

# Eye to AAOS

A PUBLICATION OF THE ASIAN AMERICAN OPTOMETRIC SOCIETY



Volume 5, Issue 3: Eye to AAOS

Fall 2013

## President's Message: Dr. Shawn Yamamoto

Greetings AAOS members!  
 Summer is almost gone and it seems we have done quite a bit this year, yet there is still more to come. First, I would just like to thank all our members for your continued support by showing up to our events and having a good time. Hope you all enjoyed the Senior Awards Banquet this year with more CE hours and a different venue (Dave & Buster's). Andy did a great job putting this event together and we hope we can continue to improve our events for our members. As always, let us know if you have any suggestions or ideas you would like us to carry out. Our summer CE event on August 18, 2013 is right around the corner and if you haven't received any of our email blasts, please check out

the details on our website, [www.aaosociety.org](http://www.aaosociety.org). As always, John does a great job in getting speakers for this event. Don't forget to come early to be eligible for a separate free raffle, and our included food truck this time will be the famous Kogi truck. Our theme for this newsletter is one of our favorite summer vacation spots. I hope my wife doesn't read this but one of mine was Bandon Dunes in Oregon. This was a golf trip I took without her shortly after our son arrived, and she will never let me live it down. But, golfers understand because this is a mecca for us, and one I will never forget with its 40+ mi/hour winds. Anyway, I bring this one up because I have been talking about trying to bring back a golf tournament

to AAOS and have finally decided to pull the trigger. We have set a date for October 27, 2013. It will probably be a 2 man (or woman) team scramble event, so that any level can come out and have a good time. AAOS members will get a great price at \$50 and may be able to bring 1 guest at full cost (\$95) depending on availability. Space will be limited to a first come first serve basis so email me directly if interested. Details to come. I look forward to finishing this year strong with our members and hope to see you at our next event!

-Shawn Yamamoto, OD



<b>UPCOMING EVENTS:</b>	
<b>TAKAO SHISHINO EDUCATION SYMPOSIUM</b>	
AUGUST 18	
SEE PAGE 6	
*****	
<b>AAOS GOLF TOURNAMENT</b>	
OCTOBER 27	
SEE PAGE 5	

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## 2013 May Honors Banquet at Dave & Busters in Orange, CA

Each year AAOS hosts a banquet to recognize the graduating optometry students of SCCO, and now also Western University. This year's event took place at Dave & Busters in Orange. In conjunction with the May Honors Banquet for the students, four hours of free CE were provided for optometrists. There were about 80 optometrists and 30 optometry students in attendance.

Three memorial scholarships have been established to honor members Rodger T. Kame, O.D., Arthur Sugino, O.D., and William Yamamoto, O.D. These scholarships are given annually to SCCO students based on grade point average, extracurricular activities, research, volunteer work, professional work, publications, and future aspirations. This year

recipients for the scholarships were Maggie Jan, Aileen Chang, and Belinda Kuo. With the advent of graduating optometry student from Western University, the AAOS board unanimously voted to kick start funding for a Western optometry scholarship. Awarding the Western scholarship is still yet to be determined.

Following the awards presentation, a panel board discussion was held for the graduating students. The panel board consisted of optometrist in various settings such as corporate, private practice, group practice, hospital, academia, and industry. The general discussion gave students valuable insight into different types of practice as they transition from students to optometrists.

At the conclusion of the event, every attendee received a prepaid D&B game card. Many of the members and students stayed afterwards to play some of the fun arcade games that Dave & Busters are known to have. Supposedly, there is a rumor that our past president, Kristal Kawamoto, easily defeated a male board member at a game of basketball arcade. He shall be remained nameless to spare him from any disgrace.

We would like to thank everyone who attended our annual May Honors Awards Banquet, it was a huge success. We look forward to seeing you at this event again next year!

-Andy Kongsakul, OD



## The Board Member's Favorite Summer Destination

### New Board Member/Administrative Assistant: Dr. Michelle Okabe

I love to go home to Honolulu in the summertime. Just stepping off the plane and smelling the sweet aroma of plumeria and tuberose in the air brings me home, albeit a second home. Not only do I get to enjoy the relaxing

beaches, laid back lifestyle, beautiful weather and delicious food, but I also get to reconnect with family and friends there. It's one thing to get away to re-energize, but being back with my parents, family and friends

there is also grounding which always makes me feel like myself again no matter how hectic my life may get! That is why many of my summers are spent in Hawaii.

### Finance: Dr. Kenneth Fukuda

One of my favorite places to go during the summer is Laughlin, Nevada. It sits on the Colorado River, just across the river from Bullhead City, Arizona. Fun is had during the day on the river – swimming, wave running, rafting down

the river (keep in mind it is in 100+ degree heat, though)! At night, it's spending time in one of the casinos trying to win back money I've left there in the past! The things I have learned from trips to Laughlin are: 1) Lack of

sleep and 100+ degree weather do not go well together. 2) As the years go by, it gets harder and harder for the body to recover from playing hard! Hope everyone is enjoying their summer. See you on August 18<sup>th</sup>!

### Membership Director: Dr. Cindy Wang

My favorite summer vacation getaway is anywhere where the beach is steps away from my bed, the water's warm and the sun is out until nightfall. And

ideally, my kids would sleep in until nine, never fight, and eat anything placed before them. But alas, if I can't have all of the above, I'll settle for a

getaway on any warm island. Hope you are all enjoying your summer and soaking up the sun (with sunglasses on, of course)!

### Western University Liaison: Dr. Raymond Maeda

Favorite summer vacation destination = Hawaii. We are relaxing in the sun so Hawaii is the perfect place. There are beautiful beaches and a lot of activities

to do for people of all ages such as snorkeling, helicopter tours, zoo, aquarium, Children's museum, Sea Life Park, Kailua Beach, Pearl Harbor, North

Shore, nightlife. . etc. Depending on which island, there are different activities. Oahu is obvious the island where most people go initially.

### Social Chair: Dr. Andy Kongsakul

Ever since I was a little kid, and even now, I get very excited when my summer plans involve traveling to Thailand. You can feel the anticipation building up as you head towards the airport and board the plane... but then the anticipation slowly turns into frustration and fatigue after being confined to a cramped airplane chair for 18 hours. Once you endure the flight and exit the airport, it's nothing but fun from there on. The city of Bangkok is full of life, the food is always flavorful, and the beaches are always picture per-

fect. Mix this with the company of family, and it's nothing but good times.

Growing up, one of my favorite memories of Thailand was visiting my mom's parents who lived in a small fisherman's village. The house would be nestled on the shore and we would go out fishing during the day then come back to check out the catch from all the other boats. Afterwards we would have this giant feast of seafood that would make any king on Games of Thrones jealous.

Now that I'm an adult and have to pay for myself, Thailand is great because everything is fairly inexpensive. You can pop bottles at the club like a rapper, go on a retail therapy shopping spree, or dine at the finest restaurants without it taking much of a hit on your wallet. There is always one thing that is for certain about Thailand, and that is once the vacation is over, you're always looking forward to the next trip back.



## “AAOS Golf Tournament”

**When:** Sunday, October 27, 2013  
@9:00am (first tee time)

**Where:** Westridge Golf Course, La Habra



**Cost:** \$50 – AAOS members  
\$95 – Guests (allowed 1 guest per member. Depending on availability, spots will be given to AAOS members first)  
Includes: golf cart, lunch and prizes

**Format:** 2-person scramble



Email Shawn Yamamoto ([yamay33@gmail.com](mailto:yamay33@gmail.com)) to sign up or for more information



ASIAN AMERICAN OPTOMETRIC SOCIETY  
PRESENTS

## **2013 Dr. Takao Shishino Education Symposium**

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**The Effect of Systemic Medications on Contact Lens Wear  
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Julie A Schornack, OD, MEd, FAAO  
Vice-President and Dean of Clinical Affairs  
Marshall B Ketchum University

**Optic Nerve Evaluation: Down to a Science  
To Drop or to Chop: Decision Making in Managing Glaucoma**

Pinakin Gunvant Davey, OD, PhD, FAAO  
College of Optometry, Western University of Health Sciences

**Keratoconus: Classification, Diagnosis and Management**

Donald J Egan, OD, FAAO  
College of Optometry, Western University of Health Sciences

When: **Sunday August 18, 2013**  
Time: **8AM-2PM (Program starts promptly at 8am with raffle)**  
**Registration starts at 7:00am**  
Where: **Sheraton Cerritos Hotel**  
12575 Center Court Drive  
Cerritos, CA 90703

Free parking is available at the hotel. Breakfast will be served.  
Stay for the food truck immediately afterwards

The cost is **ZERO** as a benefit for our members. Cost is \$100 for non-members.  
Our space is limited so please sign up soon! **Deadline is August 8, 2013**  
**Please register online at [www.aaosociety.org](http://www.aaosociety.org)**  
Email John Lee ([john@aaosociety.org](mailto:john@aaosociety.org)) for more information

## Pathologic Myopia

### David S. Liao, MD, PhD

**Myopia is a common problem that we encounter in the clinic. However, a subset of myopic patients can have pathologic myopia, which may result in sight-threatening degenerative complications. In the United States, the prevalence of high myopia is approximately 2%. Asian countries have a much higher prevalence, with estimates exceeding 8% in Japan. High myopia is usually defined as refractive error over -6.0D or an axial length greater than 26-27mm. Progressive elongation of the globe causes thinning of the posterior ocular layers and can be associated with glaucoma as well as a host of chorioretinal disorders.**

#### *Glaucoma*

Examination of the highly myopic fundus often reveals a tilted optic disc with an area of peripapillary atrophy. Because of the unusual disc appearance, glaucomatous changes can be difficult to detect. However, several studies have shown an association between myopia and primary open angle glaucoma. One such study found the incidence of glaucoma was 3% in patients with a normal axial length, but increased to 11% in those with an axial length of 26.5 to 33.5mm. Therefore, more caution is warranted when monitoring high myopes for signs of glaucoma.

#### *Retinal detachment*

The annual incidence of rhegmatogenous retinal detachment is approximately 1 in 10,000. Excluding cases of trauma, over half of these detachments occur in myopic eyes. Furthermore, individuals with myopia above -3.0D have a tenfold greater risk of developing a detachment. The increased risk likely stems from a number of factors. First, the incidence of lattice degeneration is higher in myopes. Second, the rate of posterior vitreous detachment increases with axial length. Both these situations predispose a patient to vitreous traction and retinal breaks. Hence, retinal consultation should be considered if peripheral pathology is suspected.

#### *Myopic choroidal neovascularization*

In patients with pathologic myopia, 5 to 10% may develop a choroidal neovascular membrane. A classic presentation is a younger patient who presents with mild blurred vision or metamorphopsia. Fundoscopic exam often reveals a small, grayish subretinal mem-

brane which may be associated with lacquer cracks or hemorrhage. Fluorescein angiography and optical coherence tomography are useful in confirming the diagnosis. Untreated, many of these patients will be left with a visual acuity of less than 20/200. However, the visual outcomes have improved significantly with the use of anti-vascular endothelial growth factor medications such as bevacizumab. Another treatment option is photodynamic therapy with Verteporfin.

#### *Myopic foveoschisis*

Myopic foveoschisis is cleavage of the intraretinal layers that occurs in the macula of 8 to 34% of patients with high myopia. Clinically, patients present with blurred vision or metamorphopsia. In contrast to patients with choroidal neovascularization, no hemorrhage is seen on exam. Instead, the macula may appear shallowly elevated. Cystic spaces within the retina can also sometimes be observed. Definitive diagnosis can be made with optical coherence tomography. This splitting of the retinal layers is thought to be due to a combination of forces that pull the retina apart – inward force from vitreous traction and outward force from a posterior staphyloma. As the condition progresses, a macular hole and localized retinal detachment can develop. Treatment usually involves vitrectomy with gas or oil tamponade. Other options include macular buckling, where a silicone implant is placed behind the macula to support the staphyloma.

In summary, while myopia might seem a fairly innocuous clinical entity, complications from pathologic myopia can be quite serious. Patients should be monitored for signs of glaucoma, retinal detachment, and macular pathology. Suspicious symptoms include the classic flashes and floaters, but also more subtle complaints of blurriness and distortion. Fortunately, most of the complications that have been discussed here respond very favorably to treatment once the diagnosis is made .

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