

iluminations



spring 2013 | issue 4

a look inside **ilumin**

ilumin

specialized care
for your eyes



Spring has sprung! The last of the snow has melted and the sunshine is tempting us to step outside and soak up its warmth. That means it's also time for you to make sure you have the proper eyewear to block out any harmful rays—and a visit to the ilumin optical salon might be just the ticket...

Studies have shown that exposure to the ultraviolet radiation in sunlight increases the risk of developing age-related macular degeneration (see Page 4) and growths on the eyes. By wearing the appropriate sunglasses, you can lower your risk and enjoy the outdoors safely. We hope you'll talk to one of us or our expert opticians to make sure your eyes are protected.

We have a wide selection of beautiful frames and lenses to fit your lifestyle demands, fashion sense and budget. In addition, we now have the Visioffice® system, which records 20 different, personalized, 3-D measurements to help create the optimal visual solution for each patient. We are an exclusive provider of eyecode™ lenses—the most individualized lenses possible.

iluminations gives us an opportunity to tell you more about ourselves and we want to know what you think. Please share your thoughts with us at ilumineyes.com/news, through our Wink blog or during your next visit.

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

P.S. If squinting in the sun over the years has already caught up with you and you have some fine lines to show for it, ilumin is now performing cosmetic BOTOX® injections. Please contact us at 402.933.6600 for more information!

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!

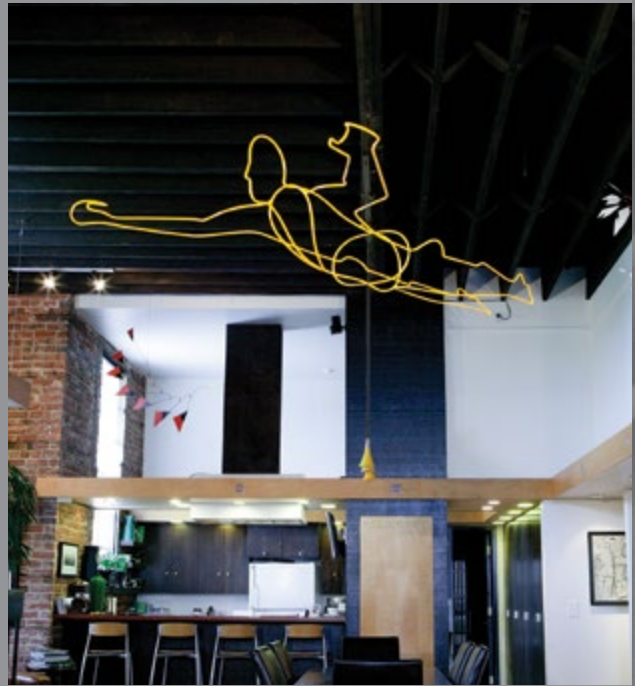


Larry Sosso

Lawrence (Larry) Sosso's dynamic artwork is hard to miss and even harder to forget. Larry created a unique sculptural piece for each ilumin location—both of which are stunning appreciations of sight.

“Dr. Dean Arkfeld has seen my work over the decades, and I was thrilled that he thought of me for inclusion in ilumin’s collection,” Larry said. In every detail, down to the children’s board books about Degas and Renoir in the patient lounge, art is an integral part of the practice. “[Their] whole concept lends itself to the visual arts; [it] makes perfect sense,” he continued.

Larry is the artist behind the four flying humans (wearing glasses, of course) at the Lakeside office, as well as four abstract “grids” at the Regency location.



“Everyday observations of my surroundings and humor inspire me,” he said.

Larry has been creating art since high school. He grew up in Ohio, earned a Bachelor of Fine Arts degree from Bellevue University, and has been an active member of the Omaha art community for more than 30 years.

Most of his works are welded steel sculpture, but he also creates large-scale graphite drawings, paintings and functional sculptural pieces, including lamps and furniture. He says that he improves his technique and builds upon ideas with every piece.

Larry is a founding member of Omaha's 13th Street Gallery Art Cooperative; and he has exhibited in local galleries, the Joslyn Art Museum, the Museum of Nebraska Art and the Sioux City Art Center. His work has been sold in many boutique and museum shops around the country and is part of several local organizations' private collections.

See more of Larry and his work at sossostudio.com.



POINTING

a macular degeneration generation
in the right direction

Age-related macular degeneration (AMD) is the most common cause of blindness in Americans over the age of 70. Many people don't realize they are suffering from macular degeneration until they have blurred or distorted vision, but regular eye exams may help to detect problems in the early stages.

AMD is caused by abnormal breakdown of the pigment layers in the eye's macula. The macula is the part of the retina (the light-sensitive tissue on the back of the eye) that helps us see fine details clearly. It is the part of the eye that helps us read small print or make out the words on street signs.

Degenerative symptoms can arise suddenly and progress quickly, or may appear gradually; it depends upon the person and the form. There are a number of potential risk factors for macular problems, including age, family history, gender (more common among women), race

(more common among Caucasians), smoking, obesity, malnutrition, inflammation, and cardiovascular disease.

There are two types of AMD: Dry (atrophic) macular degeneration and wet (exudative) macular degeneration. "Dry AMD" is the most common

form, which occurs when protein deposits called “drusen” form under the retina and eventually cause the macula to thin and stop working properly. Dry AMD may affect one or both eyes with symptoms that include blurry distance and/or reading vision, increasing need for bright light to see at near, less vivid appearance of colors, difficulty transitioning from bright to low light, difficulty recognizing faces, or blurry spots in the central line of sight. This condition usually progresses gradually and should be monitored closely.

Dry AMD can quickly change into the more damaging wet form, which occurs when proteins like VEGF-A cause abnormal blood vessels to grow under the retina. Vision impairment from AMD is more likely to occur with the wet form than the dry, and it may progress faster and be more noticeable. “Wet AMD” symptoms include distorted vision (lines appear wavy or crooked), dark or blind spots, loss of central vision, and varying size or color of objects between each eye. If one is diagnosed with wet AMD in one eye, there is a 50 percent chance that it will appear in the other eye within five years.

In many cases, the impact of macular degeneration on overall vision is minimal, but it is important that an ophthalmologist test for it and treat it as necessary. To test for AMD, the doctor will dilate the pupils and examine the eyes using an ophthalmoscope to see the retina. He or she might recommend a test called ocular coherence tomography (OCT), which can detect small variations in the thickness and/or the surface of the macula. The landmark AREDS study showed that for patients with a moderate or severe amount of vision loss due to dry AMD, antioxidant vitamins help to slow further vision loss. Eating foods high in antioxidants, such as green leafy vegetables, may also be beneficial.

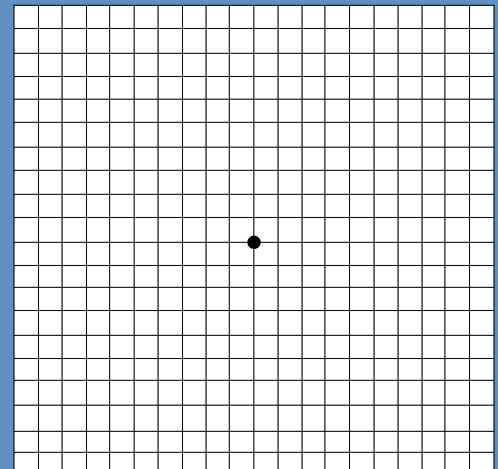
If an ophthalmologist suspects wet AMD, special photographs of the macula will be taken with fluorescein angiography (using a dye injected into your arm that flows through the body) to highlight any abnormal blood vessels. To treat wet AMD, Dr. Arkfeld uses anti-VEGF medication injections—Lucentis®, Avastin® or Eylea®—to block the troublesome VEGF proteins and reduce the growth of abnormal blood vessels. This treatment, which may be combined with thermal laser treatment or photodynamic therapy, slows vision loss and, in some cases, reverses it.

What can you do to check for AMD?

If you suspect or are diagnosed with AMD, the best thing you can do is monitor your vision regularly. Consider using an Amsler grid—a pattern of equidistant horizontal and vertical lines with a dot in the center (pictured below)—to check your vision at home. Place the grid on your refrigerator as a daily reminder, or download a smartphone app such as “AMD eye.”

To test your vision using the Amsler grid:

- » Wearing your corrective eyewear, stand about 14 inches away from the grid. Cover one eye.
- » Look directly at the center dot, and take note if areas appear wavy, blurry or dark. Repeat with the other eye.
- » If you detect any of these irregularities or changes from day-to-day, make an appointment with your ophthalmologist immediately. (Call 402.933.6600.)





dean f. arkfeld, m.d., f.a.c.s.

in the blink of an eye...

favorite activity: anything outdoors

favorite food: sushi

favorite ilumin memory: employee dressed up as "Dr. A" for Halloween in 2011, winning the office costume contest

Dr. Arkfeld is Iowa-born and Omaha-raised. Although he mowed neighborhood lawns, parked cars at the Aksarben horse races, and worked in food service for years during high school, he did not foresee sticking with any of those for the long haul. He dabbled with the idea of becoming an architect, but, before even graduating from Westside High School, decided to pursue a career in medicine.

Dr. Arkfeld enrolled in the accelerated undergraduate program at Creighton University and went on to the University of Nebraska Medical Center for his M.D. He immediately felt a comfort level with ophthalmology during his rotations and followed his brother's footsteps to become a specialist. (Dr. Donald Arkfeld became an ophthalmologist six years

prior.) He pursued fellowship training in order to subspecialize in medical and surgical treatment of retinal disease, including macular degeneration (see Page 4) and diabetic retinopathy, among others. The preferred method of treating these conditions has changed radically in the past several years.

He feels fortunate to find such pleasure in his job after so many years because of the technology advancements that allow him to push the envelope, as well as the personal relationships he has developed with colleagues and patients.

"Maintaining people's quality of life is truly gratifying," he said. That humanitarianism is evident in his service to

organizations like the Radio Talking Book Network of Omaha, the Nebraska Foundation for Visually Impaired Children, and Countryside Community Church. Dr. Arkfeld's attention to detail, informed judgment and sincerity are his greatest skills as he balances a busy schedule of clinical appointments, surgical procedures, community involvement and time with his family.

Dr. Arkfeld met his wife, artist and educator Peggy Reinecke, during college and has made a home with her and their three children Tanin, Chaele and Christopher (Ke). He and his kin consider the arts to be an integral part of life, and he enjoys being able to share that passion with his ilumin family, too.



in the blink
of an eye...

favorite color: purple

nickname: spenderella
(she loves to shop.)

favorite place to visit:
las vegas

hobby: interior design

chris tirro, contact lens technician & optician

Chris has been a valuable part of the ilumin family since joining the doctors in 1990. No two days and no two patients' needs are alike, and Chris's favorite thing about her job is the unique challenge brought on by each one.

Chris starts her week at the Regency office, and then spends Tuesday through Friday at Lakeside, finding the right contact lenses or glasses to fit every pair of eyes and lifestyle. Among coworkers, she's known for her mellowness and problem solving skills; Chris is always ready to lend a hand where she can.

She grew up with her three siblings in the Omaha area and had her first job in the *Papillion Times* circulation department. She began working in eye care straight out of high school upon landing her first job as a receptionist at a family-owned optometry practice. She helped with basic lens fitting there, too—which is how she met her husband!—and decided she wanted to become an optician.

When Chris began the (then) three-year program at Metro Tech to earn her associate's degree, she met a woman

from Dr. Arkfeld's practice who suggested she apply for an open position. Needless to say, she got the job and, 23 years later, she's still loving it and the ilumin approach to business.

Chris is certified by the American Board of Opticianry and National Contact Lens Examiners and has been active with the Nebraska Society of Dispensing Opticians (NSDO) for more than two decades. In 2000, Chris was voted NSDO's "Optician of the Year," and she received a Lifetime Achievement Award in 2009—"Because she's so good!" her colleague Lisa added.

Chris is a lot of fun, too. She loves trying new things, joining in spontaneous adventures and, once a year, spearheading an ilumin-dubbed music video for a holiday laugh around the office.

iluminillusion

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



Look at the image, and try to determine whether the dice are standing up or lying flat.

This is one of the oldest optical tricks in the book: Some of the dice are lying flat and some are standing up.

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

- 1) **ESSNNHIU**
- 2) **XTBOO**
- 3) **SRUECPTUL**
- 4) **RLMCAUA**
- 5) **RAMSEL**

(Find answers on the back cover.)

ilumin

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 solved from Page 7: 1) Sunshine, 2) Balox, 3) Sculpture, 4) Macular, 5) Amber

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in this issue:

illuminates

a word from drs. arkefeld, parson, goldstein and timperley

iluminart

larry sasso

illuminights

macular degeneration

iluminus

physician profile: dr. arkefeld
staff profile: chris tirro

illuminillusion