
ARAN EYE ASSOCIATES

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NEWSLETTER SPRING 2017

Peace + Veggies B Vitamins – More Than Meets The Eye

By Steven M. Newman, O.D., C.N.S.

The eight individual vitamins, commonly found together in food, that are required to fuel our metabolism are grouped together and referred to as B Complex vitamins. Ranging from B1 to B12, the B vitamins are responsible for everything from anti-ageing to the rapid growth rate observed in fetal and infant growth. With the average American's diet packing less nutritional value, being aware of Vitamin B deficiencies has become a necessity. Common symptoms patients may come in complaining of range from dizziness, a tingling sensation in their extremities, forgetfulness and/or blurry/double vision (pseudo-diplopia). The American diet isn't the only thing standing in the way of everyone absorbing the right amount of B vitamins on a daily basis. Prescription pharmaceutical agents (the average 55 y.o. American is on 3 separate Rx's) have been known to reduce or eliminate the absorption of many nutrients, many

of which are water soluble, including all of the B vitamins.

Keeping a healthy ratio of B's can also help normalize cholesterol ratios.

Cholesterol is made in the liver and needs homocysteine molecules to help carry them throughout the body for cell membrane repair amongst other things). Niacin, also known as Vitamin B3, naturally reduces homocysteine blood levels, which in turn reduce LDL (bad cholesterol) and total triglyceride levels. An added bonus is Niacin's HDL (good cholesterol) raising qualities. Feeling younger can be synonymous with feeling energized. Vitamin B12 is our energy supplement. Many of the so-called energy drinks are simply well marketed and packaged B12 infused liquids. Unlike caffeine, which tends to stimulate followed by a downward-crash in energy levels, cyanocobalamin and methyl-cobalamin (two variants of the B12 molecule) give the body sustainable energy which allow us to feel young a vibrant throughout our days, months, years and decades. Niacin is well absorbed in pill or capsular form while cyanocobalamin/methyl-cobalamin are best absorbed in the sub-lingual form.

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SPRING 2017

Avedro Corneal Cross-linking (CXL) Performed at The Laser Center of Coral Gables

Clinical Director: Adam L. Stelzer, O.D., Diplomate ABO

Over the past 3 years Dr. Aran and I were clinical investigators involved in the FDA ACOS study for corneal cross-linking. In 2016 the FDA approved this procedure. Avedro is the first and only FDA approved therapeutic treatment for progressive keratoconus and post-refractive ectasia. We are one of the few centers in Florida to offer this FDA approved procedure to our patients. The procedure utilizes a proprietary riboflavin solution called Photrexa.

Candidacy:

- Safety and effectiveness not established in pediatric patients below the age of 14 years. Early keratoconus (Steep K <55 Diopters) are better than moderate or late stage cones
- Progressive Keratoconus patients are ideal. Monitor stable or questionable cones
- Central corneal thickness over 400 microns
- Minimal to no apical scarring
- Patients with healthy immune systems taking no immunosuppressive agents
- No patients who are pregnant or lactating

Flare Check and Corneal Thickness Check

- If the yellow flare is not detected:
 - 1 drop of Photrexa Viscous is instilled every 2 minutes for an additional 2 to 3 drops
 - Check again for the presence of a yellow flare.
 - Repeat process as necessary
 - Once the yellow flare is observed, perform ultrasound pachymetry.
 - If corneal thickness is less than 400 µm, instill 2 drops of PHOTREXA every 5 to 10 seconds until the corneal thickness increases to at least 400 µm.
 - Irradiation should not be performed unless this 400 µm threshold is met and the yellow flare is seen UV Irradiation
 - The eye is irradiated for 30 continuous minutes at 3mW/cm2 centered over the cornea, using the KXL System.
 - During irradiation, topical instillation of Photrexa Viscous is continued onto the eye every 2 minutes for the 30 minute irradiation period.

Clinical Pearls:

- Time is of the essence. Treat young early cones ASAP. Teenagers are ideal.
- No contact lens removal needed until day of treatment (this isn't LASIK)
- Some corneal flattening of 1-2 diopters may occur as result
- This doesn't generally improve their vision. It only stops ectasia progression.
- The second eye can be treated after the first eye's 1 Month follow-up
- Contact lens wear can be resumed 1 Month after treatment
- All K-cones shouldn't rub their eyes before or after the procedure

Please send all CXL referrals to TLC, just as you would for refractive surgery, and we will evaluate them for candidacy and send a detailed report back to you. Please call us at 305-461-0003 if you have any questions about CXL or refractive surgery candidacy. We sincerely thank you for all of your referrals

Procedure:

- Epithelial debridement and Pre-Soak
- Using topical anesthesia, the epithelium is removed using alcohol to a diameter of approximately 9 mm using standard aseptic technique.
- Post epithelial removal, 1 drop of Photrexa Viscous is topically instilled on the eye every 2 minutes for 30 minutes.
- At the end of the 30 minute soaking period, the eye is examined under the slit lamp for the presence of a yellow flare in the anterior chamber.

Post-Op Considerations – Exactly Same as Surface Ablation (PRK):

- A bandage contact lens is applied (Acuvue Oasis)
- Topical meds:
 - Zymaxid QID started 1 day pre- op and continued until 2 days after BCL is removed
 - Durezol BID for 2 weeks, then switched to Lotemax Gel Taper: 4/3/2/1 x 2 weeks each.
 - Ilevro BID for 2 days
 - Vicodin Q4-6 hours PRN for pain during first 72 hours
 - Preservative free artificial tears hourly for the first month
 - Eye protection 24/7 x 1 week
 - Patients should be advised not to rub their eyes indefinitely.
 - Patients may be sensitive to light and have a foreign body sensation for a few days.

Follow-Up Schedule:

- 1 Day (followed daily for first 2-3 days)
- 1 Month
- 3 Months
- 4 Days (BCL Removal)
- 6 Months (if needed)
- 2 weeks



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