

# Alternative Treatment Options to Common Ocular Disease

## What Works and What Doesn't



Scot Morris, O.D.  
e: [scot@mecace.com](mailto:scot@mecace.com)

### Course Description

This course will explore alternative treatments to many of the common ocular diseases including environmental changes, pharmaceutical and nutraceutical alternatives as well as surgical and other non-conventional approaches to disease management.

Course Length 2 hours

COPE #50028-AS

Audience: General

### Speaker Disclosure

In the last 24 months I have received compensation in some fashion from the following entities for the stated reasons.

CONSULTANT/ADVISORY BOARD: ALCON, Allergan, Bausch & Lomb, Essilor, GPN, Luxottica, MARCO, 1800 Doctors

AUTHOR/EDITOR: Optometric Management (Chief Optometric Editor)

COMPANY OWNERSHIP: Morris Education & Consulting Associates, LLC, Eye Consultants of Colorado, 4ECP's

### Course Objectives

1. Discuss the various treatment alternatives to periorbital care including cosmetic and lid disease.
2. Explore various nutritional and alternative medicine treatments for ocular surface disease including dry eye, ocular allergies and infectious corneal disease.
3. Discuss the newest surgical treatments and post-operative care from the perspective of infection control and pain management.
4. Understand the basics of effective and efficient history taking as it relates to dry eye
5. Discuss the effects of exercise and nutrition on wound healing, systemic disease, and inflammation control
6. Explore the various alternatives to treating traumatic ocular diseases such as RCE and corneal abrasion including pain management



5) The Rules (3 min)

- a. Have an Open Mind: There are many alternatives to conventional thought
- b. Eastern medicine/Western medicine/ Combined approach
- c. What works for one doesn't work for all

6) Cosmetics (7 min)

- a. Lash Enhancement
  - i. Environmental: Stop the Extension Madness (Reality check)
  - ii. Mechanical: Treat the MGD and prevent initial loss
  - iii. Pharmaceutical: Prostaglandins
  - iv. Nutraceuticals: This is Hair: Keratin intake, Hormonal influence
  - v. Alternatives/Other: Lift and Separate 😊
- b. Periorbital Edema/ The Bags
  - i. Environmental: Manage chronic allergies, Sleep
  - ii. Mechanical: Cold Compress Alternatives/Sleep Mask
  - iii. Pharmaceutical: Topical NSAID's, Topical Steroids, topical decongestants, Oral Benadryl
  - iv. Nutraceuticals
  - v. Surgical: Lid Lipo
- c. Blepharoptosis/Floppy Eyelid/Crow's Feet
  - i. Environmental
  - ii. Mechanical: Sleep mask
  - iii. Pharmaceutical: Topical Steroids
  - iv. Nutraceutical: Vitamin C, Moisturizers
  - v. Surgical: Lid Lipo, Botox, Collagen Injections, Blepharoplasty
  - vi. Alternatives: Sleep Disorder Clinic Evaluation

7) Infectious Lid Disease (3 min)

- a. Environmental: WASH YOUR FACE!!!
- b. Mechanical: Lid Hygiene Options
- c. Pharmaceutical: Topical Ab's,
- d. Nutraceutical: Control Seborrhea/EAT right
- e. Alternative (Coconut Oil/Tea Tree oil)

8) Allergic Eye Disease (5 min)

- a. Environmental: Allergen Sensitization vs. Avoidance
- b. Pharmaceuticals (Brimonidine for ocular decongestant)
- c. Nutraceutical: Honey and other foods
- d. Alternatives/Other: Homeopathic Options, acupuncture



5) Corneal Disease (20 min)

- a. Salzmann's Nodular Degeneration (Cyclosporine)
  - i. Environmental: Sun Wear
  - ii. Mechanical: BSCL
  - iii. Pharmaceutical: Cyclosporine and Steroids, Oral NSAID's
  - iv. Surgical: Debridement
- b. SLK
  - i. Environmental: Sun wear
  - ii. Pharmaceutical: NSAID's, Steroids, Cyclosporine, Topical Androgens
  - iii. Nutraceutical: Omega Three's
  - iv. Alternatives/Other: Betadyne, Hormone Therapy, Amniotic Membrane
- c. Corneal Infiltrative Disease
  - i. Environmental: Wash the Case, hands
  - ii. Mechanical: Fix the Contact Lens Problem, H2O2 Solutions
  - iii. Pharmaceutical: Topical Ab's, Topical Steroids, Wound Healing Agents
  - iv. Nutraceuticals: Vitamin C
- d. EKC
  - i. Environmental: Avoidance
  - ii. Pharmaceutical: TO Steroid or Not, Antivirals
  - iii. Nutraceutical: Lysine,
  - iv. Alternatives/Other: Betadyne
- e. Bacterial Keratoconjunctivitis
  - i. Environmental: Wash Your Hands and lids
  - ii. Pharmaceutical: Brimonidine,
  - iii. Alternatives/Other: Betadyne
- f. Herpetic Disease
  - i. Environmental: Stress Relieve, Avoid Triggers
  - ii. Mechanical: Debridement
  - iii. Pharmaceutical: Anti-virals
  - iv. Nutraceutical: Lysine
  - v. Alternatives/Other
- g. Sterile Ulcers
  - i. Environmental: Manage Stress
  - ii. Mechanical: Protect against Shear forces, BSCL, Amniotic Membrane
  - iii. Pharmaceutical: Steroids and NSAID's
  - iv. Nutraceutical: Eat RIGHT!!

--	--

6) Dry Eye (8 min)

- a. Environmental: Humidifiers, Environmental Management
- b. Mechanical: Use the “right” Tears for the condition
- c. Pharmaceuticals: (Brimonidine) (Cyclosporine), topical androgens
- d. Nutraceutical: Omega-3 (Animal vs Plant), Vitamin D
- e. Alternatives/Other: Autologous Serum, Hormone Therapy

7) Contact Lens Issues (5 min)

- a. Drop Out
  - i. Environmental: Manage their Exposure
  - ii. Mechanical: CL Solutions
  - iii. Pharmaceutical: Treat the Dry Eye
  - iv. Nutraceutical: See Dry Eye
  - v. Alternatives: Refractive Surgery or glasses

8) Surgical Care (7 min)

- a. Corneal Transplant/ LSCD
  - vi. Environmental: Find the Cause of LSCD
  - vii. Mechanical: BSCL, ATS, amniotic membrane
  - viii. Pharmaceutical: Steroids, NSAID’s, and cyclosporine
- b. Post Refractive Surgery Glare (LASIK or MF IOL)
  - ix. Environmental: Anti-glare, materials and tints
  - x. Mechanical: Correct Night Rx
  - xi. Pharmaceutical: brimonidine, ATS

9) Cataracts (7 min)

- a. Environmental: PREVENTION: Eat right, don’t smoke, Sun wear
- b. Pharmaceutical: Cataract drops are coming!!!
- c. Nutraceutical: Vitamin C

10) Uveitis (10 min)

- a. Environmental: Stress Avoidance
- b. Pharmaceutical: HA5%, Steroids, CsA, Oral NSAID’s and Steroids
- c. Nutraceutical: Eat RIGHT
- d. Alternatives/Other

11) Glaucoma (7 min)

- a. Environmental; Exercise
- b. Mechanical: Eat RIGHT!!, stop smoking; get it under control
- c. Pharmaceutical: 5 drug classes
- d. Nutraceutical: Neuroprotectors
- e. Alternatives/Other: THC



12) Retinal Disease (3 min)

- a. Environmental: Reduce systemic risk factors, smoking cessation, exercise
- b. Mechanical
- c. Pharmaceutical
- d. Nutraceutical: Eat Right
- e. Surgical: Anti-VEGf
- f. Alternatives/Other

13) Traumatic Eye Issues (7 min)

- a. RCE/Abrasion
  - i. Environmental: humidifiers
  - ii. Mechanical: BSCL, Unga, lubricants, Sleep mask, tape lids, eye protection
  - iii. Pharmaceutical: hyperosmotics, Azithromycin, Oral DCN
  - iv. Nutraceutical: Vitamin C
  - v. Surgical: Debridement, PTK
  - vi. Alternatives/Other: Amniotic Membrane
- b. Periorbital Lacerations
  - vii. Alternatives/Other: Cyanoacrylate

14) Systemic Disease with Ocular Manifestations (5 min)

- a. Rosacea (Omega Threes)
  - viii. Environmental: Avoid Triggers
  - ix. Mechanical—Sunscreen and sun wear
  - x. Pharmaceutical: DCN, minocycline,
  - xi. Nutraceutical: Eat for your body, Omega-3 and Saturated fats

15) Pain Management (5 min)

- a. Environmental
- b. Mechanical: Protect against the offending agent
- c. Pharmaceutical: Opioids, NSAID's, Steroids, HA5%
- d. Alternatives/Other: THC

