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Bulletin

NEXT MEETING

ZOOM

Please take a moment to review the list of Sponsors on the following page. Be sure to thank and acknowledge the support they provide SLOS. This is a difficult year for everyone and we greatly appreciate their continued support.

October 13, 2020 at 7:00 pm

Due to the County regulations, this month's meeting will be a ZOOM ONLY meeting.

7:00 p.m. Business Meeting

Followed by: Myopia Control with Contact Lenses, The Evidence, The Risk, The Benefits

Mark Bullimore, OD, PhD, FAAO

Register for this ZOOM meeting no later than October 8, 2020

Beginning at 6:45 you will be able to join us via ZOOM. Registration for this ZOOM meeting can be found on the email cover sheet and by contacting Paula at slos@mailcan.com

COMMITTEES:

2020-2021 Committees:

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Please Contact Dr. Steve Branstetter if you are interested in serving on a committee:
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Thank you

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Vision and Alzheimer's Disease

Presented by: Dr. Gregory P. Van Stavern

Submitted by: Paul Luong, OD, FAAO

Posterior cortical atrophy (PCA) or Posterior cortical dysfunction (PCD) is neurodegenerative syndrome characterized by visual dysfunction not explained by ocular pathology. There are impairments in visuospatial, visuo-perceptual, reading, and mathematical functions. Typically, there is preservation of cognitive function (episodic memory, executive function, insight, etc.). PCA is most commonly associated with Alzheimer's Disease but can be associated with a wide range of neurodegenerative diseases. Neuroimaging (MRI, CT) is usually normal or non-specific. PCA accounts for up to 13% of early onset Alzheimer's Disease and is underdiagnosed and misdiagnosed. Patients often receive inappropriate diagnostic testing (MRI, labs, etc.), and treatment (eyeglasses, cataract surgery). This delay of diagnosis leads to wasted time and expense, and delays access to appropriate care. Epidemiologically, the median age of PCA is 68 years, more common in females (3:1), reading is most common complaint (91%). Vision may be okay but *reading* is the problem. There can be poor stereopsis, poor VF performance, and poor color testing with Ishihara. There are barriers to diagnosis of PCA as vision symptoms are often vague and non-specific. The patient's normal cognitive behavior may be misleading. Additional barriers could be lack of knowledge about the particular disorder, lack of time and resources.

Some clues to help in the diagnosis of PCA are: impaired reading comprehension and fluency; inability to recognize faces (prosopagnosia); lost in familiar locations (visual-spatial dysfunction); patients may preferentially attend to one hemifield; simultagnosia: patients fixate on uninformative parts of a scene. Patients are unable to defocus attention and process scene as a whole; color plates very helpful; clock drawing test or cookie theft picture – very sensitive tests for cortical-visual issues. To make the diagnosis you have to get an MRI with volumetric analysis, refer for neuropsychological testing, and in some cases, check for elevated CSF levels of beta amyloid and tau protein. Once the diagnosis is made, referral to Neurology is important for confirmation and treatment discussion. A formal driving assessment by an occupational therapist must be made as the patient may be legal to drive but *not* safe to. In addition to maximizing vision potential with vision correction and management of ocular diseases, low vision aids may help the patient.

*****Continue on Next Page*****

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It has been known for a long time that the retina can be affected in Alzheimer's Disease, however the mechanisms are unclear. Autopsy studies reveal reduced ganglion cell in the fovea and axonal degeneration in optic nerve, retinal thinning of ganglion cell layer and retinal nerve fiber layer, and laser doppler imaging and retinal vascular photograph analysis identify altered microvasculature in Alzheimer's and patients with mild cognitive impairment. Many studies indicate thinning of average rNFL thickness in Alzheimer's patients and mild cognitive decline patients compared with controls. However, the problem with some of these are studies are: small samples, no rigorous controls for age, "healthy controls" without formal cognitive testing, variability in populations and imaging techniques. One particular study showed preclinical Alzheimer's Disease patients had much larger foveal avascular zone.

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**Clues to Diagnosis-
 History**

- ▶ Impaired reading comprehension and fluency (alexia- NOT clarity)
- ▶ Inability to recognize faces (prosopagnosia)
- ▶ Getting lost in familiar locations (visual-spatial dysfunction)
- ▶ Preferentially attending to one hemifield (homonymous hemianopia or neglect)

Ventral Occipito-temporal: the "what" pathway- object form, color recognition, reading

- ▶ Ventral lesions:
- ▶ Impaired pattern recognition and learning
- ▶ Agnosia for objects and faces, alexia, dyschromatopsia

Saunders P, Oakley M, Cunningham 2019

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Be the “LiGHT”

that helps your patients see!

By Wesley C. Green, M.D., M.S.,
Galanis Cataract & Laser Eye Center

The classic algorithm for glaucoma treatment has been to initiate (and often maximize) treatment with eye drops prior to considering laser or surgical therapies. Our daily clinical experience confirms that many patients have medication side effects, difficulty with adherence to administration schedules, and trouble with costs. These issues are compounded as more drops are added; therefore, we should aim to safely limit the number of glaucoma drops required. Poor medication adherence is common¹ and associated with worse glaucoma severity.² Many patients with “good adherence” have suboptimal instillation technique³ and consequently are not receiving adequate treatment. We have options to reduce reliance on drops and help limit the uncertainty of medication utilization.

“LiGHT” trial⁴ (Laser in Glaucoma and ocular HyperTension):

- Randomized 718 patients to SLT or drops for *initial* treatment.
- Followed for 36 months with treatment escalation as needed.
- SLT showed equivalent safety, while maintaining goal IOP at a higher percentage of clinic visits.
- ~75% of SLT-first patients remained off drops *and* at target IOP through 36 months.
- SLT-first patients showed less glaucoma progression.
- ZERO SLT-first patients required glaucoma surgery, while eleven drops-first patients required trabeculectomy.
- SLT-first therapy was even shown to be cost-effective compared to drops-first treatment.

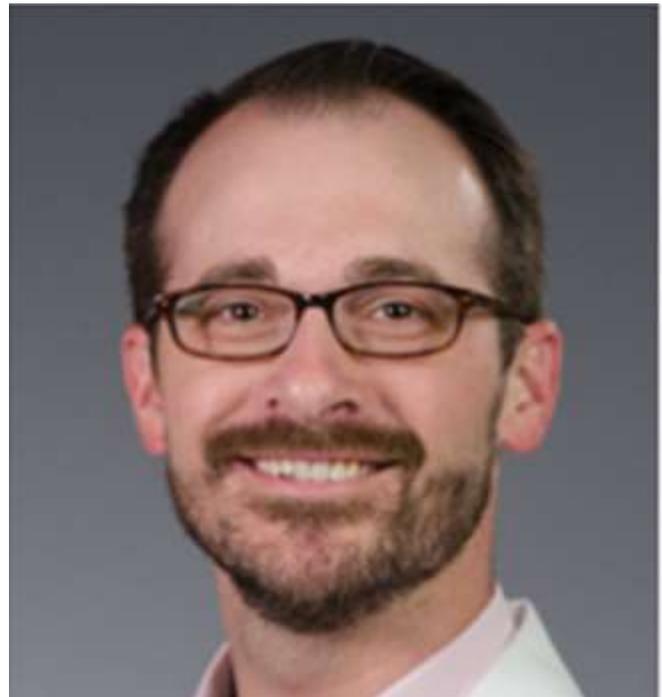
SLT is safe, efficacious, and cost-effective. We can provide a valuable service by offering SLT early in the treatment algorithm. Without hesitation, I would choose SLT-first for myself or my family. Therefore, I believe it should be an early treatment option for our patients as well!

Galanis Cataract & Laser Eye Center welcomed Wesley Green, M.D., in August 2020. He specializes in the full spectrum of interventional glaucoma treatment, including laser, MIGS, traditional surgeries, and routine and complex cataract surgeries. Learn more about Dr. Green: 314-633-8575 or wesleygreen@drqalanis.com.



John C. Galanis, MD, FACS
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Roberta J. Crawford, OD
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Article References

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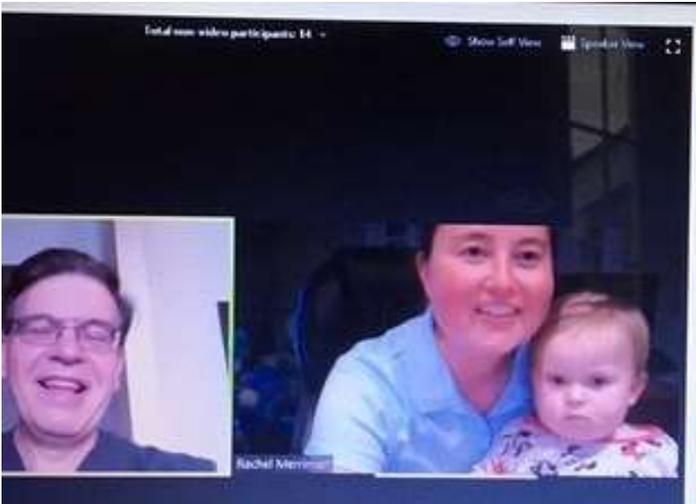
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MOA Report July 2020

Submitted by: Jason Riley, O.D.
 Jenna Osseck, O.D.

The MOA and all societies across the state are ramping up their keypersons system for future legislative endeavors for scope of practice. We will be assigning and confirming keypersons after the November election. If you know a legislator and/or are willing to be a keyperson, please contact Jenna or Jason.

- **As previously requested, please email your most updated legislator information to Jenna (josseck@gmail.com)**
- **Missouri State Representative and District Number**
- **Missouri State Senator and District Number**
- **As a reminder, the MOA Convention will be held October 15-18th in Branson at Chateau on the Lake. The convention will have social distancing practices, sanitizing stations, and other accommodations to follow proper protocol for everyone's safety. All attendees will receive a MOA mask to wear, as well! Please see the MOA website to register: <https://www.moeyecareconference.org/>.**




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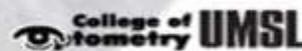
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Dr. Lee Ann Barrett (moaed@moeyecare.org) would like all SLOS members with questions, concerns or thoughts pertaining to optometry and the current COVID-19 situation, as well as the passed stimulus package involving PPP and SBA loans to feel free to contact her directly with their questions answered. (moaed@moeyecare.org)

[573-635-6151](tel:573-635-6151) MOA Office

[573-864-5437](tel:573-864-5437) Dr Barrett cell

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Plans for a Holiday Party are being discussed and on hold as things develop.

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UPCOMING EVENTS

NEXT MEETING

October 13, 2020 @ 7:00 pm

Sponsored by: Cooper Vision

The October Meeting will be a ZOOM only meeting

7:00 p.m. Business Meeting

Followed by: *Myopia Control with Contact Lenses, The Evidence, The Risk, The Benefits*

Mark Bullimore, OD, PhD, FAAO

Register for this ZOOM meeting no later than October 8, 2020

Beginning at 6:45 you will be able to join us via ZOOM.

Registration link for the ZOOM meeting can be found on the e-mail coversheet or by contacting Paula at slos@mailcan.com

MOA Annual Convention

October 15-18th

Branson at *Chateau on the Lake.*

See information in the MOA report above

November ZOOM CE Meeting

November 10, 2020

Dr. James E Deom, OD, MPH

Intense Pulse Light

December 1, 2020

The MOA "State of Optometry" and "Keyperson" Informational Meeting.

This will be a ZOOM meeting. I encourage everyone to attend. These are challenging times with lots of information and legislative activity.

