

TOP MEDICAL PROFESSIONALS

PROFILING
THE
"BEST OF THE BEST"
IN THE O.C.
HEALTHCARE
COMMUNITY

KATERINA KURTEEVA, MD

Board Certified Ophthalmologist with twenty years in practice

Medical Director at California Eye Associates

Tired of staring at screens all day long? Digital eye fatigue has become a top health concern. One downside is that the blinking reflex that is closer to every 5-7 seconds now extends to 20-30 seconds which results in ocular surface exposure and rapid evaporation of the protective tear film. Here are some helpful tips to reduce dry eye and eye fatigue:

- Take 20 second breaks every 20 minutes to look 20 feet away
- Use preservative-free artificial tears by a major ophthalmic brand such as Refresh, Systane or Thera tears
- Visit an ophthalmologist to discuss the state of ocular surface and tear production as well as eyelid health

Dr. Katerina Kurteeva is the first ophthalmologist in Orange County to offer Forma-I, a breakthrough for dry eye treatment, especially for challenging cases associated with autoimmune disorders like hypothyroidism, Sjogrens, and Lupus. Forma-i is the first FDA-approved radiofrequency device that warms delicate eyelid skin with radiofrequency without damaging the eye surface. The warming effect is done with energy delivered within specific parameters by trained personnel in a series of four treatment sessions two weeks apart. Forma-i treatment not only perks up sluggish meibomian glands that stabilize the tear film and help retain tears and crisp vision, but it also stimulates collagen formation and tightens loose eyelid skin providing a nice aesthetic benefit.

“Our office staff has performed Forma-i treatment on patients who report significant improvement in dry eye symptoms where other avenue of treatment did not succeed,” says Dr. Kurteeva. Radiofrequency is a novel and safe approach to dry eye treatment and meibomian gland dysfunction, reducing the incidence of styes or chalazia, and helping you maintain comfort during the working hours and at rest.

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