



The iStent *inject*

Compelling new treatment option for managing glaucoma now at The Eye Institute



James N. McManus, MD
Gary J. Ganiban, MD
Michael N. Mandese, OD, FFAO
Hetal D. Vaishnav, MD
Jason K. Darlington, MD
Eric R. Straut, OD
Patricia K. LaFleur, MD



The new iStent inject, designed to help glaucoma patients achieve and maintain lower eye pressures, is available now, according to ophthalmologist and cornea, cataract and glaucoma specialist, Jason K. Darlington, MD, of The Eye Institute for Medicine & Surgery.

Dr. Darlington, who has performed extensive surgical research for Glaukos®, the company that developed the iStent, explains that this new device is designed to optimize the natural outflow of certain fluids inside the eye – known as aqueous humor – by creating two bypasses through the part of the eye largely responsible for fluid drainage.

“By enhancing fluid outflow, we are able to reduce a patient’s eye pressure on an ongoing

basis, oftentimes without the need for eye medications or with a reduced number of eye medications,” says Dr. Darlington.

Achieving and maintaining reduced eye pressure is the key to maintaining the health of a patient’s optic nerve, thus maintaining their vision, explains James N. McManus, MD, cataract and glaucoma

specialist at The Eye Institute.

“More than four hundred thousand generation one iStents have been implanted worldwide since 2012,” informs Dr. Darlington. “The iStent has earned a reputation of demonstrated efficacy and safety.”

An interesting fact is that the iStent inject stent, at approximately 0.23 mm x 0.36 mm, is the smallest medical device ever approved by the FDA, notes Dr. Darlington.

In the key trials leading to the FDA approval of the iStent inject, over 75 percent of patients achieved a 20 percent or greater reduction in unmedicated eye pressure. In terms of the units used to measure eye pressure, this translates into a seven point decrease in eye pressures for this same group.

Screening Is Critical

Diagnosing and appropriately managing glaucoma is of the greatest importance,

THOSE AT GREATER RISK FOR DEVELOPING GLAUCOMA INCLUDE:

- People over age 40
- People who experience elevated eye pressures on a regular basis
- Immediate family members of people diagnosed with glaucoma
- People with diabetes and/or high blood pressure
- African Americans
- Hispanic Americans
- People of Asian ancestry
- History of eye injuries or certain eye conditions, such as farsightedness or nearsightedness
- Medical conditions that affect blood flow such as migraines and low blood pressure

iStent inject: Continued

emphasizes Dr. McManus, because if glaucoma is present and not treated, the result can be permanent loss of vision, up to and including blindness.

In the early through later stages of the disease, glaucoma is largely asymptomatic. There is no pain and no obvious loss of vision. There is nothing to directly tell a patient that he or she has glaucoma, adds Dr. McManus.

Because glaucoma is a progressive and irreversible disease that may lead to vision loss caused by optic nerve damage, it is critical for people to be screened for glaucoma and for them to receive the treatment they need without delay, says Dr. Darlington.

Those at greater risk than the general population for developing glaucoma include:

- People over age 40
• People who experience elevated eye pressures on a regular basis
• Immediate family members of people diagnosed with glaucoma

- People with diabetes and/or high blood pressure
• African Americans
• Hispanic Americans
• People of Asian ancestry
• People with a history of eye injuries or certain eye conditions, such as farsightedness or nearsightedness
• Medical conditions that affect blood flow such as migraines and low blood pressure
• Prolonged corticosteroid use, including pills, eye drops, inhalers and creams

“It is estimated that half of the people who have glaucoma are unaware of it, and because of this, they are not receiving any type of treatment,” states Dr. McManus.

“If you or a loved one have one or more of the risk factors above, receiving a comprehensive eye examination by an eye doctor may be one of the most important things you can do for yourself and your family,” advises Dr. McManus.

BREAKFAST WITH THE EYE DOCTOR

Meet the Area’s Foremost Experts and Learn How to Preserve Your Precious Eyesight

For more than ten years, people on the Space Coast have been able to meet the eye physicians of The Eye Institute for Medicine & Surgery and learn about eye conditions and how to treat them, while enjoying a pleasant breakfast.

“It’s a great way for people to get accurate and reliable information directly from highly experienced eye physicians,” says Jerry Orloff, CEO of The Eye Institute. “Our commitment to patient education is just part of our way of giving back to our community.”

Some of the topics that will be discussed include: cataracts and cataract surgery – restoring vision and maintaining independence; glaucoma – what can be done to treat glaucoma and protect your vision; diabetes and your eyes; and macular degeneration – optimal treatment for this vision-threatening condition.

“I always enjoy meeting people from the community, answering questions, taking in people’s concerns and offering solutions

that may significantly improve people’s lives,” explains Dr. McManus.

“We take great pride in bringing the latest advances in ophthalmic surgery, diagnostics, medications and research to the Brevard County community,” adds Dr. Darlington. “It is important for our patients to know that they are receiving the most advanced eye care that they could receive anywhere in the nation.”

“What a joy it is to educate people so that they can make the best possible decisions about their health care in a fully informed manner,” says Retina Specialist, Hetal D. Vaishnav, MD, who serves as a clinical professor of medicine at the University of Florida in Gainesville. “This is one of the many areas that set The Eye Institute apart from other eye care providers.”

For more information on the upcoming calendar of educational presentations at The Eye Institute, call (321) 722-4443 and ask for the community relations director.

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Jason K. Darlington, MD, graduated with highest honors from the University of California Davis. He attended UC Davis Medical School, followed by an internship at Scripps Mercy Hospital in San Diego. He completed his residency in ophthalmology at UC Davis. His fellowship in cornea dis-

eases, transplants, cataract surgery, and other advanced anterior segment surgery, glaucoma management and surgery, and LASIK and refractive surgery was completed at the prestigious Philips Eye Institute in Minneapolis under the direction of Thomas Samuelson, MD, and Richard Lindstrom, MD. Dr. Darlington is certified by the American Board of Ophthalmology.



James N. McManus, MD, is board certified by the American Board of Ophthalmology. He graduated cum laude from Dartmouth College in - with a Bachelor of Science degree and earned his medical doctorate from the University of Massachusetts in 1983. He completed his resi-

dency at the University of Pittsburgh Medical School and his internship at the University of Massachusetts Medical Center in Worcester. Dr. McManus is a member of the American Medical Association, the American Academy of Ophthalmology, the Brevard County Medical Society, the Florida Medical Association and the Florida Society of Ophthalmology.



Hetal D. Vaishnav, MD, is board certified by the American Board of Ophthalmology. He earned his Bachelor of Science degree from Georgia State University in 1993 and Medical Doctor degree from the Morehouse School of Medicine in Atlanta in 1999. He then completed an internship in

general surgery at the University of Florida followed by a residency in ophthalmology and fellowship in vitreo-retinal diseases and surgery. Dr. Vaishnav is a member of the American Academy of Ophthalmology, the Association for Research on Vision and Ophthalmology, the American Society of Retina Specialty, the American College of Preventive Medicine, and the Florida Society of Ophthalmology.