

December 15, 2022

Volume 4, Issue 1



**PALO ALTO EYE GROUP**

# Our New South Bay Location!

**Inside this issue:**

Dr. Rajvi Mehta joins our Practice	2
Fiat Lux Foundation Update	2
Poor Vision is a Risk Factor for Dementia	2
Glaucoma: Beyond Eye Drops	3
Lux Eyewear Celebrates its Fifteenth Anniversary	4

We are excited and pleased to announce that as of December 15th, our South Bay office relocated to a new building, conveniently located at 2512 Samaritan Court, Suite K, right across the street from our old location and adjacent to Good Samaritan Hospital (see map below). The move will allow us to better meet the needs of our patients, by increasing the number of exam rooms and decreasing wait times. We look forward to seeing you at our new location in the near future. We are confident you will be delighted when you see the new office.



- ◆ A modern facility featuring state-of-the-art equipment.
- ◆ An easily accessible central location near the 85 and 17 free-ways
- ◆ Ample, convenient street level parking

— our commitment and dedication to providing you with the same great level of eye care you have come to expect from our practice. That is our mission today ... and tomorrow. We look forward to serving you, your family, and your friends for many years to come.

With all of these changes, one thing will always remain the same

Our doctors are certified by the American Board of Ophthalmology and the National Board of Optometry

*Thomas Tayeri, M.D.*

*Jessica Chen, M.D.*

*Robert Kule, M.D.*

*Rajvi Mehta, M.D.*

*Lisa O'Connor, O.D.*

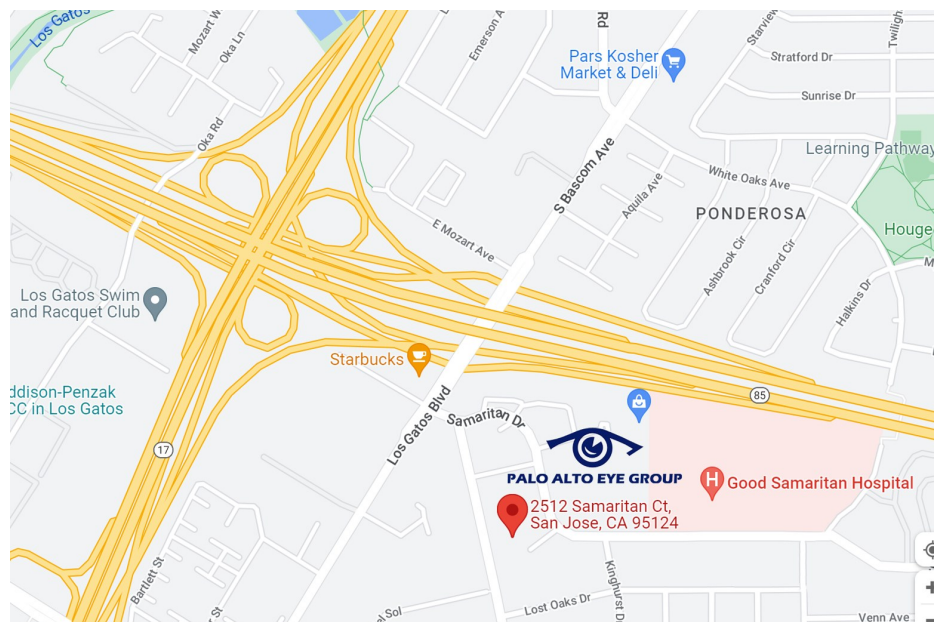
1805 El Camino Real, Ste. 100  
Palo Alto, CA 94306

2512 Samaritan Court, Ste. K  
San Jose, CA 95124

Phone: 650-324-9200

Fax: 650-326-5793

We hope the new office will directly benefit you in the following ways:



## Welcome Dr. Rajvi Mehta



We are pleased and excited to announce that Dr. Rajvi Mehta has joined our practice.

Dr. Mehta was raised in Mumbai, India, and is fluent in Hindi and Gujarati. She got her undergraduate degree in biochemistry from Brown University, where she graduated with honors and started a social venture to combat iron deficiency anemia in India. Dr. Mehta got her medical doctorate at Duke University School of Medicine and completed her ophthalmology residency at Illinois Eye and Ear Infirmary in Chicago. She then went back to Duke to complete her glaucoma

fellowship.

In addition to a long list of honors and awards throughout her education, Dr. Mehta was praised by her faculty mentor at Duke as an “incredibly kind person and creative thinker who shows quiet leadership in everything she does”.

A member of the American Academy of Ophthalmology and American Glaucoma Society, Dr. Mehta specializes in the diagnosis and treatment of various types of glaucoma. She has experience in a number of modern surgical techniques, including several MIGS procedures.

### Fiat Lux Foundation Update

Thanks to generous donations from supporters of the Fiat Lux Foundation, board members Thomas Tayeri and Jeffrey Rothschild were pleased to break ground on the foundation's latest eye hospital project near Kitale, Kenya (picture below).

The hospital, which will include exam rooms, operating rooms, an optical shop and a pharmacy, will be the only one of its type in an area of 4 million people. It will be equipped with the latest diagnostic and

surgical tools and is scheduled to open in one year.

The foundation's other current project, in Mocubo, Mozambique, is set to be completed before the end of 2022. Together with the foundation's prior projects in Kenya, Rwanda, and India, these hospitals will make a dent in the problem of global blindness, which affects 45 million people.

To those who have donated in the past, we are deeply grateful! To find out how you can help, go to [www.fiatlux.org](http://www.fiatlux.org).



### Poor Vision is A Risk Factor for Dementia



Dementia cases are climbing along with our aging population. Doctors have long recognized several risk factors for dementia, including high blood pressure, lower education levels, impaired hearing, smoking, obesity, depression, physical inactivity, diabetes and low levels of social contact.

A new modifiable risk factor was identified in a study of vision impairment in the United States that was recently published in *JAMA Neurology*<sup>1</sup>. The authors of the article estimated that about 62 percent of current dementia cases could have been prevented across risk factors and that 1.8 percent — about 100,000 cases — could have been prevented

through healthy vision.

Eye exams, eyeglass prescriptions and cataract surgery are relatively inexpensive and accessible interventions. Globally, 80 to 90 percent of vision impairment and blindness is avoidable through early detection.

Vision loss could affect cognition by limiting older adults' participation in physical and social activity. A focus on modifiable risk factors could help reassure older Americans and their families because, unlike our genetic makeup, they are things we can act on.

1. Addition of Vision Impairment to a Life-Course Model of Potentially Modifiable Dementia Risk Factors in the US. *JAMA Neurol*, 2022 Jun 1;79(6):623-626.

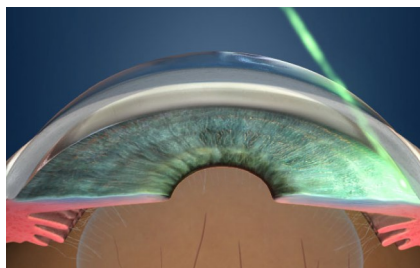
# Glaucoma: Beyond Eye Drops

Glaucoma is an eye disease that, if left untreated, can lead to blindness. In eyes with glaucoma, the eye pressure is usually higher than normal. The eye is filled with clear fluid that flows in through a spigot and flows out through a drain. In glaucoma, the drain of the eye gets plugged, and fluid coming into the eye cannot get out, raising the eye pressure. This high eye pressure causes nerve damage, which leads to loss of sight.

Glaucoma is treated by lowering the eye pressure to prevent further damage. Eye pressure can be lowered in several ways. One common way is to use eye drop medication. There are many different glaucoma medications, and they lower eye pressure either by turning down the production of fluid inside the eye or opening or improving the drainage of fluid from the eye. Most people with glaucoma use at least one eye drop medication to lower their eye pressure.

## Laser Treatment for Glaucoma

Another way to lower eye pressure is with laser therapy. A common laser treatment for glaucoma is called selective laser trabeculoplasty, or SLT. In SLT, laser energy is applied to the drain of the eye in order to make the drain work



more efficiently, lowering the eye pressure and protecting the optic nerve from damage. SLT treatment takes only a few minutes, is performed in the office, is safe, and effectively lowers eye pressure in most people. The treatment is covered by most insurance plans.

## MIGS Procedures

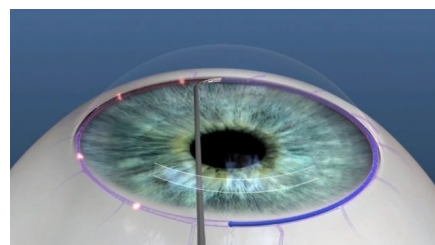
Over the past 5-10 years there has been a revolution in glaucoma surgery, with the introduction and widespread adoption of Minimally Invasive Glaucoma Surgery, commonly called MIGS.

The MIGS procedures offer patients a generally safer alternative to traditional glaucoma surgery with greatly reduced recovery times. Some MIGS procedures are offered only at the time of cataract surgery while others can be performed as stand alone procedures.

All MIGS procedures aim to im-

prove the outflow of fluid from the eye, reducing eye pressure.

MIGS procedures are an especially useful treatment option in patients with poor medication tolerance, poor compliance, and patients who need more pressure lowering than drops or laser trabeculoplasty can provide.



The surgeons at Palo Alto Eye Group have extensive experience with all FDA-approved MIGS procedures, including goniotomy, canaloplasty with or without gonioscopy assisted transluminal trabeculotomy (GATT), Xen Gel Stent, iStent inject, and Hydrus Microstent.

Do you have a desire to reduce or eliminate your glaucoma medications? If so, find out from your doctor whether you are a candidate for SLT or a MIGS procedure.





**PALO ALTO EYE GROUP**

Thomas Tayeri, M.D.

Jessica Chen, M.D.

Robert Kule, M.D.

Rajvi Mehta, M.D.

Lisa O'Connor, O.D.

1805 El Camino Real, Suite 100  
Palo Alto, CA 94306

2512 Samaritan Court, Suite K  
San Jose, CA 95124

Phone: 650-324-9200  
Fax: 650-326-5793



**CELEBRATING OUR  
FIFTEENTH ANNIVERSARY**



BARTON PEREIRA  
BEVEL  
CHANEL  
DITA  
FACE A FACE  
IC! BERLIN  
L.G.R  
LA FONT  
MYKITA  
OAKLEY  
OLIVER PEOPLES  
RUDY PROJECT  
SALT  
TOM FORD  
VUARNET

[WWW.LUXPALOALTO.COM](http://WWW.LUXPALOALTO.COM)

650-324-3937

