to surgery should be made for any epithelial ingrowth or displaced flaps

Case 2:

Patient presents 2 weeks p/o LASIK

- Symptoms include discomfort and haze

Dx: DLK

Treatment:

- Prednisolone drops q 2 hrs

Follow up 1 week later

- Symptoms worsening
- Increase drops to every hour

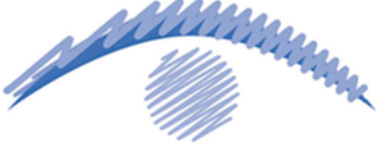
Corneal haze continues to increase and IOP fluctuates – refer back to surgeon

Surgeon diagnoses PISK – Pressure Induced Intralamellar Stromal Keratopathy

- Fluid collects at flap interface secondary to increase in IOP
- Usually caused from prolonged topical steroid use
- Need to differentiate between interface haze (fluid) vs DLK

Continue on the next page





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- DLK will have granular appearance d/t WBC accumulation
- PISK may occur at any time vs DLK is often always next day after injury or surgery
- Fluid may be visible on anterior segment OCT as small pocket of fluid
- IOP will read lower
- May also occur in patients with endothelial cell dysfunction (Fuch's dystrophy)
- Keep in mind uveitis patients may be at greater risk d/t prolonged need for steroid drops
- Treatment
 - D/c steroid drops
 - May consider loteprednol (often not effective in certain complications)
 - Short dose of IOP lower agent if steroid needs to be prescribed

New LASIK Technology

Contoura – topographical guided laser ablation

Corrects corneal irregularities

Traditional laser assumes corneal symmetry

Takes into consideration that corneal cylinder does not always match manifest refraction

Evaluates anterior cylinder, posterior cylinder and high order aberrations

Uses Phorides software to input all data for customized treatment

Increase visual outcome > 20/20 acuity

Drawbacks

Difficulty to obtain good scans

Time consuming

Need good ocular surface/ tear film quality

Thank You!

- Eric Polk, OD, FAAO
 - Clinical Director
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SLOS MOA Report

Submitted by Jason Riley and Jenna Osseck

The MOA Annual Conference is only 2 months away and will be held in St. Louis this year, at the *Hilton St. Louis at the Ballpark* October 13-16, 2022. ***“We Want You in 2022”*** is the theme and registration is now open. As of our pre-convention board meeting held on August 5-6, we only had 25 registered docs. So, please make plans to attend. Block your schedules and register for the conference to make a great showing for our St. Louis Society and take advantage of great CE and camaraderie among peers. It should be an awesome event that begins with golf on Thursday at Winghaven Country Club in O’Fallon, followed by top notch CE Friday through Sunday. Friday evening’s event is at Shark Bar in Ballpark Village and the Presidential Awards Luncheon is on Saturday. Online registration is available through the MOA website. Please be aware that the MOA website has changed as it has been integrated with the AOA website. You can now visit the MOA website at <https://missouri.aoa.org> for more information and registration.





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UPCOMING EVENT

September 13, 2022

Monthly CE-Dinner

Presented by: Steven Couch, M.D.

September 10, 2022

Midwest Ophthalmologic Symposium

Eric P. Newman Education Center

320 South Euclid Ave., St. Louis. MO. 63110

You must register with The Retina Institute for this event

October 11, 2022

Monthly CE-Dinner

Presented by: Nancy Holekamp, M.D.

October 14-16, 2022

MOA Annual Conference

Hilton St. Louis at the Ballpark

-This year, registration costs will be the same for both MOA members and non-MOA members. There will be a great line-up of speakers for both the doctors and paraoptometrics. So come join us for the 2022 Convention!

Both JP classes are available online.

<https://www.eyecodeeducation.com/collections?category=missouri-optometric-association-ce>

I will be sending the link for the MOA Convention Registration in a separate e-mail!

Congratulations to the Class of 2022



ZOOM Attendees, you are welcome to come for A free dinner and help with the ZOOM set-up!





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