ST. LOUIS Optometric Society

P.O. Box 6136 Chesterfield, MO 63006

St. Louis Optometric Society
Officers: 2020-2021

President
Steven Branstetter, O.D.
314-375-0111

President-Elect
Paul Luong, O.D.
314-395-9613

Vice President
Mary Beth Rhomberg, O.D.
314-516-6531

Secretary
Nicholas Castellano, O.D
314-604-5577

Treasurer
Ashley Tary, O.D.
636-208-2832

Sgt. At Arms
Allison Shafers, O.D.

Immediate Past President
Emily Pike, O.D.
314 913-4103

MOA Trustees
Jason Riley, O.D.
573-468-4032
Jenna Osseck, O.D.
636-448-3422.

Executive Director
Paula Huff
Phone: 314-725-2020
paula@stlouisoptometricsociety.org
administration@stlouisoptometricsociety.org

Bulletin
NEXT MEETING

Next Meeting is a ZOOM Format
February 9, 2021

This will be a in person ZOOM Meeting

7:00 p.m.

Anterior Basement Membrane Dystrophy and Its Implications on Cataract Surgery

Presented by:
Matthew Council, MD

Please register using the link provided in the cover letter. If you have any questions or problems registering, please contact Paula at slos@mailcan.com

COMMITTEES:
2020-2021 Committees:
Membership: Dr. Casey Hamm
Contact Lens: Dr. Rachel Merriman
Technology: Dr. John Bush
Co-Management: Dr. Erik Ricker
MO State Board: Dr. Debbie Kerber and Dr. Kurt Finklang
MOA Trustees: Dr. Jenna Osseck and Dr. Jason Riley
UMSL: Dr. Larry Davis

Thank you
2020-2021 Sponsors

Glaucoma Consultants of St. Louis

Cohen Eye Associates

Brinton Vision

Galanis Cataract & Laser Center

Ophthalmology Consultants

Ophthalmology Associates

St Louis Eye Care Specialist

TLC Laser Eye Center

The Retina Institute

Cooper Vision

Midland Optical

The Eye Care Center

St. Louis Eye Institute

Tekwani Vision Center

Jones Eye Care and Surgery

Visionary Eyecare and Surgery

BRINTON VISION

Dr. Jason P Brinton | Dr. Morgan R Poore

St. Louis' only refractive surgery specialty practice

(314) 375-2020

BrintonVision.com

GLAUCOMA CONSULTANTS OF ST. LOUIS, LLC

Paul M. Tesser, MD PhD FACS

Jeremy A. Beatty, OD

Specializing in Complex Glaucoma and Cataract Management

St. Luke's Hospital
Chesterfield, MO

Barnes-St. Peters Hospital
St. Peters, MO

(314) 469-1230

cohen eye associates limited

Clear Choices for Better Vision

Bruce H. Cohen, M.D.
Kathryn L. Noonan, O.D.
Nancy M. Buchser, M.D.

Barnes-Jewish Hospital
4921 Parkview Place
Suite 14F
St. Louis, MO 63110
(314)361-5003

St. Luke's Medical Building
224 South Woods Mill Rd.
Suite 700 South
Chesterfield, MO 63017
(314)361-5003

Cataract Surgery

Femto Laser Assisted Cataract Surgery

Lifestyle Lens Implants

Micro Incisional/Complex Glaucoma Surgery

Lasik

We had over 80 attend our January ZOOM meeting!

Advances in the medical and surgical treatment of Thyroid Eye Disease (TED)

Presented by: John Holds, MD, FACS
Submitted by: Paul Luong, OD, FAAO

Graves' disease (GD) is the most common form of hyperthyroidism. It is an autoimmune attack on the thyroid gland. Additionally, it can affect the tissues behind the eyes and skin/subcutaneous tissue. Thyroid eye disease (TED), also known as Graves' ophthalmopathy, is a serious progressive and debilitating autoimmune disease. Although TED is commonly associated with GD, TED is a distinct disease that may cause irreversible damage. Increased pressure in the fixed bony orbit causes short term inflammation and long term consequences. Patients can experience poor clinical outcomes, disfigurement, severe psychological burden, and sight-threatening complications. Annual incidence of TED is 16/ out of 100,000 women and 3 out of 100,000 men with two peaks occurring in patients at 40-49 and 60-69 years of age. The leading risk factor is smoking, which increases risk of eye disease by 8-fold. Up to 50% of patients with GD will develop TED. 10% of patients with TED have hypothyroid or euthyroid (normal thyroid). In other words, normal serum TSH levels does not completely rule out TED.

An area of intense research revolves around Insulin-like Growth Factor-1 Receptor (IGF-1R) and its involvement in GD and TED. Orbital fibroblasts, which are specialized cells responsible for tissue repair, are central to the pathophysiology of TED. IGF-1R, a gatekeeper of orbital fibroblast activation, is overexpressed on TED orbital fibroblasts. Thyroid stimulating hormone receptor (TSH-R) and IGF-1R are linked and form a receptor-signaling complex and co-localize in orbital fibroblasts. Activation of IGF-1R stimulates release of inflammatory byproducts. TED is therefore driven by autoantibody activation of IGF-1R

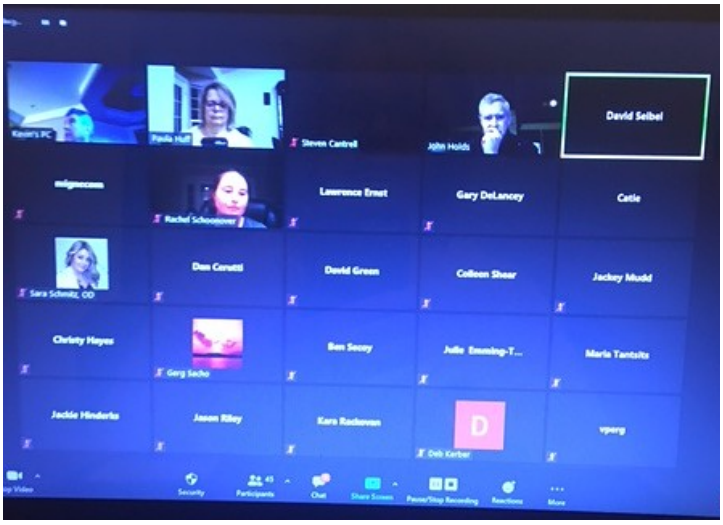
There are 3 main periocular patterns of inflammation with TED. Patients commonly get at least one but can get a range of all. These are (1) orbital inflammation (fatty infiltration and protrusion); (2) eye muscle enlargement and/or strabismus (MR>IR>SR>>LR); (3) eyelid inflammation (upper and lower eyelid retraction, lagophthalmos).

Continue on Next Page----------

Co-management Remains the Cornerstone of Our Business
TLC Laser Eye Centers®
PROUD PARTNER
TLC is Proud to Support the St. Louis Optometric Society
TLC Laser Eye Centers—St. Louis | 314.997.0433
Stephen Wexler, MD | Eric Polk, OD

OPHTHALMOLOGY associates
Gregg Berdy, M.D., F.A.C.S.
Ranjan P. Malhotra, M.D., F.A.C.S.
Andrew Royer, O.D.
Robert C. Brussati, M.D.
Specializing in the co-management of cataract / upgrade IOLs, astigmatism management surgery, LASIK co-management, cornea, glaucoma and dry eye.
12990 Manchester Rd., Suite 200
Des Peres, MO 63131
314-966-5000

Ophthalmology Consultants
Joseph P. Gira, M.D.
Josh E. Amato, M.D.
Michelle R. Derheimer, O.D.
Michael P. Donahoe, M.D.
Steven F. Lee, M.D.
Senthil Krishnasamy, M.D.
Byron A. Santos, M.D.
Erin C. Sullivan, O.D.
Sweta Kavali, M.D.
Andrew Pazandak, M.D.
www.ocstl.com
South County Office (314) 432-5478
Des Peres Office (314) 909-0633



CooperVision®
Contact Lenses
1-800-538-7850
Mike Burke -X7540
mburke@coopervision.com
RoseAnn Luetkemeyer -X7617
rluetkemeyer@coopervision.com
Patrick Stygar -X 7113
pstygar@coopervision.com

THE RETINA INSTITUTE
Physicians and Surgeons Specializing in diseases of the vitreous and retina
14 Convenient Locations In Missouri and Illinois
Administrative Office
Suite 800
1600 S Brentwood Blvd
St. Louis, MO 63144
Physician Consults
Patient Appointments
1-800-888-0011
(314)367-1181

----------Continue from Previous Page

TED is associated with significant vision-threatening impairments. These include: dry eye disease secondary to exposure (65%), diplopia (50%), blurred vision (32%), visual field defects (13%), reduced color vision (7%), severe sight-threatening inflammation (3.7%)

Imaging in TED will include CT scan without contrast (better for boney evaluation, surgical planning) and/or MRI (better soft tissue evaluation, evaluation of patient with muscle enlargement).

<u>TED treatment</u>

Smoking cessation
Inflammation reduction

- Glucocorticoids
  - Prednisone 1mg/kg – slow taper over months.
    - >60% of pts respond with optic neuropathy and swelling
    - High adverse event rate up to 80%
  - IV Steroids (12 week protocol IV Methylprednisone 500mg once/week x 6 weeks, then 250 mg x 6 weeks) in moderate to severe TED
    - Less adverse events than oral steroids
  - Steroids do not reverse underlying alterations of orbital tissue and they do not reverse proptosis or strabismus
- Chemotherapy
- Radiation: reduction in orbital inflammation through diminished activated lymphocytes.
  - May be useful in patients who are not good surgical candidates
  - May improve optic neuropathy but does not improve proptosis, motility, or retraction
- Antioxidants
  - Selenium – might be helpful in early, mild cases.
- Biologic agents – molecular targeting of antigen
  - Teprotumumab: fully human monoclonal antibody inhibitor of IGF-1R. FDA approved in February 2020. Currently unavailable.
    - Targeted binding to IGF-1R/TSHR signaling complex and blocks autoantibodies from attacking orbital cells

Continue on Next Page----------

----------Continue from Previous Page

- Reduces inflammation + prevents excessive cell growth and hyaluronan build up behind eye
- Great response after 6 weeks
- May replace surgery in moderate to severe TED.

Surgical rehabilitation (4 stages)

- Orbital decompression
- EOM surgery
- Repair of eyelid retraction
- Cosmetic repair

****

ST. LOUIS EYE INSTITUTE
ADAM FEDYK, MD, FACS
LASIK • Cataract Surgery • Premium IOLs
1585 Woodlake Drive, Suite 106
Town & Country, MO 63017
5770 Mexico Rd Suite D
St. Charles, MO 63376
Visit www.stlouis-eye.com or call 314.326.4800

GOLTSCHMAN STURM EYE CENTER
Innovation with Integrity
Refractive Cataract Surgery
Lasik
Glaucoma Management
Co-Management Available
Florissant
(314)838-0300
900 N. Highway 67
Florissant, MO 63031
St. Peters
(636)441-1200
4750 Mexico Rd. Ste. #200
St. Peters, MO 63376
www.eyecenterstl.com

GALANIS CATARACT & LASER EYE CENTER
John C. Galanis, MD, FACS
Wesley Green, MD
Roberta J. Crawford, OD
Craig H. Sorce, OD
(314) 633-8575
7331 Watson Road, St. Louis, MO 63119
www.drgalanis.com

Jones Eye Care and Surgery, Inc.
THERESA E. JONES, MD
Comprehensive Ophthalmology
KIMBERLY A. LAYFIELD, OD
Optometrist
Specializing in Comprehensive Medical and Surgical Eye Cataract Surgery, Lifestyle IOL's, Co-Management, Glaucoma, Diabetes, and Specialty Contact Lenses
12255 DePaul Drive
Suite 360
Bridgeton, MO 63044
PHONE 314-739-9293
5301 Veterans Memorial Pkwy.
Suite 102
St. Peters, MO 63376
PHONE 636-441-9293
www.joneseyecareandsurgery.com

St. Louis Eye Care Specialists, LLC

Andrew N. Blatt, M.D.
Rachel Merriman, O.D.
675 Old Ballas Rd., Suite 220
St. Louis, MO 63141
www.stleyecare.com
314 997-3937

Pediatric Ophthalmology
Complex Adult Motility Disorders
Diopsys NOVA-DT VEP Vision Testing
More than 15 years of Surgical Experience

UPCOMING EVENTS

NEXT MEETING

February 9, 2021, at 7:00 pm

This will be a ZOOM meeting

Anterior Basement Membrane Dystrophy and It's Implications on Cataract Surgery

Presented by:

Matthew Council, MD

March 9, 2021 at 7:00pm

This will be a ZOOM meeting

Presentation by: Jay Pepose, MD

More to come

Bi-State Custom Cataract Surgery

VISIONARY eyecare & surgery

Mason F. Bias, M.D., F.A.C.S.

12855 North Forty Drive, Suite 260
St. Louis, MO 63141

314 Fountains Parkway, Suite D
Fairview Heights, IL 62208

314-983-9800 or 877-983-9807

www.visionarysight.com

Specializing in the Co-Management of Refractive Cataract Surgery

The Very Best. You'll See!

UMSL Center for Eye Care

Refer your patients with confidence to the University of Missouri-St. Louis Center for Eye Care.

- *Pediatric Eye Care/ Orthoptics*
- *Corneal Topography*
- *Fundus Photography*
- *Cirrus HD-OCT*
- *Electrodiagnostics*
- *Vision Rehabilitation*
- *Specialty Contact Lenses*

University Eye Center
7800 Natural Bridge Rd.
St. Louis, MO 63121
(314) 516-5131

Optometric Center
3940 Lindell Blvd.
St. Louis, MO 63108
(314) 535-5016

East St. Louis Center
Building D, Suite 2030
601 James R. Thompson Blvd.
East St. Louis, IL 62201
(618) 482-8355

College of Optometry UMSL

Enriching Lives Through Vision

optometry.umsl.edu

Important Information and Opportunities

Finklang Eye Health Associates

Well Established practice in Troy, MO is looking for a part time or full time Optometrist. New graduates and experienced optometrists welcome to apply. This practice has a large patient base and good balance of medical and refractive patients. Six exam lanes with Marco TRS phoropters in 4 of the 6 lanes. Updated equipment including Optos, Optovue OCT, Zeiss Visual Field, Diopsys VEP/ERG, and Oculus Topography/External camera. The office is located outside the crowded city and all the competition, but conveniently located within easy driving distance to St. Louis. This is a unique opportunity for the right doctor interested in a full scope Optometric practice. You owe it to yourself to check this out! For additional information and to set up an interview Contact Dr. Erin Niehoff or Dr. Kurt W Finklang at 636-528-2020 or fehavs@gmail.com.

****

FENTON FAMILY EYECARE

Part-Time OD fill-in position available.
Please include your CV.
Email vricellav@gmail.com if interested.

Dr. William Lynch is looking for a part-time Optometrist for his Cuba, Missouri office. The Positions is 2 days a week. This is a private practice. Please contact Dr. Lynch for additional information.

Dr. William Lynch
c: 573-241-5176