

Eye to AAOS

A PUBLICATION OF THE ASIAN AMERICAN OPTOMETRIC SOCIETY

Volume 4, Issue 2: Eye to AAOS

Summer 2012

President's Message: Dr. Kristal Kawamoto

Greetings AAOS members! As the weather gets warmer and the days get longer, we are eagerly awaiting and planning for our summer events. Don't forget to mark your calendars for the May Honor's banquet and the Angels game fast approaching. Details can be found in the next few pages. Despite the many other meetings and the notorious time change, many of you were able to make it to our Spring CE. It was yet another successful event! Dr. Julia Song and Alice Song gave us another round of entertaining

lectures, and NVision doctors Franklin Lusby and Jimmy Lee impressed us once again. Lots of prizes were given away, as usual, with the grand prize being an iPad 2. One of the reasons why I am so proud and committed to work for this society is because of AAOS's ability to give back to the community and those in need. Through generous donations from members like yourselves, we are able to help a fellow colleague in a medical emergency. We will continue to help and give back to our members as often as we

can. If you are interested in donating to our funds, feel free to contact any of the board members. And of course, none of this would be possible without our generous sponsors! Their belief and support in AAOS makes us want to keep doing all of the good things we are known for. As always, don't hesitate to give comments or suggestions on how we can make your society even better! See you soon!

-Kristal Kawamoto



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Upcoming AAOS Events

May Honors Banquet-May 20, 2012, details on p. 8

Angels Baseball Event-July 22, 2012 limited tickets available, see p. 9

Fall CE Symposium-September 16, 2012, details to follow



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AAOS Updates

New Board Member: Dr. Ray Maeda, Western University Liaison

The AAOS would like to welcome Dr. Ray Maeda to the board. He will act as our Western University Liaison.

Dr. Maeda graduated from the Illinois College of Optometry (ICO) and completed a residency in Primary Eye Care there as well. Thereafter, he joined the faculty at Southern California College of Op-

tometry (SCCO) with clinical responsibilities in the Ocular Disease department. His administrative duties included coordinating the 4th year outreach program and residencies at SCCO. After 8.5 years at SCCO, he joined the Indian Health Service at Hu Hu Kam Memorial Hospital in Sacaton, Arizona. He was the Director

of the Eye Clinic, which was a training facility for residents and 4th year students from many of the schools/college of Optometry. In 2008 he was the first faculty member hired at the Western University of Health Sciences College of Optometry. He holds the position of Chief of Staff and is kept busy overseeing the daily func-

tions of the Eye Care Center. When not busy at work, he loves to spend time with his wife (Sharon) and daughter (Marissa).



The AAOS Foundation

The Asian American Optometric Society (AAOS) Foundation was established on January 1, 2009 to help AAOS members in need of financial assistance. This program provides money for AAOS members and their families

facing financial hardship as a result of medical/health issues (i.e. cancer, stroke, surgery, long term disability, death, etc) and natural disasters (i.e. earthquake, fire, flooding, etc) resulting in a loss of income due to the inability

to work. Approval of funding will be based upon the number of applicants, amount of money available, time frame of financial hardship, and the amount of funding requested. The Foundation may also help

locate “fill in” doctors to help cover the member’s practice, if the owner is unable to work. For more information, or for an application, email Dr. Greg Kame at drkame@aol.com.

Dr. Brenda Lien: Treasury Report

Current Account Balance	\$53,280.57
SCCO scholarship fund	\$4,354.00
UC Berkeley scholarship fund	\$3,307.00
AAOS Foundation	\$2,381.50

The AAOS would like to thank the following members for their generous donations:

AAOS Fund: Ronald Hayashida
 Helen Hwee
 Sanford Koyama
 Mas Yasuda
 Karen Toki

SCCO Fund: Stanley Doi
 Alan Sasai

 Ernest Lee
 Kendric Kajikawa

Meet the 2012 AAOS Student Liaisons

Anne Lee is currently a third year SCCO Student. She did her undergraduate studies at UCLA, and majored in psychobiology. When asked: Why did you go to optometry

school?: She replied, "I will never forget when I got my first pair of glasses and thought how much detail I was missing out on in the world. My goal is to do my best and to make

sure my patients aren't deprived of the best vision they are capable of!" Hobbies include travelling, photography, Bikram yoga, and trying out new food.



Kristine Lee

Hi there! My name is Kristine and I'm currently a third year SCCO student. I went to UC Berkeley for undergrad (gOOo Bears!) and I'm looking forward to heading back north to start my group practice. I have pursued optometry since I was in high school and had my heart set on it

ever since I shadowed my mentor, Dr. Tsujimoto at Fremont Optometric Group. My friends consider me the crafty girl who would find a way to channel my creative energy into my future group practice. Some interesting things I've done include joining a business fraternity at Berkeley, going to

Europe twice in a year to vacation, growing up in Burma until I was 8, and being voted "Most Likely to Ask a Question During Lecture" by my classmates. Dr. John Lee thinks I have an intimidating personality at first glance, but I like to think of myself as a gentle snowflake, my exterior may seem icy at first, but

overall very soft. Thanks for reading, I'm honored to be co-Liaison with Anne for AAOS and I hope to meet you all very soon!



Silvia Han is a fourth year SCCO student. As a native southern Californian, Silvia was raised in Monterey Park, CA. Before starting optometry school at SCCO, she graduated from UCLA with a B.S. in psychobiology and a minor in political science. During her undergraduate studies, she was

fortunate to work in a developmental optometry office as a vision therapist. At SCCO, Silvia enjoys being involved with volunteering opportunities and is active in various organizations as the student liaison for the College of Optometrists in Vision Development and BSK treasurer. As the

fourth year approaches to an end, she is looking forward to graduation! She is also excited to be a pediatrics/vision therapy resident at Pennsylvania College of Optometry. In her free time, she enjoys spending time with her family and friends – whether it may be cook-

ing, watching movies, or traveling.



Hi, my name is **Jenny Won** and I am a second year optometry student at the College of Optometry at Western University of Health Sciences. I was born and raised in Colorado and attended the

University of Colorado at Boulder (CU) for my undergraduate study, majoring in Molecular Cellular Developmental Biology. In the future I would like to have my own practice specializing in primary

care or ocular disease. The reason I want to be a liaison to the AAOS is because I think it would be a great way to meet optometrist and students from other schools. Especially since the Asian community

is a growing population, I think it would be a great opportunity to network and gain useful and important information.

2012 AAOS Student Liaisons (cont.)

Erin Fillarte

Erin is currently a fourth year student at SCCO and is truly honored to be a part of AAOS again this year! She was born and raised in Las Vegas, NV and graduated from the University of Nevada-Reno with a major in Biology and minor in Psychology.

As a SCCO student, she's had the privilege of taking on multiple leadership roles, such as serving as Class Secretary, Class President, Class Vice-President and Omega Delta Fraternity Historian. This past year, she has had the privilege of externing at Hoopes Vision in

Sandy, UT, Southern Nevada VAHCS, and is currently in Lawton, OK at an Indian Health Hospital. After graduation, she will pursue a Residency in a Primary Care/Low Vision Rehabilitation program at the Southern Arizona VAHCS. On her free time, she likes to go bike riding

along the beach, dancing, and spending time with family and friends.



My name is **Tina Chau**, I am a second year optometry student at western University of Health Sciences.

I went to undergraduate school at UC Davis and am originally from Modesto, California. I've been inter-

ested in optometry ever since high school when I joined the Health Careers Academy and have worked and interned at several offices in Sacramento. I have also interned at the UC Davis Medical Center Vision Science Lab

assisting in research. My future practice goals include working in a private practice in primary care and/or specializing in contact lens. I am excited to be a part of the Asian American Optometric Society and look forward to meet-

ing other fellow members.



My name is **James Miyasaka**, known as "Jimmy". I am currently in my 3rd year at Western University of Health Sciences College of Optometry and am serving as the 3rd year Student Government Class President for the class. I was born and raised on the islands of Hawaii before I attended [Cal Poly Pomona](#) for my undergraduate studies and was also a member of the NCAA Mens Basketball

team there for 4 years. I am a 3rd generation American Japanese student and was the only full Asian American athlete in my California Collegiate Athletic Association Conference for NCAA division 2 Mens basketball. I got a B.S. in biology and was working on a masters in science while playing basketball at Cal Poly Pomona. Also at Cal Poly Pomona, I started the pre-optometry club and have

seen it grown over the past years. After graduation, I plan to go back home to Hawaii and expand my mother's (Dr. Anne Matushima) family practice with my brother (Dr. Richy Miyasaka). My goal is to buy out the next door business condo, in the town of Kaimuki, on the island of Oahu and in the city of Honolulu, and bring the neuro-optometry/vision therapy side of optometry to the family

practice. And hopefully in the next few years I can offer an ex-tern site for WUCO students one day.



Introduction

Uveitis is a heterogeneous group of diseases characterized by the presence of ocular inflammation that may damage intraocular structures and result in loss of vision. Uveitis is classified clinically by the primary anatomic focus of the inflammation as anterior uveitis, intermediate uveitis, posterior uveitis or panuveitis. Posterior uveitis, as defined by the Standardization of Uveitis Nomenclature (SUN) Working Group, is inflammation limited to the posterior segment of the eye and is associated with the highest risk of severe vision loss.¹

Infectious and non-infectious causes of uveitis are collectively responsible for approximately 30,000 cases of legal blindness in the United States and 2.8-10% of all cases of blindness.² Overall, posterior segment inflammation is associated with higher rates of visual loss. It is thus a significant cause of ocular morbidity, which may involve only the eyes or may be associated with systemic infectious or autoimmune conditions.

Clinical Presentation

Posterior uveitis may present either with a quite appearing eye or with an inflamed eye, due to inflammation spilling over to the anterior segment. Presenting symptoms vary according to the location of inflammation (peripheral versus posterior) and the presence of vitritis. Patients may report floaters, decreased vision, metamorphopsia, scotoma, or ocular discomfort (in particular if there is anterior segment inflammation).

Active retinitis is characterized by whitish, fluffy retinal opacities with indistinct borders due to surrounding edema. Intraretinal hemorrhage and associated vasculitis or subretinal fluid may be observed in the area of active retinitis.³ Inflammation of the choroid can be focal, multifocal or geographic. There is often no significant vitritis unless the overlying retina is also involved (chorioretinitis). Retinal vasculitis (most commonly involving the venules), optic nerve inflammation, and cystoid macular edema may also be observed. Chronic inflammation can be complicated by epiretinal membrane, cataract, glaucoma, and hypotony.

Diagnostic Evaluation

Inflammation involving the posterior segment typically has a dramatic presentation and there may be systemic associations. A differential diagnosis is required and in-

cludes both infectious and noninfectious etiologies. An infectious cause is more commonly seen with posterior uveitis compared with anterior segment inflammation. Ocular Toxoplasmosis, for example, is the most common cause of posterior uveitis and accounts for up to 90% of patients presenting with focal necrotizing retinitis. Noninfectious causes may include immunologic or allergic origins, unknown causes, and masquerade conditions (such as neoplasm).

The ocular findings, such as whether the inflammation is focal or multifocal, may help narrow the differential diagnosis. In some cases, such as Toxoplasmosis associated retinitis or acute retinal necrosis, the ocular manifestations are characteristic and a presumptive diagnosis can be made. Retinchorioidopathies are a group of disorders of unknown cause with characteristic presentations involving inflammation of the choroid, RPE, and sensory retina. Patients often present with blurred vision, scotomata, and single or multiple posterior segment lesions ("white dots"). Anterior segment inflammation is typically absent and vitritis, when present, is usually mild. These entities often have overlapping features and are commonly referred to as the white dot syndromes.

A complete and detailed medical history and review of systems is essential in creating a differential diagnosis and assessing for associated systemic disorders. Ancillary testing such as fluorescein angiography (FA), optical coherence tomography, B-scan ultrasonography, and visual fields play a critical role in characterizing and assessing the extent of the inflammation. Ultrasonography is particularly important in patients presenting with significant media opacities and for assessing the choroidal thickness. Electrophysiology testing may be helpful in assessing and following retinal function and vision loss from posterior uveitis.

In those in which the above does not suggest a specific disease process, a tailored evaluation with additional testing such as blood work and systemic imaging may be prudent. Occasionally when a definitive diagnosis cannot be made and/or the treatment response is atypical, ocular fluid or tissue is obtained by an anterior chamber paracentesis, vitreous biopsy, diagnostic vitrectomy, or retinal or chorioretinal biopsy to establish a diagnosis.⁴

Treatment

Treatment in those presenting with posterior uveitis is based on the suspected etiology. Unlike those presenting with anterior uveitis, patients with posterior segment disease often require systemic treatment. Some of the choroidopathies, such as acute posterior multifocal placoid pigment epitheliopathy (APMPPE) and the multiple evanescent white dot syndrome (MEWDS), are spontaneously remitting and typically do not require treatment. Others are infectious in origin and require systemic and/or intravitreal antibiotics or antivirals. Many causes of non-infectious posterior uveitis require treatment with either corticosteroids alone or with a combination of corticosteroids and immunosuppressive drugs. Periocular or intravitreal steroids may be used as an adjunct to systemic therapy or occasionally by themselves (in unilateral cases).

Conclusion

Posterior uveitis is comprised of a diverse and fascinating spectrum of diseases with frequent systemic manifestations. Patients require a detailed systemic and ocular evaluation and work-up. There is a high rate of visual loss and systemic therapy is often required to prevent the secondary complications of ocular inflammation and its devastating sequelae. With appropriate therapy and follow-up, most cases can be adequately treated and patients may retain good long-term visual function.

1. Jabs DA, Nussenblatt RB, Rosenbaum JT. Standardization of uveitis nomenclature for reporting clinical data. Results of the First International Workshop. *Am J Ophthalmol* 2005;140:509-16.
2. Gritz DC, Wong IG. Incidence and prevalence of uveitis in Northern California; the Northern California Epidemiology of Uveitis Study. *Ophthalmology* 2004;111:491-500; discussion 500.
3. Nussenblatt RB, Palestine AG, Chan CC, Roberge F. Standardization of vitreal inflammatory activity in intermediate and posterior uveitis. *Ophthalmology* 1985;92:467-71.
4. Van Gelder RN. Cme review: polymerase chain reaction diagnostics for posterior segment disease. *Retina* 2003;23:445-52.

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AAOS invites you to our Annual May Honors Banquet

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****2 hrs free parking with validation****

on

Sunday, May 20th, 2012

Registrations starts at 11:00 AM

The CE will begin promptly at 11:15 AM

The event will include 2 hours of free CE by Dr. Kristie Lin on:

Stem Cell Therapy for AMD: To Boldly Go Where No Man Has Gone Before

Lunch Buffet and drinks will be provided following the CE. We encourage all doctors to stay and have lunch with the students to get to know them and answer any questions.

RSVP by Friday, May 11th

COST: Free! for AAOS members

please email: jeffreynishi.od@gmail.com to RSVP or for any questions

Or check our website: www.aaosociety.org for more information

Come join your AAOS colleagues, friends, and family for the hottest, new rivalry in baseball....



take on the



Sunday, July 22, 2012 at 12:35pm

AAOS has secured **Club loge** seats for this game.

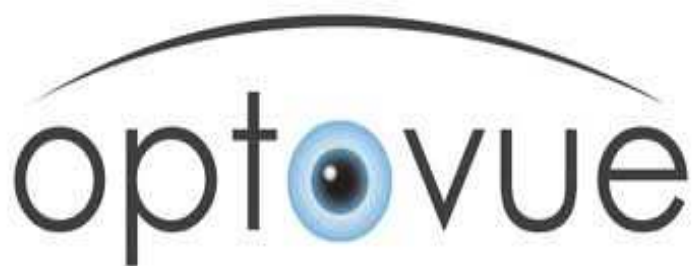
Every AAOS member is entitled to **one ticket** at \$10 (a \$37 value) which includes a \$10 voucher for use inside the stadium for food/merchandise. That means as a member, your ticket is complimentary. Additional tickets may be purchased at \$20 per ticket (maximum 3 additional tickets per member).

Benefits of Club loge seats:

- 1) Club level is restricted only to club level ticket-holders
- 2) That means no lines for bathrooms
- 3) There are 2 club lounges located on the concourse that overlook the Plaza Courtyard area.
- 4) Access to the Knothole Club restaurant, located in right field (Reservations are recommended and be made 3 days before the game on July 18th-call 714-940-2470
- 5) Wider, padded seats
- 6) In-seat food services

*All tickets are based on availability-we ran out early last year so reserve early! Tickets will be available to purchase at the May Honor's Banquet.

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2012 Membership Application Form

(January 1, 2012—December 31, 2012)

Last Name: _____ First Name: _____ Middle Initial: _____

Email Address*: _____ Spouse's Name (if applicable): _____

*your free Eye to AAOS e-newsletter will be sent to this address **No thanks!** I prefer to receive my newsletter in the mail

Optometry School Attended/Year of Graduation: _____

Referred By: _____

Primary Address and Phone Number: Please circle one **OFFICE** / **HOME**

Number & Street Name _____ City _____ State _____ Zip Code _____

(_____)

Phone # _____

If you would like to make a contribution along with your annual dues
please mark the appropriate line(s) below:

_____ AAOS Foundation (New!) \$ _____
_____ SCCO Scholarship Fund \$ _____
 X Annual Membership (see membership scale below) \$ _____

Make checks payable to: Asian American Optometric Society

Please Kenneth Fukuda, O.D.
Mail To: 9615 Nightingale Ave.
Fountain Valley, CA 92708

Annual Membership Fee Scale

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2011 (1 st year)	Membership is FREE
2010 (2 nd year)	Only \$25
2009 and before	\$85

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AAOS Application Included Inside

"The purpose of the Asian American Optometric Society is to promote and maintain a social, cultural, scientific, and educational interchange of information and experiences between the members"

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