

Pseudophakic Pseudoexfoliation

By: Naddia Barrios, O.D.

Pseudoexfoliation (PXF) is a systemic disorder of the extracellular matrix that promotes the accumulation of fibrillar deposits throughout the body. In the eye, fibrils are thought to be produced by the iris pigmented epithelium, non-pigmented ciliary epithelium, or the pre-equatorial lens epithelium.

While it is common to note pseudoexfoliative particles on the natural lens, it is rare to notice them on an IOL implant.

An 86 year old male patient presented to clinic reporting issues of variable monocular diplopia in the left eye for approximately three weeks. BCVA 20/30 OD, OS.

Slit lamp examination revealed bilateral pseudoexfoliative matter on the iris. These findings were not recorded in records dating back to 2014. The Left PCIOL was found to be subluxed (*figure1*). The PCIOL in the right eye is clear and in proper position. Several options were reviewed and ultimately observation with pilocarpine instillation was chosen for this particular case.

At the follow up visit the lens was noted to be further subluxed. The new plan now required for the removal of the PCIOL and conversion to an ACIOL. The contralateral PCIOL now presented a new finding, pseudoexfoliative deposits (*figure2*).

When a natural lens is replaced by a PCIOL, the distance between the posterior iris and lens is now greater. The friction between the posterior iris and lens is lost, preventing the pathognomonic three ring pattern.

Particles on the center and margin of the IOL become bathed by large volumes of aqueous. Exfoliative matter now travel in a larger space without settling.

The intermediate zone only has a small amount aqueous contact and therefore permits deposition of PXF creating an opposite “sunflower” pattern. The center of the IOL is clear (*figure 3*).

Practitioners should be aware of the rare possibility of PXF developing in patients who have undergone cataract surgery. Aside from an increased risk of developing glaucoma, late post-operative complications include IOL subluxation/dislocations and capsular contraction syndrome to name a few.

Our case involved a patient who showed no clinical signs of PXF until years after cataract surgery; the PXF was noted by deposition on the PCIOL.



(*figure1*).



(*figure2*).



(*figure3*).

Peace + Veggies

What form of Omega 3's are you ingesting?

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

Omega-3 fatty acid definition, a polyunsaturated fatty acid, essential for normal retinal function, that influences various metabolic pathways resulting in lowered cholesterol and triglyceride levels, inhibited platelet clotting and reduced inflammatory and immune reactions.

Over the past hundred years, the human diet has evolved exponentially more than the human genome. Many factors stand in the way of absorbing enough Omega 3's via dietary intake, confusion amongst the consumer market ranking high on the list. It turns out eating fish sticks every day doesn't lead to proper absorption and utilization.

The reason why cold, migratory fish have the highest quality Omega panel is due in large part to their need to swim to find food, as exercise is good for both them and us. Farm raised fish: not so much. The oils contained in these fish simply are not the same.

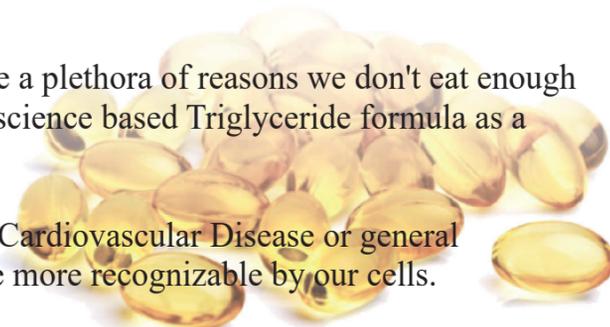
For some of us, the answer comes in a gel-cap. Omega 3 supplements can be found at the corner 7-11, does that guarantee it's healthy for us?

The science (European Journal of Clinical Nutrition (2011) 65, 247–254; doi:10.1038/ejcn.2010.239; published online 10 November 2010) tells us there is a hierarchy for how our body absorbs our Omega 3 choices:

1. Fresh fish – not farm raised
2. Triglyceride formula gel-cap or liquid
3. Ethyl-Ester formula gel-cap or liquid

Taste, smell, texture, consistency, availability, there are a plethora of reasons we don't eat enough healthy fish on a weekly basis. Choosing the correct, science based Triglyceride formula as a dietary supplement is as essential as the oil itself.

Whether for Dry Eye Disease, Hypercholesterolemia, Cardiovascular Disease or general anti-ageing therapy, the closer to nature the source, the more recognizable by our cells.



UPCOMING EVENTS: SAVE THE DATE



April 14th -15th, 2018 at the:
Hilton Miami Airport Hotel
5101 Blue Lagoon Rd., Miami, FL, 33126.

The Key West Educational Conference
July 28-29, 2018
Margaritaville Resort
245 Front Street. Key West, FL 33040



For our patients convenience we are now opened one Saturday a month for patient consultations. Please contact the center at (305) 491-3747 to schedule Saturday appointments between 8am and 4PM.