

REVIEW

of **PRESBYC[®]PIA**
and the Aging Eye

Launching March 2023



THE EYE TEAM

AMERICA'S LEADING
OPTOMETRISTS BRINGING YOU
THE TREATMENTS AND
CUTTING-EDGE TECHNOLOGIES
TO TRANSFORM YOUR CARE
OF THE 45+ PATIENT.

*A new digital publication brought
to you by the Jobson Optical Group*

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Transforming Eye Care for the 45+ Patient

The emergence of new pharmacological and technological treatments for presbyopia is allowing us to rethink the entire eye care landscape of the patient over 45. The launch of *Review of Presbyopia and the Aging Eye* will re-engineer how we treat patients by expanding the focus from a refractive error to a comprehensive eye care condition that encompasses risk factors and comorbidities that increase after age 45.

While presbyopia specifically may signal the aging of our patients' eyes, it is more than just glasses and contact lenses. It encompasses diseases such as glaucoma *and* retinal disease, cataracts, and dry eye. It includes treatment options such as pharmacological, surgical, and unique office procedures. It even addresses the aesthetics of the aging eye.

Review of Presbyopia and the Aging Eye will bring you the latest expertise from the most recognized optometrists in all these fields. Each section has a dedicated editor and writer to guide you through the maze of new technologies and treatments:

- **Optical** by Dr. Kirk Smick
- **Contact Lenses** by Drs. Brooke Schaeffer Kaplan, Mark Schaeffer, and David Schaeffer
- **Dry Eye** by Drs. Melissa Barnett and Jackie Garlich
- **Pharmacology** by Dr. Ben Gaddie
- **Glaucoma** by Dr. Murray Fingeret
- **Retina** by Dr. Mark Dunbar
- **Surgery** by Dr. Marc Bloomenstein and Dr. Eric Schmidt
- **Aesthetics** by Dr. Selina McGee
- **Nutrition** by Dr. Julie Poteet

We have gathered these most respected all-stars in the optometric field to regularly bring you content covering what's new in all these specialties. You have likely already experienced the depth and wealth of their knowledge through the many papers they have published and the hundreds of hours of

continuing education courses they have presented.

These optometrists, because of their diligence and drive, have advanced the profession of optometry into a leadership position in primary eye care. As a part of this new electronic publication's editorial board, they will be active writers, editors, curators, and overall contributors to *Review of Presbyopia and the Aging Eye*. Their knowledge and expertise will be brought to you regularly with 24/7 access to the latest diagnosis and treatment technologies being developed and introduced within these specialties.

This respected faculty of professional and distinguished OD editors are willing to share their clinical and financial understanding of eye care to provide the direction that will make this publication a leading source of information on this focused area of eye care.

Review of Presbyopia and the Aging Eye will look at medical aspects and emerging disruptive technologies as we reengineer our practices to match the multitude of clinical and financial changes. The specialty of presbyopia encompasses a global treatment philosophy and a need to develop a practice management system to deal with this comprehensive specialty.

We are also witnessing a move toward a "fee-for-service" practice model, which this new publication will help you navigate with billing and coding information included regularly.

Review of Presbyopia and the Aging Eye will become the profession's and your one location to find anything and everything related to eye care for the 45+ patient. No need to go here for the latest on glaucoma, there for what's new in surgery, or everywhere for everything on dry eye. It will all be in one place, concise, comprehensive, and contained in one location for you to treat your patients with aging eyes with the best care possible.

Join our team of optometry experts regularly on this journey toward transforming eye care for the 45+ patient in learning and sharing all that's new in *Review of Presbyopia and the Aging Eye*.



JACK SCHAEFFER is a native of Charleston, South Carolina. He practiced in Birmingham, Alabama, where he was also president of an 18-location group practice and a refractive laser center. Dr. Schaeffer lectures internationally and serves on many industry boards and advisory panels. He is involved with many clinical studies on contact lenses, pharmaceuticals, and equipment. He has recently authored a miniseries on the history of contact lenses and the contact lens specialty practice. He was an Executive Associate Editor of the International Contact Lens Leadership Summit and the developer and Editor of the series, *Optometry Scene*. Dr. Schaeffer also served as Chairman of the Contact Lens and Cornea Section of the American Optometric Society. He served as board member and fundraising chairman for Optometry Cares: The AOA Foundation and the GPLI Institute. Dr. Schaeffer is on the College of Charleston School of Business Board of Governors. Dr. Schaeffer is involved in multiple community, charitable, and political organizations in Alabama and South Carolina.



Optical

New Tools and Technologies to Fully Embrace Treating Presbyopia

It's been 20 years since the article "Presbyopia: The Holy Grail of Ophthalmology" appeared in *Ocular Surgery News*. While refractive surgery for myopia had reached new levels of accuracy, presbyopia was the one refractive error for which we had no surgical answer. This increased optometry's involvement improving **technology to better the lives of emerging and established presbyopes**.

Meanwhile, ophthalmic lens companies further developed **progressive lens designs using freeform technology**, contact lens manufacturers improved multifocal contact lenses, and pharmacology companies researched presbyopic solutions.

The 128 million presbyopes in the U.S. present an excellent opportunity for eye care professionals. A whopping 31 million Americans buy over-the-counter readers, and 38% of

Americans do not have their own eye doctor. These statistics are more than enough reason to be excited about the future of presbyopic eye care.

In the Optical section of *Presbyopia and the Aging Eye: The Role of OTC Readers* will present the

The 128 million presbyopes in the U.S. present an excellent opportunity for eye care professionals.

results of a poll of 100 optometrists and their practices' involvement with OTC readers and conversations with manufacturers about the demand and growth of these devices. **Scams and**

Schemes for Improving Vision

will review the different methods that patients will read about and try. The Internet is full of techniques that often do not lead to the results advertised. Optometrists will need to be aware of these plans to combat patient conversations. **Improving Cash Flow** will cover opportunities to succeed financially while providing the newest technology for your presbyopic patients. **Coding and Billing** will cover proper documentation for when third parties may be involved in the reimbursement process. **Presbyopia in the Cockpit** will discuss changes in aviation technology that have influenced the visual demands of pilots. Conversations with commercial pilots as well as optometric aviators will shed light on how reading charts, approach plates, and instruments have evolved.



KIRK SMICK, OD, FAAO is a retired Air Force Colonel and pilot. He has held several key leadership positions in optometry and has lectured both nationally and internationally. He is a past president of the Georgia Board of Optometric Examiners, the Georgia Optometric Association, and SECO International. Dr. Smick believes that post-graduate education is the key to best practices and therefore has dedicated much of his professional life to continuing education. He served as the chairman of continuing education for SECO International, the American Optometry Association's Optometry's Meeting, and the Vision Expo meetings. In total he has dedicated more than 30 years to continuing education, both as a facilitator and a lecturer. He was the first optometrist to be certified by the American Academy of Certified Procedural Coders and an original founder of the Omni Referral Center System. He continues to consult with several industry partners, including Allergan, Optical Connection, and ScienceBased Health. He views presbyopia as a unique opportunity for optometrists because of the new technologies available.

From the archives of **Dr. Smick**: [Blue Light Basics](#) *Optometric Management* October 2014



Contact Lenses

All the Modalities to Fit Your Presbyopic Patients

How many times do you have a presbyopic patient in your chair and silently think to yourself, “Please don’t ask me about contacts”? We’ve been there too! With the knowledge we’ve gained in clinical experience using a variety of treatment options, we no longer shy away from that question. In fact, we can’t wait to share what we can offer to those in our practice. In the Contact Lenses section of *Review of Presbyopia and the Aging Eye*, we’re here to help give you the confidence

and the clinical expertise you need to be more proactive in your approach to these patients.

We’ll take you from start to finish – from the moment you begin even just thinking about the **contact lens evaluation**, through **all the available correction options**, and even into the troubleshooting and how to **educate staff to ensure success**. These patients are coming into our practices every day, most of them unaware that there’s an opportunity to give them **functional**

vision at all ranges without having to wear glasses.

Presbyopia is ultimately a condition that will affect all people around the age of 40. In the United States, there are 128 million people who suffer from presbyopia. We have the tools to help our patients. We’re going to focus on all the various types of modalities of contact lens wear and how to be successful for your patients and your practice.



MARK SCHAEFFER, OD serves as Clinical Field Manager at MyEyeDr in Birmingham, Alabama, where he practices full scope optometry. In addition to day-to-day patient care, he has run several clinical trials and is affiliated with multiple pharmaceutical companies in consulting for ocular disease and contact lenses. Dr. Schaeffer has appeared in various media as an author for publications, lecturer for continuing education, and advocate for the profession and patient care. He is a founding member of the Intrepid Eye Society, and he is a member of the Alabama and American Optometric Association, American Academy of Optometry, and the Contact Lens and Cornea Section. Dr. Schaeffer earned a Bachelor of Business Administration in Marketing from the University of Georgia, his Doctor of Optometry from Southern College of Optometry, and he completed a residency in Ocular Disease at Bascom Palmer Eye Institute in Miami, Florida.



BROOKE SCHAEFFER KAPLAN, OD currently serves as Clinical Field Director at MyEyeDr in Birmingham, Alabama. In addition to seeing patients in the clinic, she supports 36 other optometrists throughout the state. Prior to this, she was Medical Director for Schaeffer Eye Center and its 18 locations. She is also on the faculty at UAB School of Optometry as a Clinical Assistant Professor in the Primary Care Service. She is a CooperVision CAST speaker and has served as a consultant for other companies in the optometric industry. She graduated from the University of Georgia with a Bachelor of Science in Genetics. She completed her Doctor of Optometry from the University of Alabama Birmingham.



DAVID SCHAEFFER, OD, FAO currently practices full scope optometry with MyEyeDr in Mountain Brook, Alabama, with an emphasis in specialty contact lenses and management of ocular disease. He received his undergraduate degrees in Microbiology and Psychology from the University of Georgia in 2012, and he graduated from the Illinois College of Optometry in 2017. In 2018, Dr. Schaeffer completed his residency in ocular disease at Bascom Palmer Eye Institute in Miami and is a fellow of the American Academy of Optometry. He currently speaks on behalf of CooperVision.

From the archives of **Dr. Mark Schaeffer**: [The Most Important Actions I Take to Reduce CL Dropouts](#) *Review of Optometric Business*

December 2021

From the archives of **Dr. David Schaeffer**: [Macro Management](#) *Review of Optometry* December 2019



Dry Eye

Treating Both Ocular Surface Disease and Presbyopia

There have never been more options for correcting near vision for our presbyopic patients. From eye drops to glasses to multifocal contact lenses and surgical options, we are lucky to have many tools in our toolbox. However, these treatments all have one thing in common: we need an optimal ocular surface to get the best results. With the prevalence of dry eye disease increasing as we age, addressing ocular surface disease is critical for success with our presbyopic patients. As the professional editors of the Dry Eye section of *Review of Presbyopia and the Aging Eye*, our goal is to increase awareness among practitioners to actively diagnose and treat dry eye disease.

If you're new to treating dry eye, this is an exciting year to start! With several potential FDA approvals on the horizon, we continue to have advancements to improve

the treatment for our dry eye patients.

What's in the pipeline for dry eye? Tarsus Pharmaceuticals submitted a new drug application for TP-03 for the treatment of Demodex blepharitis. If approved, this will be the first and only prescription treatment for this condition. Since studies have estimated the prevalence of Demodex blepharitis in dry eye patients at roughly 58%, this approval will serve to fill a gap in our current treatment options.¹

Another potential new therapy is NOV03 from Novaliq, a preservative-free, investigational eye drop designed to treat the signs and symptoms of dry eye disease associated with meibomian gland dysfunction. It works by stabilizing the lipid layer to prevent aqueous evaporation and can penetrate the meibomian glands, where it has been reported to interact with and dissolve the altered viscous

meibum in the glands. With roughly 86% of our dry eye patients having meibomian gland dysfunction, this approval could be a huge win for our patients.

Lastly, Aldyera Pharmaceuticals submitted a new drug application for its investigational RASP inhibitor, Reproxalap. Reproxalap is a reactive aldehyde species (RASP) inhibitor. RASP is found to be elevated in ocular and systemic inflammatory disease and presents a novel anti-inflammatory target. In clinical trials, this drug has shown activity within minutes of application, and in patients suffering from dry eye disease, speed of relief is everything.

Treating both dry eye and presbyopia go hand in hand. With all the innovations in the dry eye and presbyopia space, there's never been a better time to start caring for these patients.



MELISSA BARNETT, OD, FFAO, FSLs, FBCLA is passionate about helping people improve their lives by optimizing their vision, health, and wellness with a customized approach. An internationally recognized expert in specialty and scleral lenses, dry eye disease, and presbyopia, Dr. Barnett is a key opinion leader, frequent lecturer, and advocate for expanding the scope of practice through technology and sharing best practices. She has authored books and numerous research publications and sits on boards of multiple specialty organizations. Dr. Barnett was awarded the inaugural Theia Award for Excellence for Mentoring by Women In Optometry and was granted the Most Influential Women in Optical from Vision Monday.



JACLYN GARLICH, OD, FFAO is a graduate of the New England College of Optometry and completed a residency in primary care and ocular disease at the St. Louis Office of Veterans Affairs. She is the founder of 20/20 Glance, a weekly optometry email that distills clinically relevant news for the practicing optometrist, and she is the owner of Envision Optometry, a dry eye specialty practice in Boston. Dr. Garlich is also the co-host of the To The Point podcast, a podcast focused on educating colleagues on dry eye treatments. Dr. Garlich is a Fellow of the American Academy of Optometry and serves as a Major in the Air National Guard.

From the archives of Drs. Garlich and Barnett: [Psychosocial Impact of Demodex Blepharitis](#) *Clinical Ophthalmology* September 2022
[Classification of Presbyopia by Severity](#) *Ophthalmology and Therapy* February 2022

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9017705/>



Pharmacology

Ophthalmic Drops, Future Agents, Genetic Testing and Targeting, and More

In the Pharmacology section of this highly anticipated new journal, I am excited to bring my colleagues updates on current, new, and emerging pipeline agents used in eye care. While our discussions will cover ophthalmic drops, we will explore so much more, everything from future agents all the way to genetic testing and targeted drugs based on genetic makeup. The key areas we plan to cover in this new digital content journal include **anterior segment, dry eye, presbyopia treatments, glaucoma, retina, oral and injectable medications**, as well as **new drug delivery technologies**.

In addition to “new drugs,” we will look at associated aspects, including **insurance drug**

coverage, compounding, new pharmacy models, cash pay, and drop size modification technology.

adapted to best collaborative care with our colleagues will be discussed. I can’t wait to get started, so please join me

In addition to “new drugs,” we will look at associated aspects, including insurance drug coverage, compounding, new pharmacy models, cash pay, and drop size modification technology.

While some of these new treatments are relegated to be administered by retina surgeons or glaucoma specialists, the **affiliated care models** that can be

and several well-known and rising stars as they help me generate our monthly coverage of Pharmacology for *Review of Presbyopia and the Aging Eye*.



IAN BENJAMIN GADDIE, OD, FAAO is owner and director of Gaddie Eye Center in Louisville, LaGrange, and Carrollton, Kentucky, and Chief Medical Officer of Keplr Vision in Bloomington, Illinois. He received his Doctor of Optometry from the University of Alabama at Birmingham School of Optometry. He is a diplomate of the American Board of Optometry, past president of the Optometric Glaucoma Society and the Kentucky Optometric Association, for which he is currently the chair of continuing education. He is past chair of the education committees for the American Optometric Association and the Vision Expos.

From the archives of Dr. Gaddie: [Classification of Presbyopia by Severity](#) *Ophthalmology and Therapy* February 2022

[Latanoprostene bunod ophthalmic solution 0.024%: a new treatment option for open-angle glaucoma and ocular hypertension](#) *Clinical and Experimental Optometry* January 2019

Jackson MA, Burrell K, Gaddie IB, Richardson SD. [Efficacy of a new prescription-only medical food supplement in alleviating signs and symptoms of dry eye, with or without concomitant cyclosporine A.](#) *Clin Ophthalmol* 2011;5:1201- 6.



Glaucoma

New Ways to Diagnose and Treat Are No Longer a Dream

Glaucoma is nothing new, but exciting technologies are changing the way we can diagnose and treat it. Almost daily, new information about glaucoma is becoming available, and *Review of Presbyopia and the Aging Eye* will bring it to you regularly within the section I am eager to launch covering everything that's new about glaucoma. Here are some of the trailblazing developments we will be covering in the Glaucoma section of the new publication, *Review of Presbyopia and the Aging Eye*:

While the concept of measuring **24-hour IOP** was just a dream only a few years ago, today there are tonometers that the patient can use to measure their own eye pressure

with an implantable device recently approved in Europe and undergoing FDA trials.

Although it is common knowledge that glaucoma has a significant genetic predisposition, just recently, further testing became available to understand one's risk. Now, these genetic tests plus others to be released shortly allow the clinician to understand the **chances of a patient developing glaucoma**.

Not long ago, prostaglandins were the mainstay of therapy. While they continue to be the most common primary therapy, the clinician now has **additional choices for primary therapy** such as selective laser trabeculoplasty, using a MIGS device if the patient has a cataract and glauco-

ma, and considering a drug delivery device such as a bimatoprost implant (Durysta) or a medication that has latanoprost along with a ROCK inhibitor or nitric oxide component. Also, surgical treatments are improving with some experts believing that surgery will overtake medical therapy in the not-too-distant future.

Please join me at the new publication, *Review of Presbyopia and the Aging Eye*, where we will cover these concepts and more in the section I will be updating monthly with the newest information related to the diagnosis and treatment of Glaucoma.



MURRAY FINGERET, OD, FAAO is a Clinical Professor at the SUNY College of Optometry and was Chief of the Optometry Section, Veterans Administration New York Harbor Health Care System from 1983 until 2020. Dr. Fingeret was inducted into the National Optometry Hall of Fame in 2019 and sits on the board of directors of the Glaucoma Foundation. He is a fellow of the American Academy of Optometry and member of the American Glaucoma Society, the American Optometric Association, and the National Academies of Practice. Dr. Fingeret is a founding member and past president of the Optometric Glaucoma Society and currently president of the Optometric Glaucoma Foundation. He is the recipient of the 2013 Vincent Ellerbrock Clinician Educator Award from the American Academy of Optometry, 2008 Distinguished Service Award Optometric Glaucoma Society, 2005 Carel C. Koch Memorial Medal from the American Academy of Optometry, 1999 AMSUS Federal Service Optometrist of the Year Award and 1996 Otsuka Glaucoma Educators Award from the American Academy of Optometry.

From the archives of **Dr. Fingeret**: [The Role of Minimally Invasive Glaucoma Surgery Devices in the Management of Glaucoma](#) *Optometry and Vision Science* February 2018



The Retina

The Latest Innovations and Treatment in a Rapidly Changing Landscape

The landscape of managing and treating retinal disease is rapidly changing. My goal as the Retina section editor of *Review of Presbyopia and the Aging Eye* is to share the latest innovations and treatments as they relate to retinal disease and how they may impact our patients.

Optometry plays a critical role in providing eye care to so many people across the United States. According to the American Optometric Association, optometry performs over 85% of all eye exams. This shouldn't be surprising when you consider there are so many access points for patients to receive eye care, including traditional private practices, OD/MD referral centers, commercial or big-box retailers, as well as warehouse club stores.

Access to eye care is especially important given the fact that we have an aging population that is living longer and having more productive lives. In the U.S., 10,000 people every day turn 65. With aging comes many of the associated conditions

we see every day in our practices, such as cataracts, glaucoma, macular degeneration, diabetes, and countless others. For example, **one in three people older than 75 will be affected by AMD**, and by 2025, there will be 44% more people in the U.S. in this "high-risk" age group than there are today.

Optometry is in the perfect position to care for many of these patients with ocular disease as well as for those who are at risk for developing disease. What's more, **advances in imaging technology such as OCT, OCTA, and widefield imaging** have leveled the playing field between ophthalmology and optometry in being able to provide high quality eye care. That means optometrists are not only able to diagnose diseases earlier but are also able to follow these patients longer and refer when they need to be treated.

We are witnessing the dawn of **a new age in the treatment of retinal conditions** that have saved the sight of countless millions of our

patients. Over the past year alone there are new **"next generation" multi-mechanism anti-VEGF drugs** that are more durable and last longer. They will reduce the burden of monthly injections and in turn will improve the quality of life for our patients. In early 2023, for the first time we may finally have not just one but **two drugs approved for the treatment of geographic atrophy**. Instead of helplessly watching our patients slowly lose vision, we will finally be able to offer hope. We are also seeing **new cutting-edge gene therapies that aspire to be miracle cures for the incurable**, such as hereditary retinal diseases.

It is an exciting time in the retina field, and optometry is on the front line of caring for many of these conditions. In the Retina section of *Review of Presbyopia and the Aging Eye*, my goal will be to share these discoveries and discuss optometry's role either through diagnosis, referrals, and even comanagement.



MARK T. DUNBAR, OD, FFAO has been a member of the optometric staff at the University of Miami's Bascom Palmer Eye Institute for over 30 years and currently serves as the Director of Optometric Services. He has served on the Conference Advisory Board for Vision Expo for many years and is finishing his term as Co-Chairman. Dr. Dunbar is a Fellow of the American Academy of Optometry and is a founding member of both the Optometric Glaucoma Society and the Optometric Retina Society. Dr. Dunbar serves on the Editorial Boards for *Review of Optometry*, where he has written the monthly column "The Retina Quiz" for over 20 years. In 2021 and 2022, he was named as one of the "Top 150 Optometrists in the Nation" by Newsweek magazine's annual survey.

From the archives of Dr. Dunbar: [Preparing for the Future: Updates in Retinal Diseases and Novel Therapies](#) *Evolve* November 2021

[Vision Loss with Wet AMD](#) *Review of Optometry* April 2015



Surgery

Pre-, Peri-, and Post-operative Care of Refractive, Cornea, Glaucoma, and Cataract

The realm of ophthalmic surgery is expanding and evolving in an extremely rapid fashion. The number of procedures being performed is exploding, and the types of procedures are changing dramatically. Likewise, the type of doctor who is performing these surgeries is also changing. Optometrists in 12 states can now perform laser procedures, and ODs in many more states are removing lesions of the lids and adnexa.

The world of surgical comanagement is also morphing. Though the 20% reimbursement rule still exists for

insured procedures, comanagement of non-covered procedures is exploding,

It is a truly exciting time to be involved in the surgical management of our patients.

and the fee structures for such is a vastly different landscape. Additionally, pre-operative counseling is becoming

more and more the purview of the referring optometrist as is the timing of surgery and which procedures, IOL or laser, that should be used.

It is a truly exciting time to be involved in the surgical management of our patients. Every month, the Surgery section of *Review of Presbyopia and the Aging Eye* will delve into the pre-, peri-, and post-operative care of refractive, cornea, glaucoma, and cataract patients, and we welcome you to join us as we explore the most up-to-date information within these topics.



MARC R. BLOOMENSTEIN OD, FFAO is the Director of Optometric Services at the Schwartz Laser Eye Center in Scottsdale, Arizona, and President of MRB Eye Consultants. He is the Chairman of the Education Committee for Vision Expo. Dr. Bloomenstein served as the Chairman of the AOA Continuing Education Committee, served on the board of the Ocular Surface Society of Optometry (OSSO), and was a founding member of the Optometric Cornea, Cataract, and Refractive Society (OCCRS). Dr. Bloomenstein has served as the President of the Arizona Optometric Association and as Legislation Chair and President of the Board of the Arizona Optometric Charitable Foundation. Dr. Bloomenstein has delivered over 1,500 invited lectures worldwide and serves as a consultant to numerous industry-leading pharmaceutical, biomedical, and information technology companies.



ERIC E. SCHMIDT, OD, FFAO is the President of Omni Eye Specialists, a multispecialty practice headquartered in Wilmington, North Carolina. Dr. Schmidt graduated from the University of Illinois and received his Doctor of Optometry degree from the Pennsylvania College of Optometry. He completed a Residency in Ocular Disease from The Eye Institute of PCO and a fellowship in Glaucoma from Scheie Eye Institute in Philadelphia. Dr. Schmidt is an adjunct professor at various Colleges of Optometry and is a frequent contributor to optometric journals. He is the author of the textbook *Clinical Procedures of The Lids and Nasolacrimal System* and lectures internationally on eye disease. He has a special interest in glaucoma and anterior segment procedures as well as Neuro Eye Disease.

From the archives of Drs. Bloomenstein and Schmidt: [Up Close With Marc R. Bloomenstein](#) *Modern Optometry* September 2020

[Treating Asymptomatic Lid Disease Improves Comfort, Long-Term Results](#) *Primary Care Optometry News* November 2009



Aesthetics

Optometry's Next Frontier and Fastest Growing Specialty

What does comprehensive eye care really mean today? The forehead, brow, eyelids, and midface all work in conjunction as support to the eye. The ocular adnexa is optometry's next frontier. Optometrists have a unique skill set, but if we think beyond that, there is a wealth of opportunity to embrace. Not only do we ensure eye health and maximize vision, but we can also create and build strategies to help our patients look and feel their very best. Optometry is and has been in the business of aesthetics for a very long time. Remember, frames, ophthalmic lenses, and contact lenses often are chosen to enhance or change the aesthetic our patients want to portray.

The skin in the periorbital area is the thinnest on the body and therefore ages faster and has unique

challenges that optometrists are primed to address. The Aesthetics section of *Review of Presbyopia and the Aging Eye* will take you through

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the anatomy and mechanics of how and why the ocular adnexa work together. There will be discussions about different conditions that can arise with aging, such as

blepharoptosis, rhytids, skin laxity, skin discolorations, lumps, bumps, and loss of collagen.

Patients and practitioners may also struggle to separate fact from fiction when it comes to **cosmetics, beauty habits, and ingredients that can cause or sabotage ocular health.**

This section will help to clarify those discussions with patients and demystify how to go about educating patients. **Prescriptions, medications, energy procedures, light procedures, and injections** will be discussed in depth. Subject matter experts will help you create the practice of your dreams, build your aesthetics pillar, and add value to your patients and you. Join me and *Review of Presbyopia and the Aging Eye* to learn about aesthetics and the aging eye.



SELINA MCGEE, OD, FAAO, DIPL. ABO is Founder and Owner of BeSpoke Vision, a boutique private practice that offers patients a wide range of optometric care via its dry eye center, specialty contact lens clinic, and aesthetics suite. She is the first optometrist in the country to perform neurotoxin injections and laser resurfacing. She performs radiofrequency, intense pulsed light, and surgical lid procedures. She is a renowned national and international speaker. She is an Adjunct Assistant Professor at the Northeastern State University College of Optometry. She currently serves as President for the Intrepid Eye Society and as a Trustee on the SECO Board and on the Board of Examiners in Oklahoma. She is a Fellow of the American Academy of Optometry and a Diplomate of the American Board of Optometry. She is Past-President of the Oklahoma Association of Optometric Physicians.

From the archives of *Dr. McGee*: [Learn Aesthetics from the Experts: Here's How These ODs Specialized and Changed Their Practice](#)

Independent Strong January 2023



Nutrition

Evidence-Based Recommendations and Lifestyle Interventions

The AREDS trials brought nutrition firmly into the forefront of eye care and changed the standard of care for **how practitioners manage macular degeneration**, one of the leading causes of vision loss in the developed world. The recently published 10-year post hoc analysis of 14,000 eyes from **the AREDS trials** went even further to substantiate the importance of overall dietary patterns on the risk of disease. As primary eye care providers, **understanding current research findings and helping patients implement them** is paramount to providing comprehensive care.

Inflammation is at the root of most chronic diseases, including all

As primary eye care providers, understanding current research findings and helping patients implement them is paramount to providing comprehensive care.

ocular diseases. **Nutrition and lifestyle interventions** are emerging as powerful ways to mitigate the damage from chronic, sustained inflammation, or **inflammaging**. As practitioners, we must be sure our recommendations are evidence-based and non-biased. This section will explore the

most current, evidence-based ways to not only mitigate the course of eye disease but also to help prevent it. In the words of one of the fathers of ocular nutrition, Dr. Stuart Richer, we must strive to: **“Repair the roof before it starts raining.”**



JULIE POTEET, OD, MS, CNS, FOWNS graduated from The New England College of Optometry and then completed a residency in primary care and ocular disease at the VA Medical System in Boston. At the VA, Dr. Poteet became interested in why some veterans seemed to age so differently than their peers and began questioning what lifestyle factors have the greatest impact on health and vitality. She then went on to complete a Master's of Science in Human Nutrition and Functional Medicine. After earning her Master's degree, she then completed the requirements to become a Certified Nutrition Specialist in 2015. This is the most rigorous nutrition certification for doctors, and fewer than 15 optometrists in the U.S. have it. Dr. Poteet served as Vice President of the Ocular Wellness & Nutrition Society (OWNS) for six years under her mentor Dr. Stuart Richer. She is a Fellow of OWNS, where she serves as the current President. She has lectured extensively on the microbiome and immune system dysfunction. She works in Atlanta, Ga., where her office is a Macular Degeneration Center of Excellence. She is a member of the American Nutrition Association, formerly the American College of Nutrition. Dr. Poteet is passionate about carrying on the legacy of her mentor, Dr. Stuart Richer, whose mantra “repair the roof before it starts raining” is an excellent metaphor for using lifestyle and nutrition to mitigate the course of disease.

From the archives of Dr. Poteet: [From Alpha to Omega: How Fatty Acids Fight Dry Eye](#) Review of Optometry May 2017