



# Prisms Newsletter

## Pacific Eye Associates

### Updates & Announcements

Welcome to Pacific Eye Associates' Newsletter! In each of our publications, we'll provide updates about our office.

We are sad to announce the retirement of Dr. Arthur Allen and Dr. Everett Ai. Both Drs. Allen and Ai have been an integral part of our practice for the last 50 years. It is difficult, if not impossible to sum up their achievements and contributions. Their hard work, commitment and dedication to PEA is a true inspiration for all of us. Dr. Allen and Ai will be greatly missed. May this next chapter of life bring you both endless time to do the things you love.

Although these are big shoes to fill, Dr. Allen and Dr. Ai entrusted the care of their patients to Drs. Ali Zaidi and Jennifer Sung. Both doctors will be taking care of their existing patients as well as accepting new patients.

Drs. Zaidi and Sung have both been a part of PEA for over 5 years. They are board-certified ophthalmologists with fellowship training in the treatment of retina, macular, vitreous diseases, and surgery. Both physicians provide medical and surgical treatments for retinal diseases using the most advanced technologies and surgical equipment.

### Virtual CE Events

Join us! We will be hosting virtual CE events in the 2021.

Dr. So will speak about the new FDA-approved glaucoma implant that can be administered in the office.

Dr. Zaidi will help doctors embrace artificial intelligence in the eye clinic.

Dr. Charlson will dive into thyroid eye disease (TED) and help us understand the symptoms of TED.

Dr. Sung will speak about the mysteries that lead to loss of vision in patients.

For those interested in attending our virtual CE events, please email MJ at [mjtsang@pacificeye.com](mailto:mjtsang@pacificeye.com). She will keep you up to date with all our CE events.

## Welcome Our New Physician – Dr. Emily Sarah Charlson

Please welcome Dr. Charlson to our ophthalmology group. She is an oculofacial, orbital, and aesthetic plastic surgeon who holds both a Doctor of Medicine and Doctor of Philosophy in medical science. She specializes in eyelid reconstruction, aesthetics, and preserving eye health.

Dr. Charlson earned her Bachelor of Science in biology, graduating summa cum laude from Barrett, The Honors College at Arizona State University in 2007. She holds a Doctor of Medicine and Doctor of Philosophy from the Perelman School of Medicine at the University of Pennsylvania.

Following medical school, Dr. Charlson completed a three-year residency in ophthalmology at the University of California, Irvine's Gavin Herbert Eye Institute. She then completed a two-year fellowship in ophthalmic plastic and reconstructive surgery, orbital oncology at the Byers Eye Institute at Stanford University in Stanford, California.

Dr. Emily Sarah Charlson M.D., Ph.D., has a reputation as an excellent clinician, educator, and researcher. As an Ivy League and Stanford-trained surgeon, she implements the latest medical and surgical therapies in the field. Using minimally invasive techniques, she balances eye function and aesthetics with patient-centered customized approaches.

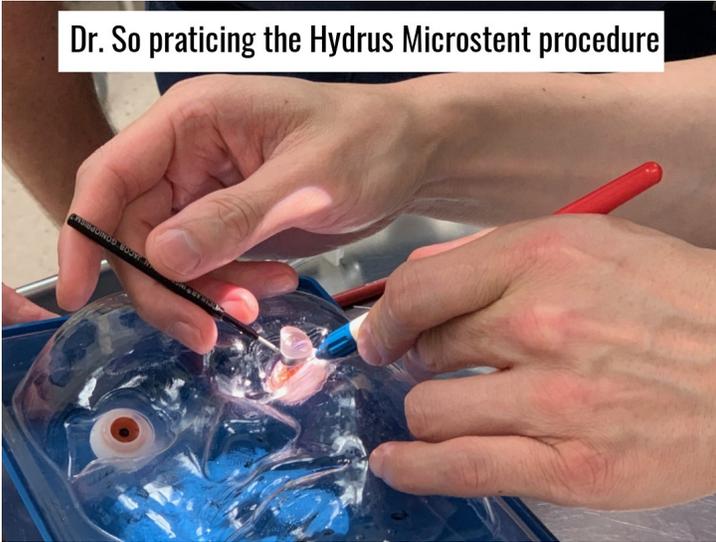
In addition, Dr. Charlson is an accomplished researcher. She completed her PhD work in genomics and bioinformatics with the Human Microbiome Project, as well as many other research initiatives ranging from a digital prosthetic eye to artificial intelligence algorithms for thyroid eye disease. She is the national recipient of the Rising Star Award in Oculofacial Plastic Surgery two years in a row. Dr. Charlson is also an active educator, having taught numerous residents, medical students, and researchers at Stanford and continues to lecture at CPMC.





# Prisms

## Hydrus Microstent: Less is more by Scott C. So, M.D.

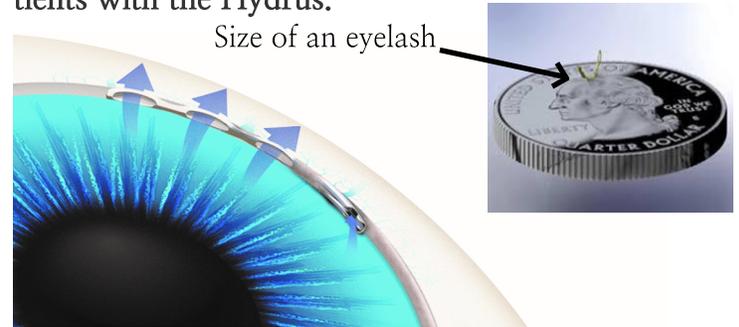


While cataract alone reduces eye pressure, the addition of a Micro Invasive Glaucoma Surgery (MIGS) can add even more pressure reduction. MIGS popularity has soared in the last five years, producing a 40 percent growth year over year. These procedures are just as safe as cataract surgery, and I would argue safer than cataract surgery alone in glaucoma patients because of the additional pressure lowering potential. This can translate into a higher quality of life with fewer topical medications necessary. I am excited about “less is more” when it comes to fewer topical medications.

My newest tool in our MIGS armamentarium is the Hydrus Microstent by Ivantis. The Hydrus is a canal-based micro-invasive glaucoma surgery device, designed for patients with mild to moderate primary open-angle glaucoma. Roughly the size of an eyelash, the Hydrus reduces eye pressure by reestablishing flow through Schlemm’s canal and the eye’s natural outflow pathway. Hydrus provides a bypass of the trabecular meshwork while simultaneously dilating and scaffolding Schlemm’s canal over a 90 degree span in the angle of the eye. Hydrus is proven to reduce the need for medication and IOP through its unique Tri-Modal mechanism.

Though relatively new, the Hydrus Microstent has

already been studied prospectively head to head against iStent inject in the COMPARE multicenter randomized clinical trial. After 12 months, more Hydrus patients were topical medication free than iStent inject. In the Hydrus pivotal HORIZON trial, 78 percent of patients were medication free within the first two years. This is the largest IOP reduction and elimination of glaucoma medications reported in any MIGS pivotal trial to date. After three years, 73 percent of patients remain medication free. Interestingly, Hydrus lowered the risk of full thickness penetrating glaucoma surgeries: 85 percent lower risk of tube or trabeculectomy surgery after three years when compared with the control group. The procedure is considered safe and the opportunity for implantation is at the time of cataract surgery. This means we have just one chance to treat our glaucoma patients with the Hydrus.



PEA is excited with our outcomes with Hydrus and pleased to be able to offer our mutual patients this best in class MIGS device.



### Scott C. So, M.D.

He graduated cum laude from Tufts University School of Medicine. He completed his ophthalmology residency in Dallas at the University of Texas Southwestern and his fellowship at the Jules Stein Institute at UCLA.

As a glaucoma physician, Dr. So specializes in micro-invasive glaucoma surgery (MIGS) as well as conventional glaucoma surgery such as trabeculectomy and tube shunts.