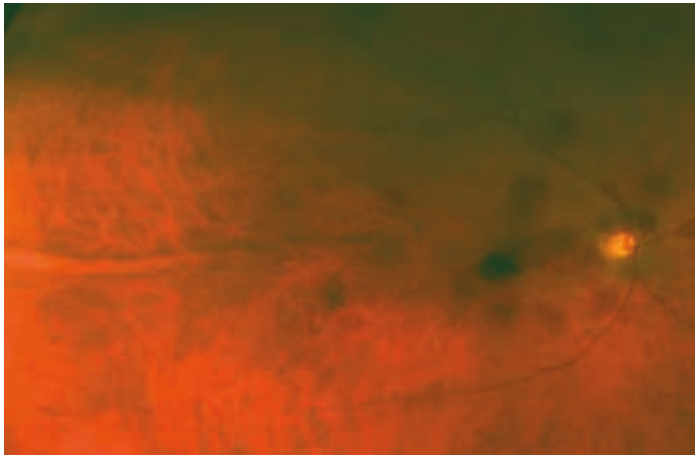




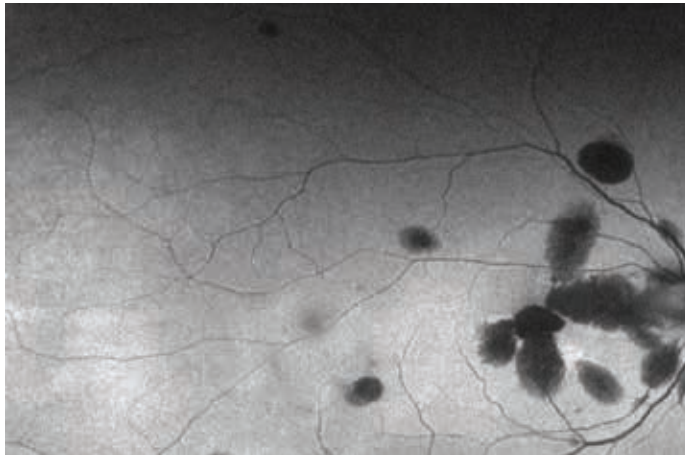
# THE RETINA TIMES

Spring 2019 • Issue #12

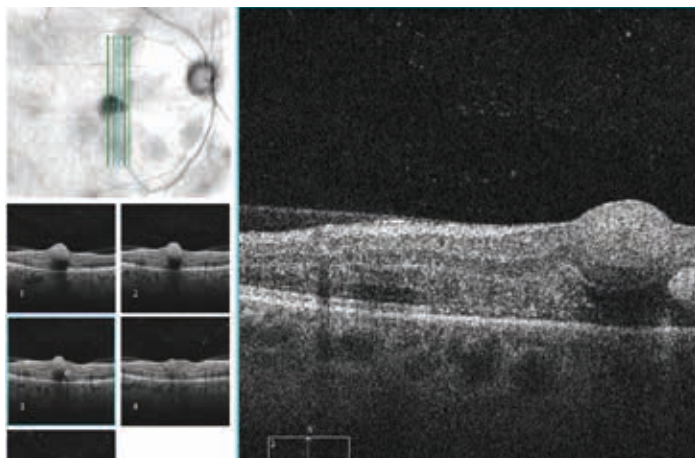
## CLINICAL CASE



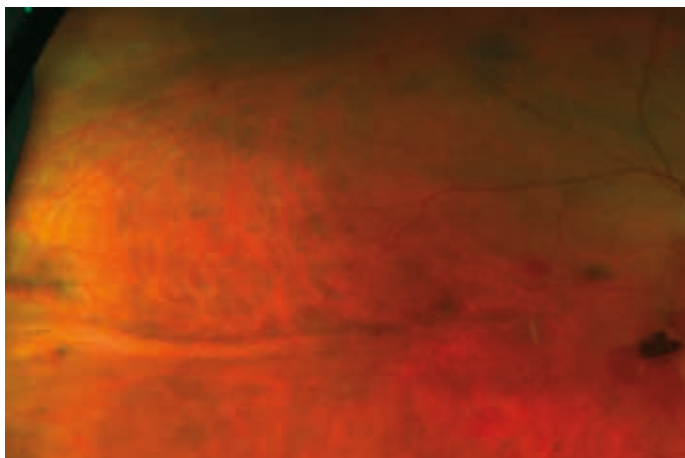
**Figure 1.** Presentation of the patient with 20/80 visual acuity and hemorrhages present within and under the retina.



**Figure 2.** Autofluorescent images of the patient's fundus at presentation.



**Figure 3.** OCT of the macula demonstrating hemorrhages within and under the retina.



**Figure 4.** Fundus image of the patient at 2 weeks follow-up. Visual acuity has improved to 20/50.

A 49 year old female was hospitalized after an uncomplicated hysterectomy. During her hospital stay she suffered cardiorespiratory arrest twice and was resuscitated with CPR both times.

She was seen at Retina Associates of Kentucky 2 weeks after discharge from the hospital. Her vision at that time was 20/200 in the right eye and 20/50 in the left eye. Aside from mild age related cataracts, her anterior segment exam was unremarkable in both eyes. Dilated fundus exam was significant for multiple intraretinal and sub-internal limiting membrane hemorrhages centered around the optic nerve in both eyes.

The patient was diagnosed with valsalva retinopathy from CPR chest compressions. Valsalva retinopathy is caused by rupture of small retinal vessels in response to sudden increases in the intrathoracic pressure. This can be secondary to coughing, vomiting, strenuous exertion, or as in this case thoracic compression. Hemorrhage can occur above the retina (preretinal or vitreous hemorrhage), in the retina, or less commonly below the retina (subretinal).

For intraretinal hemorrhages alone, intervention is typically limited to observation. With time both the intraretinal and preretinal

hemorrhages tend to fade and the vision similarly improves. For visually significant preretinal and/or vitreous hemorrhages, pars plana vitrectomy can be performed if the hemorrhage is non-clearing or the patient desires a faster visual recovery.

In this case, observation with close follow up was recommended. On repeat exam 2 weeks later the hemorrhages were rapidly improving. Vision had improved to 20/80 and 20/20 in the right and left eye respectively.

*Submitted by: John Kitchens, MD*

## NEW CONSULTATION REQUEST FORM

We're excited to share changes we're making in our referral process. Our primary goal is to take excellent care of our mutual patients, and we are hoping our new modifications will help us do that while streamlining the process of referral. To do this, we are updating the Consultation Request form that we use for new patients. We would like you and your staff to use the new form for communicating details of the patient when you refer them to our office. Our physicians feel that this form, along with your chart note, will optimize the communication between our offices and ultimately create a better experience for mutual patients.



## EDUCATION

Retina Associates of Kentucky is proud to continue our partnership with Indiana University to provide optometric Continuing Education (CE). Our most recent program was at the new Jephtha Creed Distillery in Shelbyville, Kentucky. Doctors Thomas Stone, John Kitchens and Todd Purkiss presented a series of talks sharing the latest in medical and surgical retina, showcasing emerging technology from the clinic and the operating room.



## IN THE COMMUNITY

Retina Associates of Kentucky was a proud sponsor of the Surgery on Sunday fitness event, Sweat4Surgeries. Our eager team exercised for an hour, with all proceeds going to Surgery on Sunday. To learn more about this organization visit <https://www.surgeryonsunday.org/>





## LOUISVILLE CLINIC UPDATE: A NOTE FROM DR. STONE

It's been 5 years since we opened our Louisville office. When I moved to Louisville back then, our office was only open part time, as I split my time with other offices. We have been open full time since 2014, when Dr. Todd Purkiss, who has been taking care of retina patients in Louisville since 2009, joined the practice. We're proud to say we've grown steadily since then, and about a year ago realized that we needed to offer more appointment spots to provide the same ready availability for new patients that you've come to expect.

We are happy to announce that we have expanded our office to add clinic days where Todd and I are able to see patients at the same time in our Louisville office on some days. Prior to now, only one of us was in the Louisville office at a time, while the other one was at a satellite office or in the operating room. We have minimized travel to other offices, now giving us this extended availability here in Louisville. To do this, we have also doubled our office space and doubled our Louisville staff to accommodate the increased volume of patients.

Many of you have met our Louisville Clinic Manager, Cher Reed, at dinner programs over the past year. We were fortunate to have Cher join us from Nashville, where she had years of experience within eye care. She has helped us transition to our larger office, and has assembled a caring and professional staff to take care of our mutual patients. As you know, education is a pillar of our practice, and Cher is instrumental in our ongoing training and certification programs for our staff.

Together, Todd, Cher and I have created a culture where we can accommodate the urgent surgical patient, and the patients with more routine retinal conditions. We recognize how timing is critical to all patients, and we hope that our expanded availability will give you and your patients more options in their care. As a team, we will work together to provide your patient with care that will meet or exceed your expectations.

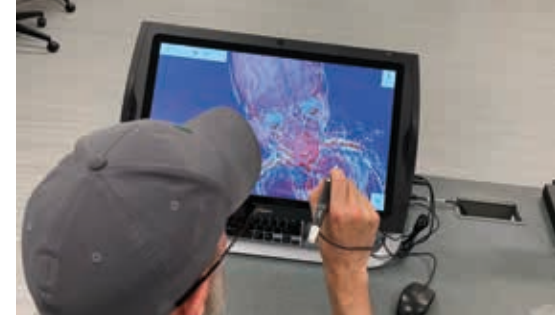
Your support, trust and feedback has been invaluable to the growth of our Louisville office. We feel honored that you've trusted us in the care of your retina patients, and hope to continue in this tradition in the coming years. As always, we are here if you need us.

Sincerely,  
Thomas Stone, MD, President

## UNIVERSITY OF PIKEVILLE KENTUCKY COLLEGE OF OPTOMETRY



*Dr. Kitchens takes a tour of the Kentucky College of Optometry at Pikeville University, sharing the latest in retina with students.*



## JOIN US

The surgeons at Retina Associates of Kentucky are the first in Kentucky to have 3D Digital Assisted Vitreoretinal surgery, powered by TruVision. We are committed to education and showing our colleagues in eye care how we take care of patients. If you are an eye doctor, we welcome you to join us in surgery or clinic for observing. Now is a great time for observing in surgery as we are actively using the 3D Vitreoretinal Surgical Imaging System. If you have interest please feel free to contact Kristin Willard at (502) 649-3681 or by email: [kwillard@retinaky.com](mailto:kwillard@retinaky.com).



## WHAT'S HAPPENING

**APR 25-27 2019**  
**Spring KOA Conference**  
Lexington

**APR 26 2019**  
**Dinner Program**  
21 C Museum Hotel - Lexington  
7:30pm

**MAY 10-11 2019**  
**KAEPS Conference**  
Louisville

**NOV 12 2019**  
**Continuing Education Lexington**  
3 credit hours  
Castle & Key Distillery

## RESEARCH

If you are interested in information regarding past clinical trials or participation criteria in our current clinical trials, please contact our research department:  
**Diana Holcomb** - Clinical Research Manager **PH (859) 264-2905** | [dholcomb@retinaky.com](mailto:dholcomb@retinaky.com)

### MAIN OFFICES

**Lexington**  
120 N. Eagle Creek Drive, Suite 500  
Lexington, KY 40509

**Louisville**  
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Louisville, KY 40205

**Ashland**  
2841 Lexington Avenue  
Ashland, KY 41101

### OUR OTHER LOCATIONS

Bardstown  
Danville  
Frankfort  
London  
Prestonsburg  
Richmond  
Shelbyville  
Somerset

### OUR PHYSICIANS

William J. Wood, MD  
Rick D. Isernhagen, MD  
Thomas W. Stone, MD  
John W. Kitchens, MD  
Todd J. Purkiss, MD, PhD  
Belinda L. Shirkey, MD  
Sheila Garcia Santana, MD  
Blake A. Isernhagen, MD

