

NEWSLETTER - FALL 2002

High Honors

By Laurie Brown, COMT, COE



Dr. Fine with Dr. Mehta and his wife after receiving his gold medal.

Dr. Fine, who has a long-standing position on the faculty at the Oregon Health and Science University's Casey Eye Institute, has been honored by being elevated to the position of a full Clinical Professor. The dean of the medical school indicated that this unusual honor was bestowed on Dr. Fine because of his long history of teaching residents, while participating in educational endeavors under the auspices of the Oregon Health and Science University. The honor also reflects the high esteem with which Dr. Fine is held among his peers in ophthalmology worldwide.

Dr. Fine was also recently named one of the twelve "Modern Day Visionaries" for the 20th Anniversary Issues of Ocular Surgery News. Dr. Fine was cited for his numerous innovations in surgical technique, the designing of multiple surgical instruments and his participation in the evolution of modern cataract and refractive surgery technology. He was also recognized for the enthusiasm with which he teaches on an ongoing basis in the United States and internationally.

I was fortunate to be present when Dr. Fine received a Gold Medal from the International Academy for the Advancement of Ophthalmology in Mumbai, India, with the designation of Ophthalmologist of the Millennium. In the ceremony in which the Gold Medal was bestowed by the Honorable Shri Vilasrao Deshmukh Chief Minister, Government of Maharashtra, Dr. Fine was described as a "living legend who has contributed enormously to surgical instrumentation, surgical techniques and the evolution of technology, as well as teaching and demonstrating surgery internationally." We are all very proud of Dr. Fine!

Spotlight on Us!
By DeAnna Harrell

Oregon Eye Associates (OEA) and Oregon Eye Surgery Center (OESC) were featured in the “Member Spotlight” column of the Fall 2002 issue of Outlook, the newsletter of the Outpatient Ophthalmic Surgery Society (OOSS). The column focused on the history and development of OEA and OESC, and outlined the unique operations of a “world-class practice in a small town.” Dr. Fine provided the newsletter with technical and logistical information, and helped to define a facility that boasts four practices, nine physicians and 120 medical personnel. OEA is a business that provides public relations, management and administration to the surgery center, diagnostic lab, optical shop and four separate practices. The practices operate in a spirit of “friendly competition,” and bring cutting-edge investigational technology to OESC. OESC, with three operating rooms, has become world renowned for its excellent, technically savvy staff, and for the unparalleled patient care that it provides. Patients come to Eugene from all over the United States and abroad to obtain the latest advances in cataract and refractive surgery, and to experience technology that we can offer years ahead of being made available to the general public. We are delighted that our practice and the surgery center were highlighted by OOSS for the technology and advances that we provide, and we look forward to maintaining the excellent reputation that we’ve generated worldwide.

Botox - For Wrinkles and More

By Richard S. Hoffman, MD



Richard S. Hoffman, M.D.

Botox (Botulinum Toxin Type A) is a protein complex produced by the bacterium *Clostridium botulinum*. It contains the same toxin that causes food poisoning, yet it has been used for years to treat various medical conditions. When used in a medical setting as an injectable form of sterile, purified botulinum toxin, small doses block the release of a chemical called acetylcholine from nerve cells that cause muscle contraction, and temporary muscle paralysis results. By interfering with the contraction of certain muscles, various medical disorders can successfully be treated with injections of Botox.

Botox was first approved by the FDA in 1989 to treat two eye muscle disorders: uncontrollable blinking (blepharospasm) and misaligned eyes (strabismus). In 2000 the toxin was approved to treat a neurological disorder, known as cervical dystonia, which causes severe neck and shoulder contractions. As an unusual side effect of the eye disorder treatment, doctors observed that Botox improved the vertical frown lines between the eyebrows that tend to make people look tired or angry. In April 2002, the FDA granted approval to use the drug for this cosmetic condition, and injections are now frequently being used to reduce the “crow’s feet” wrinkles around the outer portion of the eyes. Botox injections have also been found to help reduce the “wide-open eye” appearance in individuals with thyroid eye disease.

Botox injections take 3-5 days to take effect. They will usually last for only 3-6 months and then need to be repeated for continued effect. Insurance will cover the use of Botox for medical purposes only and not for the cosmetic reduction of wrinkles and facial furrows.

“260 Mile Miracle” by James Young



For the last fifty-two years I have held a vigil in search of medical advances that would free me from the bondage of extremely poor vision. While searching, I finally found a website of an intriguing team of doctors in Eugene, Oregon. There was a sincerity, determination and dedication in the website that was missing from the countless others that I had visited. The physician and practice profile on the site seemed to speak to me with more than just hype, and I decided to take the challenge of scheduling a free screening just to see how confident they would be after evaluating my poor peepers. My wife and I rearranged our busy work schedules to make the 130 mile one way trek to Eugene, hoping that it would be a small investment for a great reward.

Tony, the Refractive Coordinator, made me feel like I was his first and only patient, which set a precedent that the entire staff lived up to as well. Dr. Packer examined my screening results, and listened carefully to my visual desires. He then explained what he could do to meet my expectations. I looked forward to my refractive lens exchange surgery with new found hope and anticipation. My healing began then, even before I had my surgery.

I had my surgeries over the course of one week. The efficiency and friendly care of my doctor's staff continued in the Oregon Eye Surgery Center, where I felt comfortable and confident. I had absolutely no fear of turning over my most precious sense to their care. There were many personal touches employed by the staff that seemed to be a natural process of this phenomenal team.

The results of my surgeries have wildly exceeded my expectations. I used to have to use contact lenses and glasses just to read my computer screen - not any more! I experience my greatest visual goal every morning when I wake up and see my beautiful wife clearly. I look forward to my follow-up visits, and all 260 miles, because I now feel that I have a whole team of friends at Drs. Fine, Hoffman and Packer and the Oregon Eye Surgery Center.

New Vision

By Alana Rhodes



I have spent forty-three years wearing corrective lenses, either glasses or contacts, and this year I thought I would treat myself to the special birthday present of new eyesight. After having LASIK performed by Dr. Richard Hoffman, I feel as if I have been given the gift of a new life, not just new vision. I have wondered for years what it would be like to see without wearing glasses, and now I know what I have been missing.

As I walked my dog last night, I felt that words seemed inadequate to thank Dr. Hoffman for being able to see the leaves of trees, and the texture of their bark, underneath windswept clouds that painted the sky pink and purple. I was finally able to see the blades of grass being blown flat by the wind. I now ecstatically tell everyone I meet about the LASIK performed on my eyes, and how it has changed my life. When they see the joy that I feel with my new vision, the next thing that I tell them is to “talk to Dr. Hoffman!”

What a Difference!

By Bob Husar



What a difference in my life! I feel like I have a new lease on sight after my refractive lens exchange. Dr. Fine and his staff were excellent! I knew that I was in the right place after one call to their office. They answered all of my questions readily. I was surprised at their breadth of knowledge about refractive surgery, and it certainly was a refreshing change from the other offices that I had called who had fumbled around with vague answers to my inquiries.

My reading and distance vision is wonderful now! I can go to work in my job as an electrician and plumber and see small wires in odd places that I had missed before. I don't have to worry anymore about dust obscuring my glasses when I climb through ceilings, and I don't get stiff from having to crane my neck as I work in tight quarters trying to get my glasses within trifocal and bifocal range. As a result, my whole body health is much better now. I can't think of anything better that I've done for myself than my Refractive Lens Exchange. Now that I am at home and seeing beautifully, I would like to take this opportunity to thank all of the wonderful people at Drs. Fine, Hoffman and Packer and the Oregon Eye Surgery Center for their care.