



## CLINIC NEWSLETTER



# Sioux Falls Symposium Recap

### **It was a fun-filled day at The Vision Derby!**

After last year's virtual event, the in-person Vision Foundation Sioux Falls Spring Symposium was a fantastic day of education and celebrating being together again. There was a new interactive staff workshop option this year that was hosted at the Vance Thompson Vision Sioux Falls clinic.

This event was a huge hit with local optometry office staff not seeking CE Credit.

Keep an eye out for future communications about the interactive staff workshop option coming to a Vance Thompson Vision site near you! A special thank you to everyone that joined us in February or will be joining us at an upcoming Vision Foundation event this year!



**Spring 2022**





## New & Noteworthy



### 2022 CE Event Schedule

Omaha Zoo CE Event  
**SATURDAY, APRIL 9**

Oculoplastics CE Event in Fargo  
**THURSDAY, APRIL 14**

Alexandria, MN CE Symposium  
**FRIDAY, JUNE 3**

South Sioux City Evening CE Event  
**TUESDAY, AUGUST 23**

Fargo CE Symposium  
**SATURDAY, SEPTEMBER 10**

Montana CE Symposium  
**FRIDAY, SEPTEMBER 16**

Omaha, NE CE Symposium  
**FRIDAY, NOVEMBER 4**



### Did you know?

#### Modern IOLs

Advanced Intraocular Lens Implants  
By: Nick Risbrudt, OD



We live in a time where patients want “the next best thing,” and this holds true in eyecare. One of the most competitive areas in the market of ophthalmology is who can develop the best intraocular lens (IOL) to reduce dependency on glasses after cataract surgery without sacrificing image quality. The IOLs we have used in the past worked great, but we are always striving for higher patient satisfaction. It is not uncommon to have patients walk in our clinic requesting a specific IOL based on a friend or family member’s experience. As their eye care provider, it is important that we don’t try to make specific IOL technology fit the patient, but rather fit the patient to the correct technology that can best meet their needs and expectations after all preoperative measurements are considered.

Does your patient want to do a lot with glasses after cataract surgery? Or would they rather do a lot without glasses after cataract surgery? Multifocal and Extended Depth of Focus (EDOF) IOLs are the best options to reduce dependency on glasses. Both technologies are great, but neither are a “one size fits all” solution. Patient expectations, previous ocular surgery, retina health, corneal health, axial length, astigmatism, corneal higher order aberrations, and dry eye all need to be evaluated before helping our patients make their decision. We always educate our patients on realistic expectations, as there are no advanced IOLs that can eliminate glasses 100% of the time.

Multifocal IOLs do a great job of minimizing the need for glasses after cataract surgery. Patients also must be aware that lights will look different (rings/halo/glare) for a while when driving at night. This will occur until neuroadaptation takes place, and this becomes their



### Patient Education

Patient education is so important and the education process regarding patient symptoms and treatment options begins with you. Vance Thompson Vision wants to partner in your efforts to educate patients so they can make an informed surgical decision. One of the ways we are doing this is by sending videos to prepare your patients for their journey before and after surgery.

Get a preview of these videos by texting **Vance Thompson Vision** to **83300**.

## Modern IOLs *(continued)*

“new normal.” A few months after surgery, patients often no longer notice the rings and halos that are associated with multifocal IOLs.

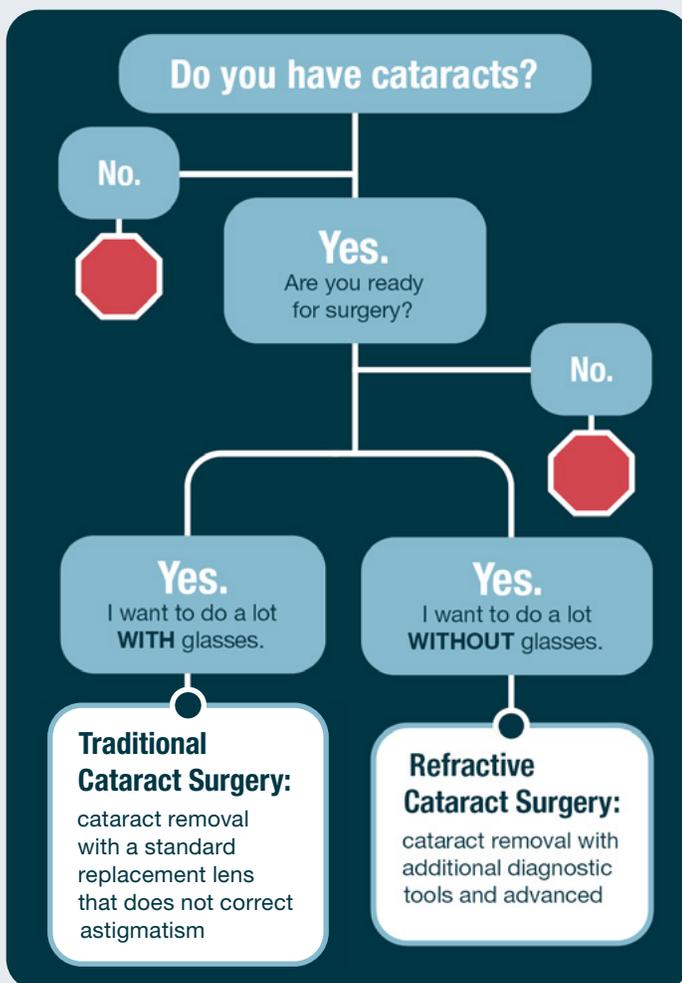
EDOF IOLs offer similar outcomes but are arguably more forgiving than diffractive multifocal IOLs, which is why they tend to work well in eyes with pathology. While EDOF IOLs do not have the night-time glare/halo/ring profile that is seen with Multifocal IOLs, reading smaller print and fine detailed tasks can be more difficult. For this reason, patients are still wearing reading glasses for some activities. Both Multifocal and EDOF IOLs are available in toric parameters to correct astigmatism at the time of cataract surgery.

Monofocal IOLs still play a significant role in cataract surgery for patients wanting to achieve best uncorrected

distance vision. Monofocal, Monofocal Toric and the Light Adjustable IOL (RxSight) are used to achieve these outcomes. It is important to properly educate our patients that with these IOLs, they will continue to need glasses to read anything arm’s length or closer.

Staying up to date with IOL technology is more important than ever with new IOLs emerging every year. If we look back just a couple years ago, the IOLs we used then are not the IOLs we use now. We are fortunate to practice at a time where we have multiple tools in our toolbox and that we are able to present multiple options to our patients regarding their cataract surgery. Patients are seeking the best visual outcomes after cataract surgery and their success in achieving this starts with providing them the best education before surgery.

## Cataract Conversation Flow Chart



## What's New

### Show your glow in 2022

Introducing Kalon Alexandria

In the Fall of 2021, Vance Thompson Vision in Alexandria, MN officially introduced the addition of Kalon Medical Spa. What do a medical spa and an ophthalmology clinic have in common? Our doctors have complete focus on the anatomy of the eyelid and face. As facial optimization involves skin, the art of having great results goes beyond the eye. We offer laser skin rejuvenation treatments along with injectables and these treatments can be completed in our clinic or as part of oculoplastics surgery.





## Research - Now Enrolling

### RxSight 029

**Good Candidate:** Patients age 40-80 with cataracts affecting their vision

**About Study:** The purpose of this study is to further evaluate the safety of an approved intraocular lens (IOL) called RxSight Light Adjustable Lens (LAL) and a device called Light Delivery Device (LDD)

**Which Eye:** OD or OS, randomized

**Study Length:** 6 months

**How Many Visits:** 7 visits for control group and up to 12 for LAL group

**Cost to Patient/Financial:** Standard cataract surgery billed to insurance, all study-related exams and procedures are no additional cost (i.e. LAL LDD treatments and lock-ins)

**Compensation:** \$450 total, no mileage, fine tune included

**Co-management:** No

## Doctor Spotlight: Brooke Messer, OD

Vance Thompson Vision · Fargo, ND

Dr. Brooke Messer has been part of our doctor team in Fargo, ND, since 2020 and serves as a surgeon extender in the clinic.

Dr. Messer grew up in Dickinson, ND, and attended the University of Mary in Bismarck, ND. Her uncle is an OD, and when she was growing up, she admired his ability to help patients care for their vision while also maintaining a healthy work/life balance. When she got her first pair of contact lenses at age 10, she loved her vision and knew optometry was a career she would enjoy.

After completing her doctorate and residency specializing in cornea and specialty contact lenses at the Southern California College of Optometry in Fullerton, CA, Dr. Messer returned to the Midwest and practiced in Minneapolis for ten years, operating a specialty contact lens private practice. Now with a husband and two small children, Dr. Messer and her family began looking for a place to settle down and invest in the community.

“My husband and I knew we wanted to settle down, and Fargo is a mid-point between our families. It is a wonderful community and has all the activities we loved in Minneapolis. When we began considering Fargo, I knew that Vance Thompson Vision was the best fit for me.”

In her role at Vance Thompson Vision, Dr. Messer works closely with Dr. Greenwood to educate patients on their surgical options and help determine the safest option for treatment. Dr. Messer enjoys working closely with other optometrists in the region. “I really enjoy practicing medical optometry to manage complex patients. I love connecting with my colleagues at meetings and mentoring young doctors with similar interests.”

Dr. Messer remains interested in a variety of advanced care options. She has a special interest in myopia control and orthokeratology contact lenses. She is a fellow of the American Academy of Optometry and Scleral Lens Education Society and is an advisor to the Gas Permeable Lens Institute.

In her free time, Dr. Messer enjoys golfing, fishing, boating, and spending time with family members back home or at the lake.



“I love the type of care I can provide at Vance Thompson Vision for surgical patients, and our investment in new technology keeps my work interesting and challenging.”