

What is blepharitis?

Blepharitis is a chronic, inflammatory disease of the eyelids caused by an overgrowth of normal bacteria living along the lid and the base of the eyelashes. Anyone can get blepharitis at any age, but the prevalence increases with age, since as we get older, we make fewer natural antibodies in our tears.

This overgrowth of bacteria causes crusting along the eyelid, and creates a sticky biofilm that harbors bacterial exotoxins. Since the eyelid margins are difficult to clean, this overgrowth of bacteria, scurf and biofilm can build up over many years.

The sugary biofilm allows even more bacteria to flourish, not only causing a multitude of irritating symptoms, but eventually chronic inflammation, due to the inflammatory nature of exotoxins. The inflammation, in turn, adversely affects all of the structures in the eyelid, namely, the tear glands.



Constant eye irritation, foreign body sensation and chronic dry eye disease are the end result if not treated. Now, thanks to BlephEx®, your doctor can directly clean and exfoliate your eyelids and lashes, and remove the biofilm, which will almost immediately improve your symptoms and help control the long-term damage to your tear glands.

What are the symptoms of blepharitis?

The common symptoms of blepharitis are:

- Itching or scratchy eyes
- Foreign body sensation
- Tearing
- Crusting
- Redness/inflammation
- Mattering
- Dry eyes
- Eye rubbing

What are the traditional treatments?

The traditional treatment is for the patient to scrub the eyelid margins with baby shampoo on a cotton swab or one of the commercially available lid care products squirted on a fingertip. This can be a difficult procedure to perform at home and has limited effectiveness.

Progressive stages of blepharitis

Stage 1

Early biofilm formation with swelling of the lash follicles, lash misdirection.



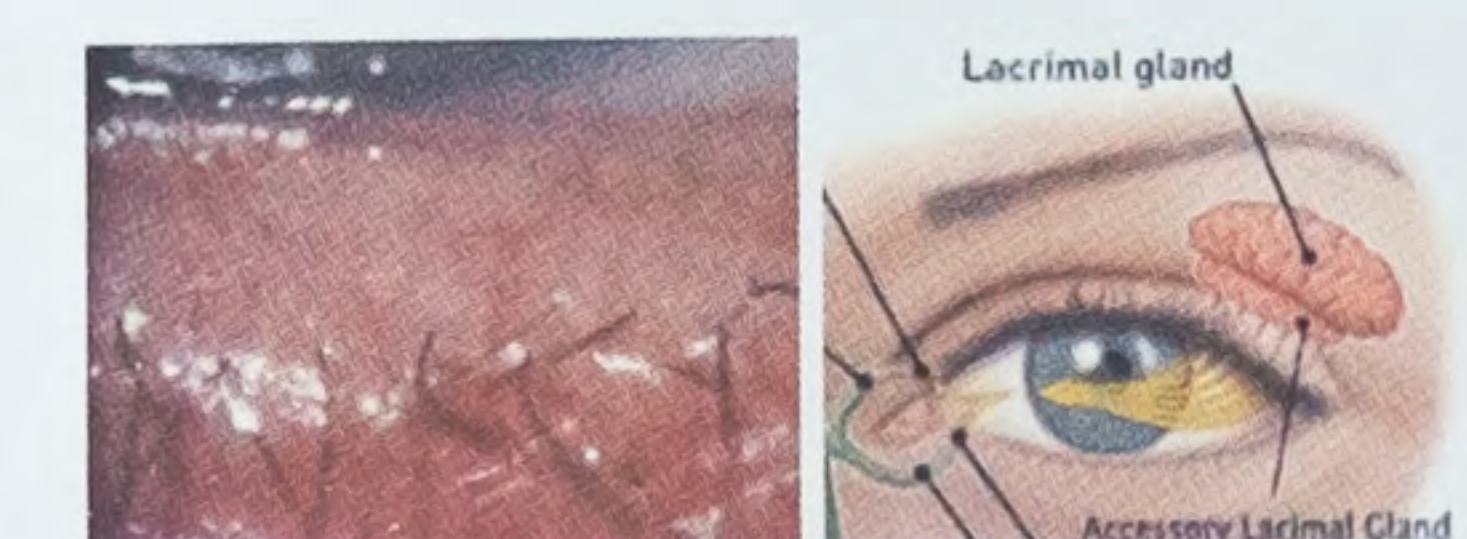
Stage 2

Inflammation of meibomian glands with plugging.



Stage 3

Lacrimal involvement leads to aqueous insufficiency with little to no tear lake.



Stage 4

Chronic inflammation leads to a breakdown in the structural integrity of the eyelid leading to lid laxity, entropion, and ectropion.



Fortunately, there is a revolutionary new treatment for blepharitis. Developed by a board certified ophthalmologist, BlephEx® is an in-office procedure performed directly by your eye care provider. With the BlephEx® procedure your doctor can now take an active role in treating blepharitis instead of simply relying on your ability to perform semi-effective home lid scrubs.

How is BlephEx® different?

With BlephEx® the doctor thoroughly and precisely eliminates the scurf and bacterial debris and biofilm that builds up along the lid margin. These are the main causes of inflammatory lid disease.

Properly performed, BlephEx® will reduce or alleviate these chronic and debilitating symptoms. Treatments are typically repeated at regular monthly intervals depending on severity of the disease.

By eliminating the inflammatory etiology of blepharitis, the overall health of the eyelid is improved. Patients can then begin to produce more of their own tears and finally enjoy a life free from the chronic and irritating symptoms associated with blepharitis and its subsequent dry eye disease.

Am I at risk of blepharitis?

The risk of blepharitis increases as a patient ages. A study by Walter Reed Hospital determined that incidences of blepharitis in the U.S. steadily increase from 3% of 18-20 year olds to a staggering 71% of those over 65. That equates to more than 40 million individuals in the 65+ age group with the total number of patients with blepharitis in the U.S. alone is over 82 million people.

According to a study conducted in 2009, "most ophthalmologists and optometrists report that blepharitis is commonly seen in their clinical practice in 37% and 47% of their patients, respectively, and it is widely agreed that the meibomian gland dysfunction caused by blepharitis is the most common cause of evaporative dry eye disease".

Is the BlephEx® treatment covered by insurance?

While BlephEx® is not currently covered by insurance, it is a very affordable procedure, especially when compared to the long-term costs of dry eye treatment, which averages \$800/yr. If you have blepharitis, you will not only save the hundreds of dollars spent on artificial tears, cyclosporines, antibiotics and anti-inflammatories, but for the first time, will actually enjoy the benefits of an effective treatment.



BlephEx® – Healthy Lids for Life

Blepharitis can be referred to as the grandfather of all eyelid diseases. It is widely responsible for symptoms ranging from itching, a need to constantly rub the eyes, a film over vision, fluctuating vision, redness to severe dry eye disease.

BlephEx® is a new, in-office procedure that allows your eye doctor to treat blepharitis by eliminating the biofilm and bacterial toxins that cause inflammatory lid disease and dry eye, and improving the overall health of the eyelid.



BlephEx
Healthy Lids for Life!

www.HealthyLidsForLife.com

BlephEx®, LLC
119 SE Parkway Court
Suite 250
Franklin, TN 37064

Toll-Free Phone: (800) 257-9787
Local Phone: (615) 465-6041
Fax: (800) 330-2241

Caution: Federal law restricts this device to sale by or on the order of a Physician or Optometrist.

Over 82 million people in the U.S. are affected by blepharitis.

If you have tired, itchy, burning or dry eyes you could be one of the millions.



BlephEx
Healthy Lids for Life!

Cataract Surgery

Understanding Your Options



NORTHWEST EYE SURGEONS

Our Practice | Our Vision:

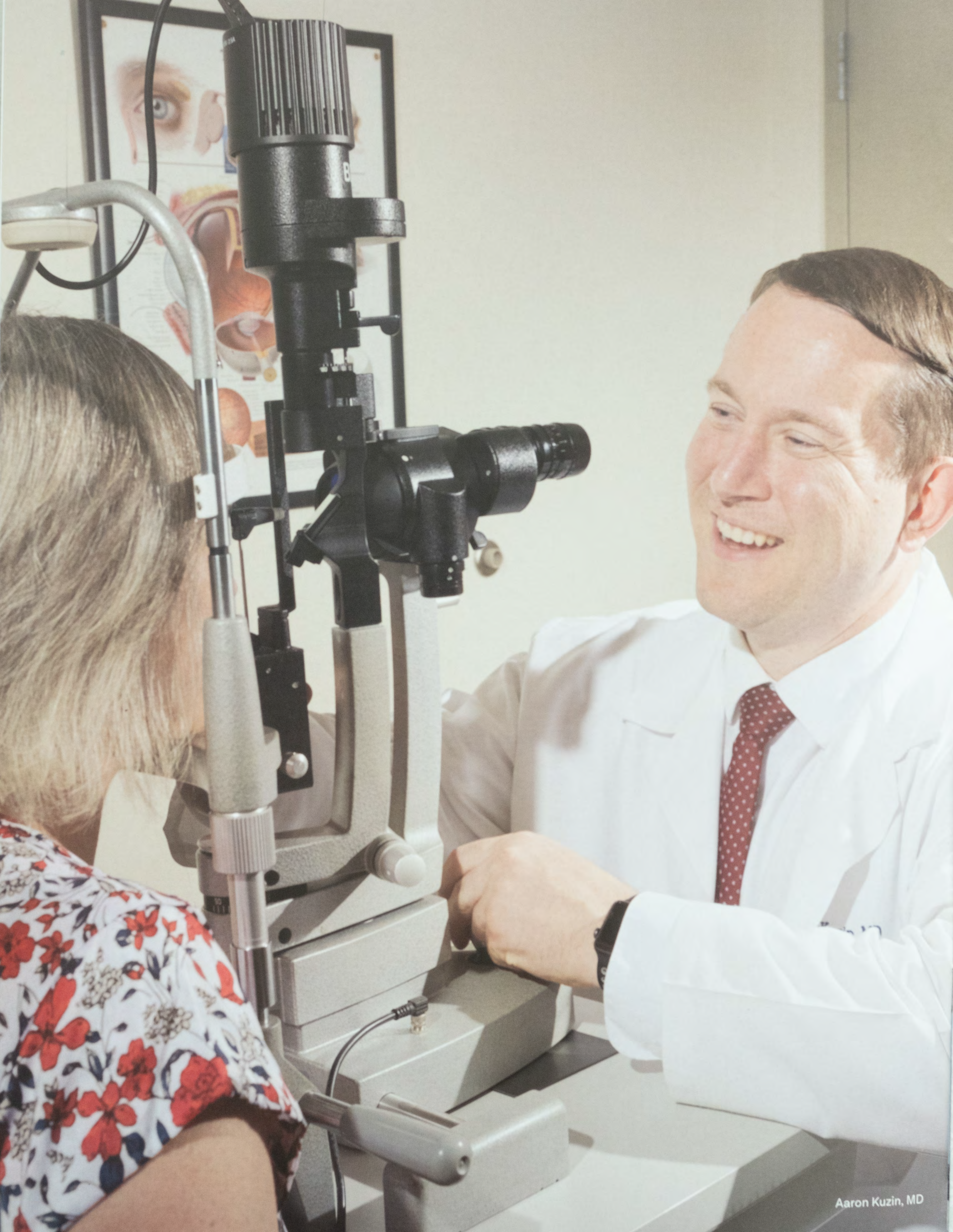
Improving the quality of people's lives

Thank you for trusting your eye care to Northwest Eye Surgeons. We want to help you achieve your best vision because the quality of your vision affects the quality of your life. Since 1986, we've personalized patient care with valued physician partnerships in a warm patient-centered environment. We ensure the highest quality care through effective patient communication, collaborative co-management, experienced physicians and advanced technology.



NORTHWEST EYE SURGEONS





Aaron Kuzin, MD

Partnering for Your Care

We believe that when you are stable following your surgery, your care can be co-managed by your family eye doctor, if you choose to do so, in partnership with our team of experts. This practice is called co-management and is widely used in other medical and surgical specialties.

Co-management is recognized by the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery, American Academy of Optometry and American Optometric Association, as acceptable care in specific circumstances. All agree that co-management, in an atmosphere of mutual trust, shared learning and constant communication, can be the most successful way to optimize patient care.

Trusted Expertise

Our staff includes specialized ophthalmic surgeons and optometric physicians who are board-certified and fellowship-trained. Our physicians are skilled in the most current techniques and have clinical and surgical experience in a wide range of ophthalmic surgical services.

Advanced Technology

We offer the most advanced technology available including femtosecond laser-assisted cataract surgery (FLACS) and lens implants for vision correction used for refractive cataract surgery. In addition, we also offer SMILE advanced laser vision correction and LASIK refractive procedures.

Convenient Access

Northwest Eye Surgeons provides full-spectrum medical surgical eye care for infants to adults and specializes in cataract, cornea, glaucoma, pediatric, refractive, strabismus, eyelid surgery, oculofacial plastics, and retina services. We have 6 clinics and 4 outpatient surgery centers conveniently located throughout the greater Puget Sound area.

Excellence Every Time

You deserve an excellent experience, every time. Whether it's improving steps to monitor results or answering your questions after a procedure, your physician team is committed to responding to your needs.

Our Mission:

Northwest Eye Surgeons is the premier ophthalmic referral practice in the Northwest, providing the most technologically advanced medical and surgical care in a warm, patient-centered environment.

Your Physician Team Experience

Dedicated to Providing the Best Care

Physician Teams

We take a team approach to care. This approach to your care maximizes your team's experience, strengths and skills to provide you with expert treatment. Our surgical teams consist of nationally recognized ophthalmic surgeons (MD), optometric physicians (OD), nurses, technicians and support staff that collaborate with you and your family eye doctor to correct your vision.

What to Expect at Your Consultation

At your consultation, you will meet your physician team and depending on the type of condition or procedure, your visit may include meeting directly with the eye surgeon or members of the optometric team for evaluation, testing, or measurements. Our physician teams will be able to answer your questions to ensure you are comfortable with your vision correction plan.

What to Expect on Surgery Day

Surgical procedures are scheduled on a separate day following a consultation with your surgeon. When you arrive, please check in at the surgery front desk. A surgery coordinator will greet you and review patient consent forms required for surgery. Please leave valuables at home. Wear loose, comfortable clothing. Bring all your eye drops with you on the day of surgery for review.

After you check in, your team will review your health history, make any other assessments needed, and start an IV. Your eye will be numbed and you may be given a sedative to help you relax, and then we'll move you to the operating room. The cataract surgery procedure usually lasts 15 minutes but may take longer depending on your specific procedures.

After surgery, you will wait in the recovery area until you are stable. You must pre-arrange for someone to take you home after surgery—you may not drive yourself home. To obtain the best outcomes, follow your postoperative instructions and return for your scheduled postoperative appointments.



NORTHWEST EYE SURGEONS



Renton Physician Teams: From left, Sarah E. Sandhaus, OD, FAAO, Paul E. Israelsen, MD, Agnes S. Huang, MD, MSEE, Ali S. Mainayar, OD, Susan Liu Hoki, MD, Alana N. Curatola, OD.

Optometrist

A Doctor of Optometry (OD) who provides primary or medical eyecare and vision care, performs eye exams to detect vision problems, and prescribes corrective lenses.

Ophthalmologist

A specialist surgeon and Medical Doctor (MD) in the branch of medicine concerned with the study of, and the medical and surgical treatment of disorders and diseases of the eye.

What to Expect From Your Team: Pre- and Post-Op Care

Together, your Northwest Eye Surgeons physician team and your family eye doctor will consult on the best options for your care, before and after your surgery. We recommend you talk with your eye doctor as you consider options to correct your vision. Upon request, your family eye doctor will co-manage your care after surgery, including prescribing glasses if you need them. Northwest Eye Surgeons does not prescribe glasses. We can also manage your postoperative care as needed.

After your surgery, we send a summary report to your family eye doctor. After subsequent visits with your family eye doctor, he/she will also submit a detailed report to Northwest Eye Surgeons, so we can carefully follow your progress.

We're available for consultation at any time following your surgery. You can learn more about our physician teams of surgeons and optometrists at nweyes.com.

Our Cataract Services

A cataract is a cloudiness that develops in the lens of your eye over time. Similar to how fog or dirt can accumulate on a window and limit the view through the glass, blurred vision from a cataract causes difficulty with reading small print, depth and color perception, and may cause glare or poor night vision. Cataracts are commonly age-related, however trauma, UV exposure, medications and medical conditions can all be leading factors which may cause cataracts.

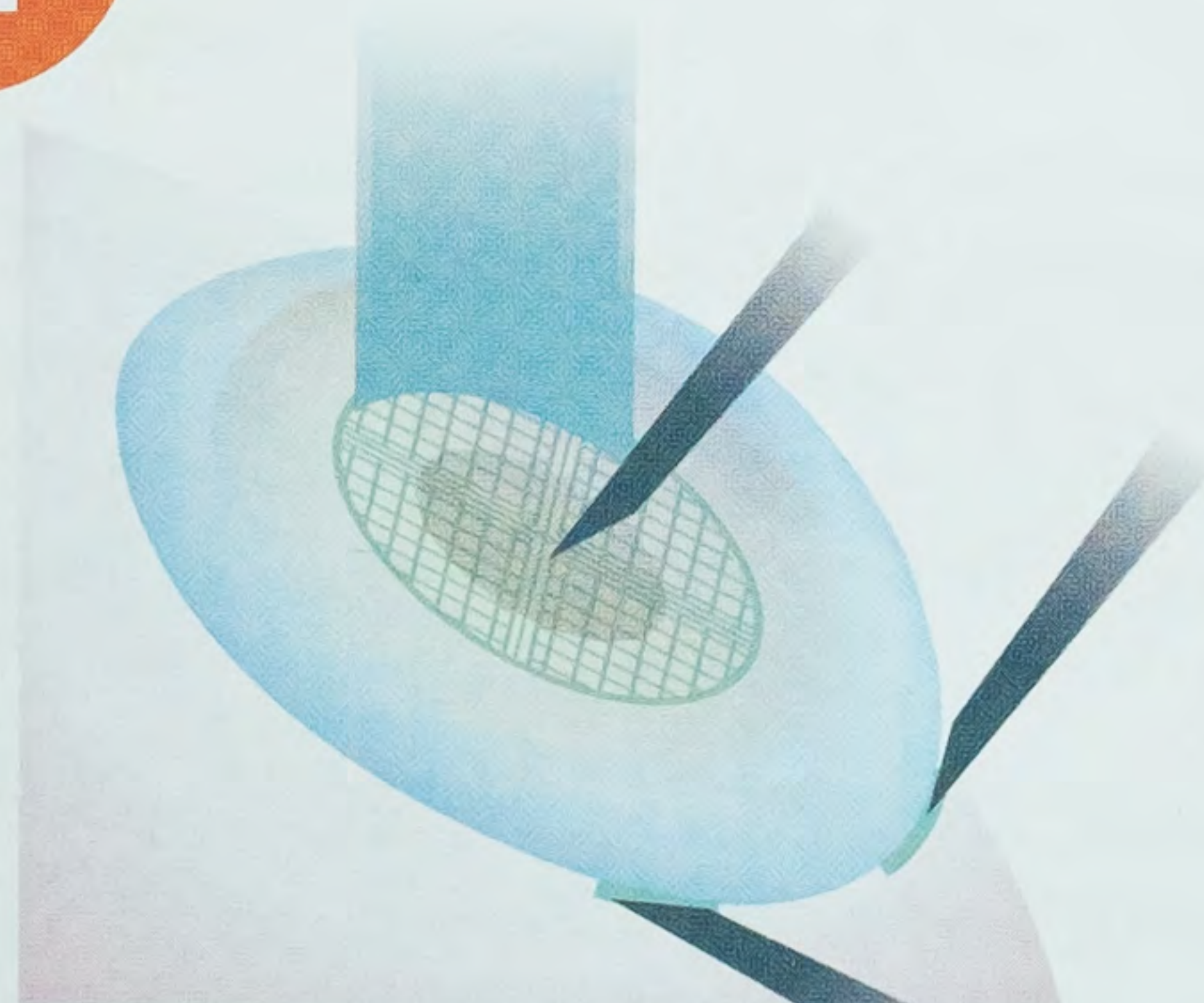
Symptoms of cataract may include:

- Blurred or cloudy vision
- Faded colors
- Headlights, lamps, or sunlight may cause glare or appear too bright
- Poor night vision
- Double vision or multiple images in one eye (this symptom may clear as the cataract gets larger)
- Blurry vision despite new eyeglasses or contact lenses

When a new eyeglass prescription does not provide sufficient clarity of vision, cataract surgery may be the effective solution. Your family eye doctor can help you make the right decision. If you choose cataract surgery, your physician team will carefully consider your current eyeglasses prescription and your lifestyle, to help give you the optimal visual outcome.

Laser Cataract Surgery

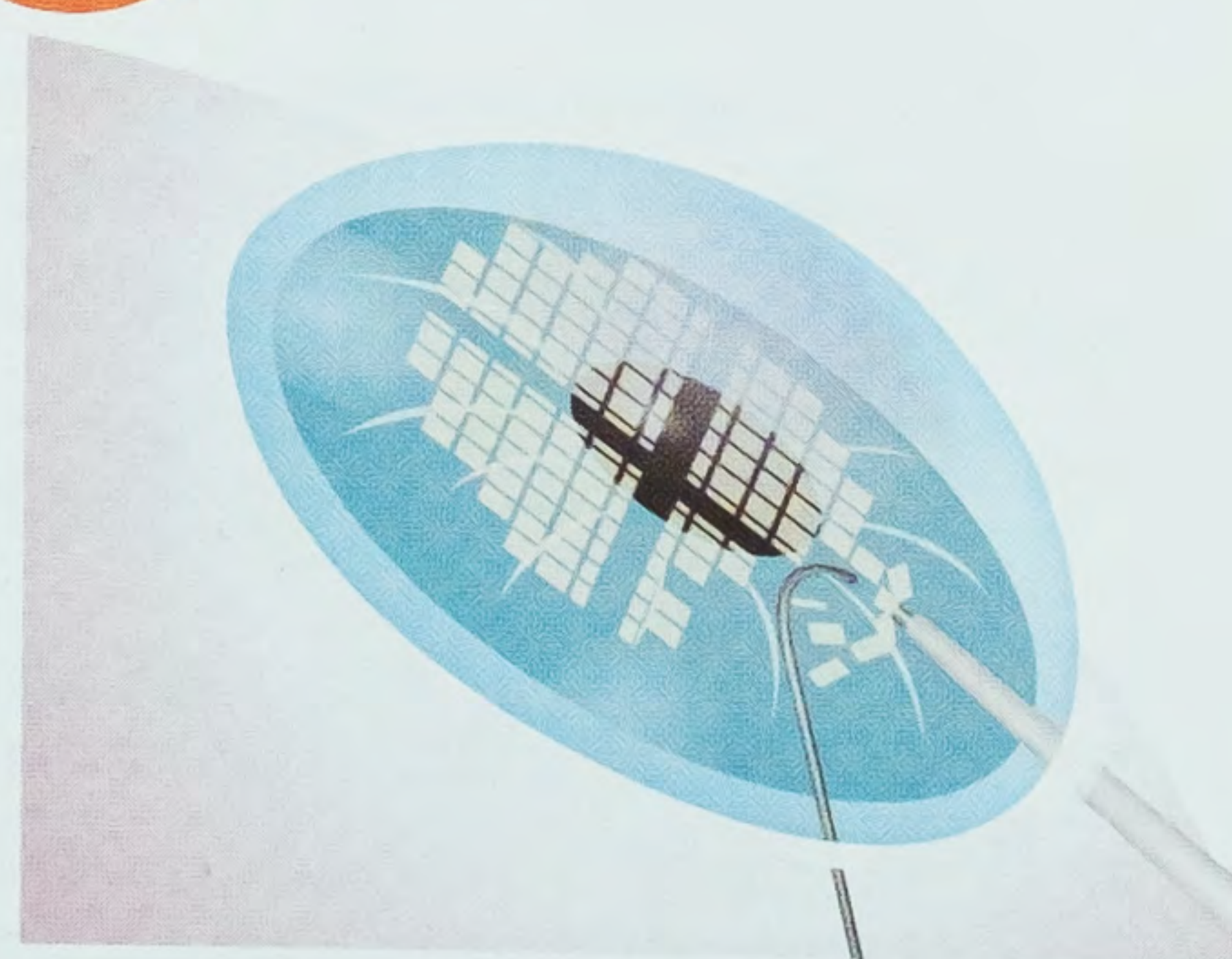
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Step 1: Incision

To remove your cataract, your surgeon will make an incision in your cornea and lens capsule.

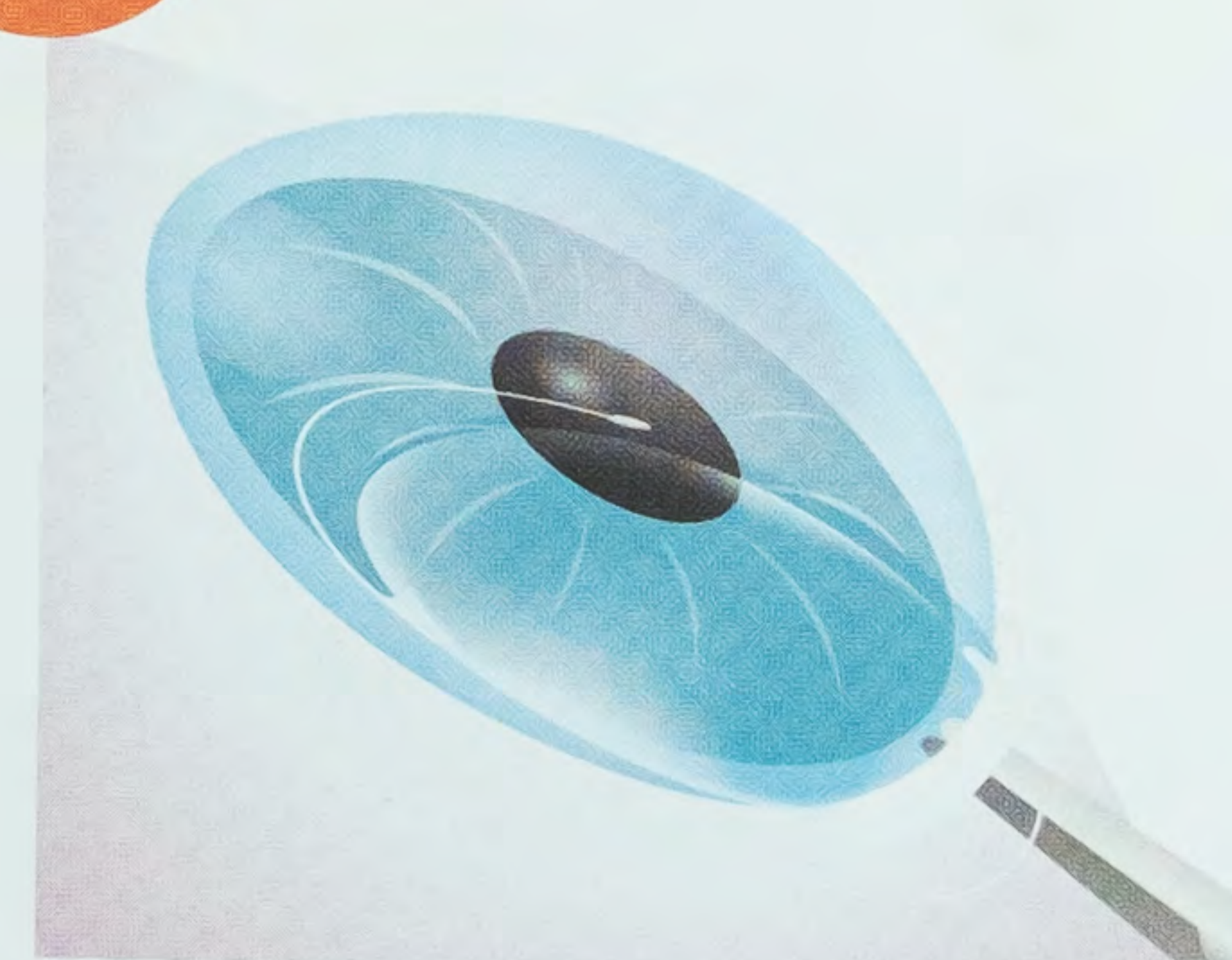
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Step 2: Lens Removal

Using a laser, your surgeon will break up the clouded lens and remove it with ultrasound technology.

3



Step 3: Implantation

An artificial lens called an IOL, or intraocular lens, will then be implanted to correct your vision.



Benefits of Cataract Surgery

Cataract surgery replaces the cloudy lens and gives you the clear vision for:

- More independence
- Confidence in everyday activities
- Safety
- Reduced falls
- Greater enjoyment of social activities, passions and hobbies

“After my surgery, what looked like looking through a dirty or smoke-colored glass, became crystal clear. It’s given me the best of both worlds—both the professional and the quality of life outside of work. I see clearly. I see 20/20. It’s amazing and you can’t put a price tag on that.”

-Rosemarie, Vision Correction patient

“Vivid colors are the most amazing to me. My husband and I travel a great deal, going to see interesting places and beautiful art. Now, I really see the world in all its brilliance! I also notice a big difference when driving or riding in a car. After surgery, I was more relaxed because I could actually see the road better.”

-Diane, Vision Correction patient

“I like to live on the edge, and a lot of things we like to do together demand good eyesight. I noticed a deterioration in my eyesight until finally, I couldn’t recognize the face of my own wife. I had cataract surgery with Vision Correction in both eyes and now I can see as well as I used to. I feel young. My eyes are perfect now.”

*-Steven, Vision Correction patient
active rock climber, juggler and mountain biker*

Cataract Surgery with Vision Correction: A Customized Solution to Fit Your Lifestyle

Using advanced technologies and all laser surgery, we offer Cataract Surgery with Vision Correction to complement your visual needs, accommodate your lifestyle, and reduce your need for glasses. Cataract Surgery with Vision Correction is a customized solution for you. No more “one-size-fits-all” cataract surgery.

Not all patients are candidates for Cataract Surgery with Vision Correction and only your surgeon can determine if Vision Correction is an appropriate solution for you. Cataract Surgery with Vision Correction includes additional surgical correction of vision to reduce dependence on glasses and is not covered by most insurance companies because it is not considered “medically necessary.” Insurance does cover a portion of standard cataract surgery to correct your vision enough to use glasses. Patients who choose Cataract Surgery with Vision Correction will need to pay an extra out-of-pocket cost, in addition to deductibles, copays or co-insurance costs.



Cataract Surgery with Vision Correction Comparison

	Cataract Surgery with Vision Correction 2	Cataract Surgery with Vision Correction 1	Cataract Surgery without Vision Correction
How will my vision be impacted?	<p>Corrects vision at multiple distances—far (driving, etc.) and close vision both intermediate (dashboard, computer, tablet) and near (reading, phone). Corrects astigmatism (sharpens vision)</p> <p>You'll see at multiple distances—far (distance, driving, etc.) and close (computer, dashboard, reading). Some patients cannot be corrected for reading and near detail.</p>	<p>Corrects vision at one type of distance. Most people choose far vision (driving, etc.) and use glasses for close vision both intermediate (dashboard, computer, tablet) and near (reading, phone).</p> <p>Corrects astigmatism (sharpens vision)</p> <p>You'll see either far (distance, driving, etc.) or close (computer, dashboard, reading), but not both.</p>	<p>Corrects vision with glasses. Glasses will be needed to see at all distances—far (driving, etc.), intermediate (dashboard, computer, tablet) and near (reading, phone).</p>
Will I still need to wear eyeglasses?	<p>Occasionally. Glasses may be needed for prolonged reading, small print, or fine detail. May also be needed for some other tasks when you need perfect vision.</p>	<p>Yes. You'll see at the distance you choose to correct, either far (driving) or near (reading, etc.), but not both.</p> <p>Glasses will be needed for the vision you don't choose to correct, and possibly when you need perfect vision at the corrected distance.</p>	<p>Yes, glasses will be needed for best vision at all distances.</p>
What advanced technologies are used?	<p>Advanced multi-focal lenses and depth of focus lenses, precision measurements, astigmatism correction with laser or lens implants, and laser cataract technology.</p>	<p>Advanced mono-focal single vision lenses, precision measurements, astigmatism correction with laser or lens implants, and laser cataract technology.</p>	<p>Basic Lens implant</p> <p>Laser cataract surgery used in some cases when medically indicated. Laser will not correct vision in these cases.</p>
What are the benefits?	<p>Advanced lenses and technology to customize vision at multiple distances</p> <p>Reduced dependence on glasses</p> <p>1 year satisfaction promise</p>	<p>Advanced lenses and technology to customize vision at one distance</p> <p>Reduced dependence on glasses</p> <p>1 year satisfaction promise</p>	<p>Basic lens implants help vision to be restored with glasses at all distances</p>
Does insurance cover?	<p>Additional Vision Correction not covered by insurance</p> <p>HSA or FSA accepted</p> <p>Care Credit eligible</p>	<p>Additional Vision Correction not covered by insurance</p> <p>HSA or FSA accepted</p> <p>Care Credit eligible</p>	<p>Covered by Insurance</p> <p>HSA or FSA accepted</p> <p>Care Credit eligible</p>

“The surgery was wonderful—it’s nothing to be afraid of. It doesn’t take much time. I have this new vision in my eyes and it’s like an awakening. I could see again like when I was a kid. I say that I was blind, and now I can see again, and that’s the truth. It’s the most wonderful thing that ever happened. It just opens a new world for you.”

-Terry, Vision Correction patient

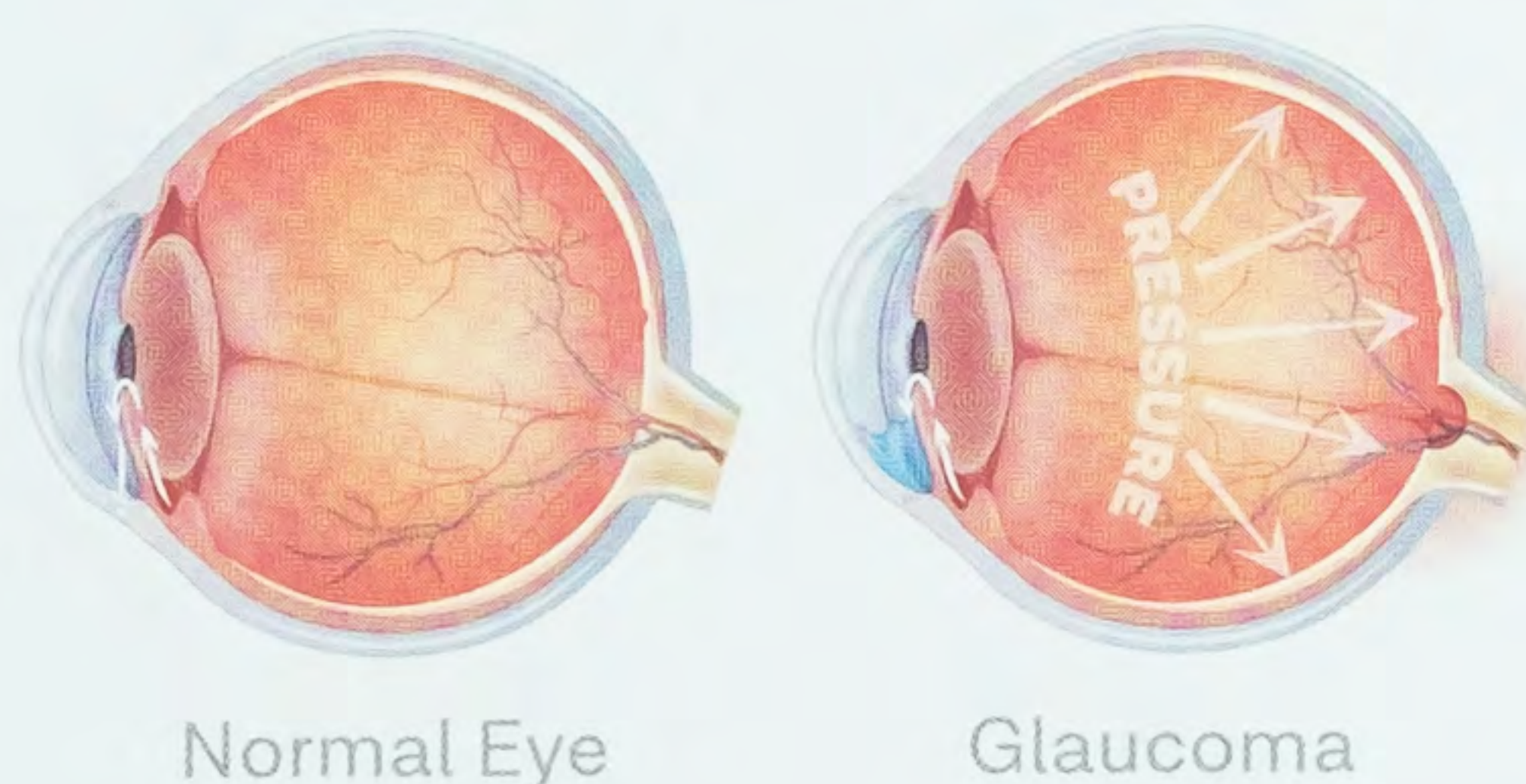


Our Specialty Eye Services

In addition to cataract surgery, we offer full spectrum care, treatment and surgery in the following areas.

Refractive Surgery

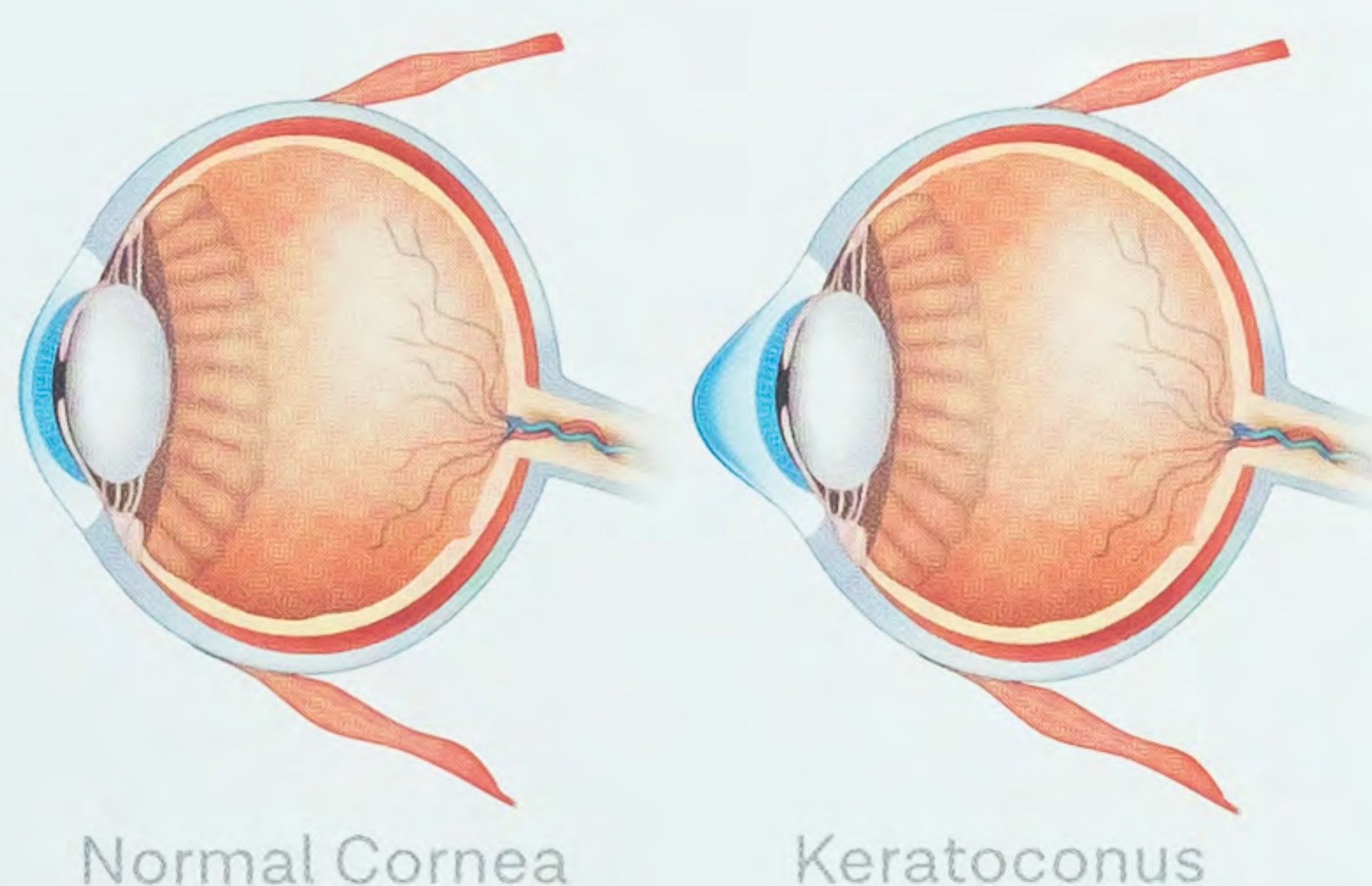
We provide the most advanced laser vision correction and refractive lens-based procedures to precisely correct and optimize your vision. Our laser vision correction offerings include SMILE (**S**MaLL **I**ncision **L**enticule **E**xtraction), LASIK (**L**aser **I**n **S**itu **K**eratomileusis), and PRK (**P**hotorefractive **K**eratectomy). In addition, we offer lens-based refractive surgery with RLE (**R**efractive **L**ens **E**xchange) and ICL (**I**mplantable **C**ollamer **L**ens). RLE is a viable option to reduce dependence on glasses or contact lenses for patients who do not qualify for other forms of refractive surgery. This replaces the natural lens of the eye when cataracts are not present. Patients will need to pay additional out-of-pocket costs as these surgeries and advanced technology tools are considered elective.



Glaucoma

Glaucoma is a condition that causes progressive damage to the optic nerve and can result in vision loss or blindness. Most commonly, pressure builds up in the eye and damages the optic nerve. Regular periodic examinations and specialized testing can detect glaucoma early, and is the only way to prevent irreversible loss of vision.

When glaucoma is diagnosed, our doctors analyze this information and work with you and your family eye doctor to determine the best course of treatment. Glaucoma may be controlled with eye drop medications to lower eye pressure, or with laser or surgical procedures. Our fellowship-trained glaucoma specialists perform the latest in MIGS (Minimally Invasive Glaucoma Surgery) and can customize treatment depending on the type and severity of glaucoma.



Cornea

Damage to the cornea, the front surface of the eye, can occur at any age from injury, infection, aging or other health-related problems. This may cause pain, decrease vision or blindness. Our cornea fellowship-trained specialists are experts in medical and surgical treatment of corneal diseases such as keratoconus, Fuchs endothelial dystrophy, infections and traumatic injuries. We are the first in the Pacific Northwest to offer cornea collagen cross-linking and have performed more than 1,000 cross-linking procedures (KXL). As specialists in keratoconus treatment, we also offer intrastromal corneal ring implants

(INTACS) as well as new laser topography-guided PRK that can decrease astigmatism and improve vision following cross-linking. In addition, we perform the latest techniques in corneal transplantation, partial cornea replacement with DMEK, DSEK, DALK and full thickness standard and laser corneal transplants.

Pediatrics and Strabismus

Our pediatric specialists work with children and their families on developmental eye problems, congenital cataracts, inherited diseases and infectious eye diseases. We take great care to involve the child's family in the assessment and treatment of the child's eye problem, and team with the child's physician and family eye doctor to ensure a positive outcome.

Strabismus is the misalignment of the eyes, with one eye focusing straight ahead and the other turning in, out, up or down, which can cause blurred or double vision. It is most common in children, but also occurs in adults. Your child's vision may improve with early diagnosis and proper treatment including exercise, eye drops, patching and glasses. If surgery is needed, our surgeon will work with you, your family eye doctor or family physician to maximize your child's safety and the procedure's effectiveness.

Retina, Vitreous and Uveitis

Damage to the retina at the back of the eye is caused by disease, such as diabetes, illness, infection, injury or aging. Many blood vessels nourish the retina. When retinal vessels leak or become obstructed, vision can become blurry or lost completely. The vitreous is the gel-like fluid in the eye, which can also affect the retina as you age. Uveitis is the term for inflammation in the eye, and can pose a serious threat to vision, as well as cause painful, recurrent symptoms.

Our doctors will work with your eye care doctor and, using state-of-the-art diagnostics, determine the best course of treatment for your specific problem. Our skilled surgeons and staff are experienced in treating and managing all types of vitreo-retinal problems using medications, and laser and surgical methods.

Eyelid Surgery and Facial Rejuvenation

In some cases, the structures of your eyelids can inhibit your vision. Performed on an outpatient basis, eyelid surgery can reduce excess skin and fat in the upper or lower eyelid, remove eyelid tumors, correct poor eyelid position or droop, or treat infections or injuries to the eyelid. We also offer other cosmetic procedures for facial rejuvenation, including injections to smooth fine facial wrinkles and improve the skin's appearance.

Payment & Insurance

Northwest Eye Surgeons' facilities are Medicare certified and we are a provider for many commercial insurance carriers and managed care organizations. Often medical insurance covers eye surgery, while vision insurance just covers eyeglasses and general eye exams. We accept cash, check, VISA, MasterCard and Care Credit for payment. Healthcare Savings Accounts (HSA) and Flexible Savings Accounts (FSA) often can be used to pay for our services. Check with your payer for details.

Payment in full or insurance assignment is required prior to surgery. Please be prepared to fulfill any financial obligations on the day of your visit. We encourage you to contact your insurance provider to determine your coverage prior to your initial visit. Our insurance specialists are available to answer questions you may have. Please call 800.826.4631 for billing and insurance assistance.

Thank you for your trust.

We appreciate the opportunity to work together with you and your family eye doctor to help you achieve your best vision. We're available to answer your questions and honored by your trust. Please visit nweyes.com to learn more about our physician teams and specific medical eye conditions.

Thank you for choosing



NORTHWEST EYE SURGEONS

for your medical eye care.

Seattle - Northgate

332 NE Northgate Way (Level 2)
Seattle, WA 98125

Sequim

795 N. 5th Ave.
Sequim, WA 98382

Smokey Point

16404 Smokey Point Blvd. Suite 303
Arlington, WA 98223

Renton

1412 S.W. 43rd St. Suite 310
Renton, WA 98057

Mount Vernon

1306 Roosevelt Ave.
Mount Vernon, WA 98273

Whatcom Eye Surgeons Bellingham

2075 Barkley Blvd. Suite 205
Bellingham, WA 98226

Qlosi[™] (pilocarpine HCl
ophthalmic solution) 0.4%

Have you
increased the
text size
on your phone?

It's time you
meet **Qlosi**.

Qlosi is an FDA-approved eye drop
for presbyopia that brings near vision into focus
so you can get back to seeing your texts,
to-do lists, or your favorite book clearly.

- **Clear near vision on demand**
(1-2 drops per eye per day, 2-3 hours apart)
- **Convenient, flexible dosing**
- **Near-neutral pH, similar to water**



Ask your eye doctor if Qlosi is right for you.

Uses

Qlosi[™] (pilocarpine ophthalmic solution) 0.4% is a prescription eye drop
used to treat age-related blurry near vision (presbyopia) in adults.

Important safety information

Do not use Qlosi[™] if you are allergic to any of the ingredients.

Use caution when driving at night or performing hazardous activities in poor
lighting. Qlosi[™] may cause temporary dim or dark vision.

Temporary problems when changing focus between near objects and distant
objects may occur. Do not drive or operate machinery if your vision is not clear.

Seek immediate medical care if you experience sudden onset of flashes
of light, floaters or vision loss.

If you wear contact lenses, they should be removed before using Qlosi[™].
Wait 10 minutes after dosing before reinserting your contact lenses.

Do not touch the tip of the vial to the eye or any other surface to
prevent eye injury or contamination.

If you use more than one eye medication, use each medication at least
5 minutes apart.

The most common side effects reported with Qlosi[™] in clinical trials
are eye pain when administering Qlosi in your eye and headache.
These are not all of the possible side effects with Qlosi[™].

You are encouraged to report all side effects of prescription medicines
to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088

Please see full Prescribing Information here: qlosi.com/prescribing-information

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QLO 00200 04/2025