

## RETINAL DETACHMENT

Retina is the lining of the back of the eye which works like film in a camera creating the images that result in vision.

Vitreous is a solid clear gel that fills the center of the eye and is attached to the retina. During aging, the gel turns to liquid.

After the age of 40 there is so much liquid that the vitreous collapses and pulls away from the retina. At this point most people see

### *Floaters*

Floaters can be cured with sutureless minimally-invasive vitrectomy that takes 5-10 minutes and heals in 1-2 weeks.

If the vitreous pulls on the retina as it separates away, it can tear the retina. If this happens, you may see

### *Flashing Lights*

If liquid vitreous gets through the torn part of the retina, accumulates under the retina, and lifts the retina away from its normal position, you may see a descending or rising

### *Curtain of Darkness*

This may be a retinal detachment, which can be cured with surgery, sometimes in the office.

## MACULAR DEGENERATION

The macula is the central portion of the retina that sees small objects and straight ahead.

Due to aging, the macula sometimes degenerates and loses the ability to see small details. This is called AMD and is the number one cause of blindness in Americans over 65 years of age. If you see

### *Central Distortions*

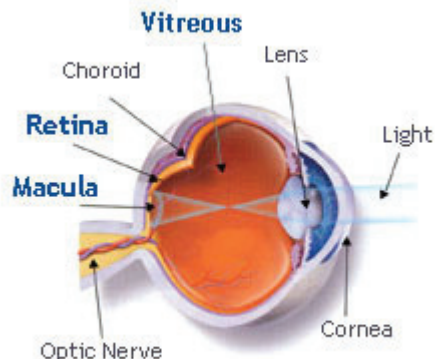
you may also have abnormal blood vessels growing underneath the degenerated macula, a condition called Wet AMD. This can lead to

### *Central Blindness*

Drug injections or Laser therapy may save your vision, but this must be done promptly and by a vitreo-retinal specialist at the VMR Institute.

## J. Sebag, MD, FACS, FRCOphth, FARVO

Graduate of Columbia & Harvard  
Fellow, American College of Surgeons  
Fellow, Royal College of Ophthalmologists  
Member, American Ophthalmological Society  
Fellow, Assoc Research & Vision in Ophthalmology  
Diplomate, American Board of Ophthalmology  
Guggenheim Fellow, 1983-1984  
Honor Award, Vitreous Society, 2002  
Honor Award, American Academy Ophthalmology  
Past President, American Diabetes Association, OC  
Professor of Clinical Ophthalmology, USC  
LA MAGAZINE SUPER DOC 2010 through 2012



## Lawrence P. Chong, MD

USC Valedictorian, 1977  
Harvard Medical School, 1981  
Doheny Eye Institute Residency, 1985  
Vitreoretinal Fellow, Duke University, 1986  
Professor of Ophthalmology, USC  
Retina Director, Doheny Eye Group, 1993-01  
Fellowship Director, Doheny Retina Institute  
Staff Surgeon, VMR Institute, 2008 – present  
Honor Award, American Academy Ophthalmology  
Diplomate, American Board of Ophthalmology  
Best Doctors in America, 1996 to present  
LA MAGAZINE SUPER DOC 2010 through 2012

## ABOUT VMR

The VMR Institute is a state-of-the-art treatment and research facility providing laser therapy, drug injections, and surgery of the

### *Vitreous, Macula & Retina (V - M - R)*

We offer superior specialty care in a private setting located in the heart of Orange County, where exceptional treatment is delivered in a compassionate environment.

The Doctors of VMR are world-renowned authorities in diagnosing and treating:

- Diabetic Retinopathy
- Macular Degeneration
- Retinal Detachments
- Macular Holes
- Macular Pucker
- Retinal Vein Occlusions

## DIABETIC RETINOPATHY

If you have Diabetes, there is a risk of problems with the blood vessels of the retina, called Diabetic Retinopathy. This is the leading cause of blindness in Americans 20-74 years of age. At first, there may be no symptoms. Still, you need to be examined by a retinal specialist. If Diabetes has damaged the blood vessels inside your eyes, laser treatments and drug injections can be performed to prevent vision loss. Surgery can also be performed to restore lost vision.

**(714) 901-7777**

**[www.VMRinstitute.com](http://www.VMRinstitute.com)**



## VMR Institute

is proud to offer pioneering diagnostic and therapeutic approaches to complex disorders of the

VITREOUS, MACULA, & RETINA (VMR)

When LA Magazine asked 31,000 doctors "Who would you choose as your doctor?" only two vitreo-retinal specialists in Long Beach and Orange County were named by their peers in 2010, 2011 and again in 2012 as

*Super Doctors of Southern California*

Dr. Sebag & Dr. Chong of the VMR Institute in Huntington Beach

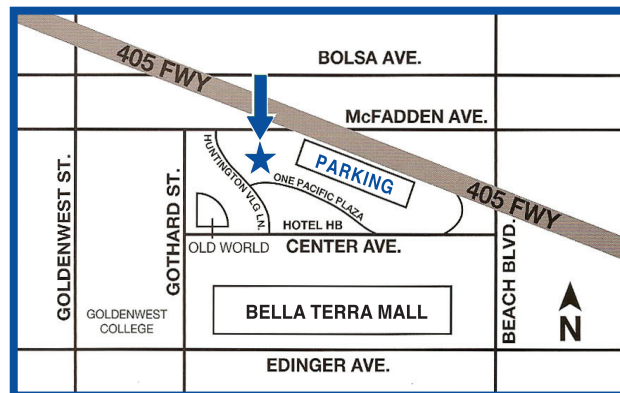
### VMR Institute

*bringing university-level care to the local community in a private setting*



## VMR Institute

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Vitreous ♦ Macula ♦ Retina



## VMR INSTITUTE MISSION STATEMENT

*To provide university-level care locally in a private setting*