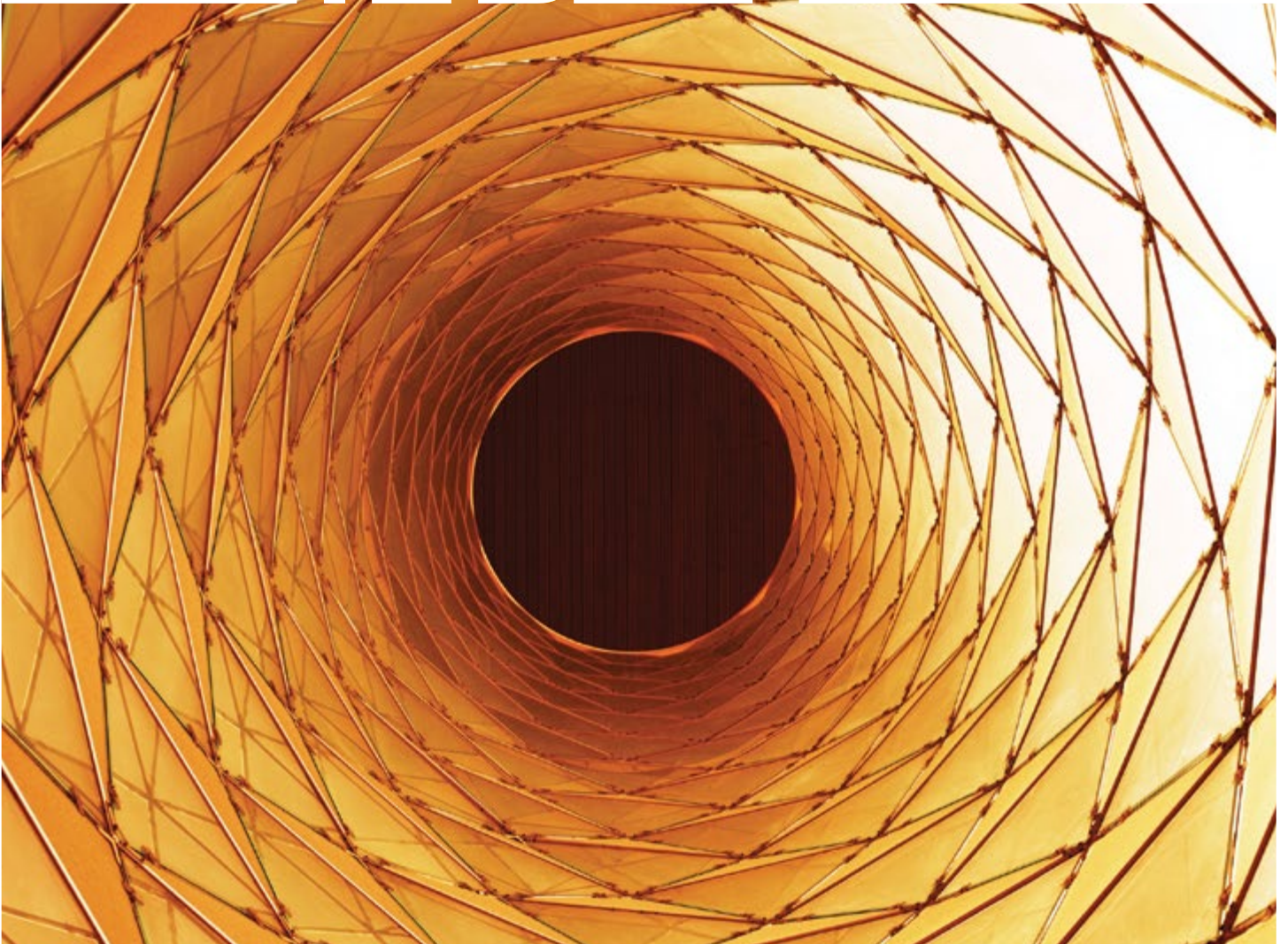


iluminations



fall 2013 | issue 5

a look inside **ilumin**

ilumin

specialized care
for your eyes

arkfeld, parson, goldstein pc

You've probably heard the time-old proverb,



“The eyes are the windows to the soul.” It may sound trite, but it serves as a good reminder because our eyes can offer much insight about our overall health and well-being.

lakeside office
16820 frances street,
suite 100
omaha, ne 68130
402.933.6600

regency office
450 regency parkway,
suite 110
omaha, ne 68114
402.933.6600

Please remember
to “like” ilumin on
Facebook and follow
us on Twitter!



As your ophthalmologists, we are most focused on your vision. However, the eyes provide important clues about other medical conditions. Some of the systemic conditions detectable during a thorough exam include diabetic eye disease, hypertension, atherosclerosis (hardening of the arteries), autoimmune diseases, infections and elevated intracranial pressure. Some medications used to treat various diseases can have side effects on the eyes.

It is important to undergo regular eye exams for the sake of your vision and overall health. We can communicate any out-of-the-ordinary findings with your primary care physician or another specialist to help determine the best course of action and treatment.

We're also here to help you keep your “windows” as clear as possible so you have a crisp view of the world around you! Many patients with nearsightedness, farsightedness, and astigmatism are candidates for LASIK or PRK refractive surgery to improve their vision. Simply ask one of us if you might be a good candidate.

Remember that as the end of the year approaches, it's a great time to make use of flexible spending accounts and health savings accounts. Call today to schedule your appointment at 402.933.6600.

Sincerely,

**Dr. Arkfeld, Dr. Parson,
Dr. Goldstein and Dr. Timperley**

*P.S. Our **iluminations** newsletter and frequent Wink blog posts are written to keep you informed and give you a closer look at our practice. Please share your thoughts with us during your next visit!*

Ask us about the new LenSx laser for cataract surgery! This technology allows the surgeon to use a laser (rather than a blade) to break up the cataract and make the small incision through which it is removed. The laser can also help correct astigmatism in some patients.

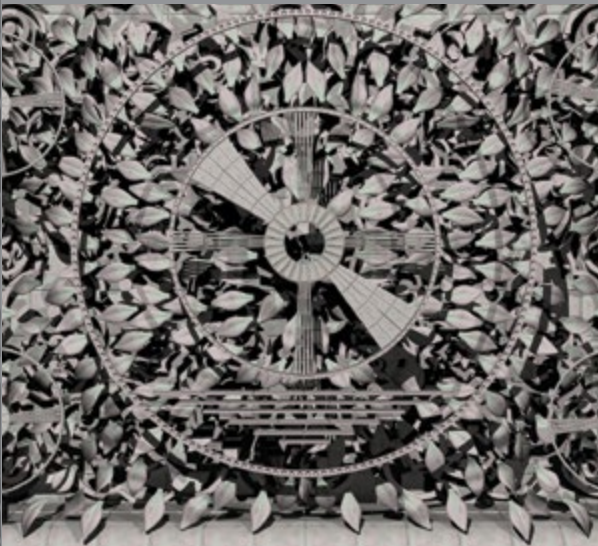
Gary Day

Gary Day is a printmaking artist whose stunning lenticular prints and woodcuts have likely caught your eye at ilumin.

Gary has done many things in his day—played in rock 'n' roll bands, worked in Alaskan canneries, fought forest fires, and worked as both an illustrator and graphic designer, to name some. But he has dedicated the last 40 years to printmaking, computer graphics and animation. Since the '80s, use of the computer has been a common thread in his work.

"I try to work directly with a viewer's perception and make objects that will engage people either visually or, with computer games, visually, tactilely and audibly," Gary said. "I am more interested in phenomenology than communication; more with aesthetics than politics."

His lenticular prints (pictured) are made using a computer program that divides an image into small lines and pulls them together under a particular type of lens to create a 3-D effect. He usually spends between 100 and 150 hours modeling each piece. One's perception of space comes from seeing the image from two angles at once—demonstrating the powerful influence our eyes have on our sense of our surroundings.



Gary grew up in Montana and eventually found his way here to study computer science at the University of Nebraska at Omaha (UNO) in the 1980s. (He and his wife Mary have known Dr. Arkfeld since then.)

He is now a Clark Diamond Professor of printmaking, animation and game design in the Department of Art and Art History at UNO, where he also directs the Print Workshop.

Gary is very interested in the ways information technology is evolving; informing understanding of vision, perception and neuroscience; and impacting artistic concepts. His prints and animations have been exhibited nationally and internationally and are part of many public and private collections. He has been a visiting artist in Belgium, Israel, Spain and Italy, and earned a number of prestigious awards.

See more of Gary and his work at synapticforge.com.



Staying on the lookout for Glaucoma

Glaucoma is a disease that damages the optic nerve, resulting in permanent vision loss. Glaucoma impacts nearly 3 million Americans—half of whom don't yet realize it—and is estimated to be the third-leading cause of blindness worldwide. Regular screenings are essential to detect and treat the disease before it becomes advanced.

The optic nerve is connected to the retina (the layer of tissue at the back of the eye that makes one sensitive to light) and composed of many intertwined nerve fibers, like an electric cable. It sends signals from the retina to the brain, where they are “unscrambled” to interpret images.

In healthy eyes, clear fluid called “aqueous humor” circulates in the front of the eye and then flows out regularly to maintain consistent pressure. In glaucoma patients, the fluid does not circulate properly, builds up over time, and causes damage to the optic nerve fibers.

There are two main classifications of glaucoma: open-angle and narrow-angle. The difference between them is in the “trabecular meshwork” structure of the eye, which is largely responsible for regulating eye pressure.

Open-angle glaucoma is the most common form, which occurs when the trabecular meshwork becomes gradually less efficient at draining fluid, raising the pressure inside the eye. Damage to the optic nerve occurs at varying intraocular pressures (IOPs) for different people, so an ophthalmologist determines the IOP that best protects each patient's eyes.

Open-angle glaucoma typically progresses gradually and has no noticeable symptoms in the early stages. Over time, blind spots appear and can ultimately lead to vision loss if untreated. These spots do not noticeably affect one's central field of vision until the disease is fairly advanced, yet may be detected in the early stages using specialized testing known as visual field testing and ocular coherence tomography (OCT).

A notable exception to this slow-moving form is narrow/acute angle-closure glaucoma, in which IOP rises very quickly because the iris (colored part of the eye) partially or completely blocks fluid drainage. Symptoms of narrow-angle glaucoma may include blurred vision, halos, redness, eye or brow pain, headache, nausea and vomiting. These patients require urgent medical attention to avoid vision loss. An eye exam may indicate susceptibility to this type of glaucoma, yet people rarely experience symptoms before the emergency attack.

Optic nerve damage and vision loss from glaucoma are irreversible, so it is essential to have regular eye exams where an ophthalmologist can identify changes in the optic nerve and/or elevated eye pressure before symptoms occur.

Fortunately, early detection and treatment can help preserve glaucoma patients' vision. Treatment options may include surgery, laser, or prescription eye drops to lower pressure. Exact methods of treatment vary based upon the form of glaucoma, severity and individual response.

During a glaucoma screening, an ophthalmologist examines the physical appearance of the eye and measures IOP. If patients are considered at risk for glaucoma, they are closely monitored for potential damage or vision loss with visual field tests to look for blind spots in the peripheral vision, photographs to document the appearance of the optic nerve for future comparison, and OCT imaging to measure the thickness of the neural tissue surrounding the optic nerve.

Who is at risk for glaucoma?

As our population ages, the number of Americans affected is expected to rise from 2.2 million to over 3 million within the decade.

There are many risk factors for glaucoma, including advanced age, thin corneas, racial background (open-angle glaucoma is more common in African-Americans), and family history. People of Asian descent and those with hyperopia (farsightedness) tend to be more at risk for developing narrow-angle glaucoma. Still, the disease can affect anyone and it is not always foreseeable, which is why it is so important to have regular examinations.

Some people develop a type of glaucoma called "normal-tension glaucoma," wherein their eye pressure stays within the 'normal' range, yet optic nerve damage and visual field loss still occur. These patients usually receive the same treatment as those with open-angle glaucoma. On the other hand, some people have "ocular hypertension," with higher IOP than normal, but no other damage. These patients are at high risk for developing glaucoma later and should be monitored closely.

"Congenital glaucoma" is a rare form that develops in young children and can be inherited. "Secondary glaucoma," another common form, can result from another eye disease or condition, such as an injury, long-term steroid therapy or tumor.

Have you recently had an eye exam and glaucoma screening? Call ilumin at 402.933.6600 to set an appointment with your ophthalmologist to make sure you're in the clear!



sherry thorau, administrator

in the blink of an eye...

favorite movie: the sound of music

always seen drinking: a diet pepsi

tasty indulgence: filet mignon

Sherry began her career as a front desk receptionist at an ophthalmology practice in Newport Beach, California, and moved back to Omaha in 1987. After more than 25 years working with ilumin physicians, she is now the administrator, responsible for keeping the practice running smoothly day-to-day.

Sherry's favorite color is yellow, which is a fitting match for her sunny disposition. She works from the Lakeside office, handling everything from employee management, to finance, to information technology.

What's Sherry's favorite thing about her job? "The people."

She fondly remembers the day the doors of the lively new ilumin office first opened, and the efforts made by the entire staff towards making ilumin the success it is.

Sherry is busy in and out of the office. She and her husband Pete have been married for 33 years. They have two grown daughters and four grandchildren. Two of their grandchildren, Haylie and Blaze, have lived with them for the last 10 years. Sherry and Pete are busy with their

grandchildren's various activities, which keeps them feeling young!

Sherry likes to swim and enjoys relaxing vacations on the waterfront with her family. Growing up in Papillion, Nebraska, Sherry dreamed of becoming a professional ice skater.

Her latest goal is to become more comfortable with formal public speaking and, when her grandchildren get older, she dreams of traveling to Hawaii with her husband.



pam powers, surgery coordinator

If you have had surgery or injections performed by one of the ilumin physicians, there's a good chance you have spoken with Pam. She receives orders for surgical procedures after patient appointments and calls the patients for scheduling and presurgical instructions.

Pam had her entrée into the medical field as a phlebotomist; she recalls that part of her training involved practicing on coworkers.

Pam first started with the ilumin physicians in 1989. She moved out of state for her husband's work seven years later and worked at various doctors' offices before returning to Omaha in 2004.

"I love it here," she said of ilumin. "The caring, patient doctors and the camaraderie in the office [make it feel] like such a wonderful family."

Holiday parties stand out in Pam's mind as some of the great ilumin "family" moments over the years. She also enjoys Halloween and seeing all of the ilumin team's various costume selections.

Pam and her husband have known each other since middle school. They have two children and five grandchildren in Virginia and Rhode Island that they love to visit often. She grew up taking lots of road trips and is eager to get a beautiful RV for their future travels.

in the blink of an eye...

favorite food: anything italian

preferred reading: sci-fi or suspense

hobby: gardening

iluminillusion

We're serious about your vision here at ilumin, but we sure do like to have fun, too!



Can you find the three profiles of Napoleon, Marie Louise and their son Charles in the "Corporal Violet" image above?

This engraving was made in 1815 and circulated among supporters of the exiled emperor, who was nicknamed after the small flower that returns in springtime.

Hint: Napoleon appears on the upper right, wearing a distinctive leaf hat.

Each of these words appears in the newsletter. Can you unscramble them?

- 1) AALUOMCG
- 2) WDWIONS
- 3) NELHWALEO
- 4) DCUEROEPR
- 5) DMABRNCLUSE

(Check your solutions on the back cover.)



16820 frances street, suite 100
omaha, ne 68130

specialized care
for your eyes

specialties

- medical + surgical eye care, including laser treatment
- routine eye exams
- refractive surgery
- cataract surgery
- corneal surgery
- macular degeneration therapy
- retinal + vitreous disorders
- diabetic eye care

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Scrambles on Page 7: 1) glaucoma, 2) windows, 3)Halloween, 4) procedure, 5) unscrambled

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gary day

iluminights
glaucoma

iluminus
staff profile: sherry thorau
staff profile: pam powers

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