

**Retina of Coastal Carolina specializes in the diagnosis and treatment of diseases of the Vitreous and Retina including:**

- Diabetic Retinopathy
  - Macular Degeneration
  - Retinal Detachment
  - Retinal Tears

- Retinal Vascular Disorders
  - Retinopathy of Prematurity
  - Retinitis Pigmentosa
  - Macular Holes

- Intraocular Inflammation
  - Epiretinal Membrane
  - Intraocular Tumors
  - Ocular Trauma

The doctors and staff of Retina of Coastal Carolina would like to welcome you as our patient. We hope this pamphlet will answer some of your questions about what to expect at your appointment.

Retina of Coastal Carolina was established in 1997 with the goal of providing the most comprehensive and skilled retina care available anywhere. Dr. Westra, Dr. Van Rens and their staff are well trained in the most current treatments and management options. Our state-of-the-art facilities are equipped to provide patients with on-site evaluation and treatment of most retinal problems.

#### **Examination**

A complete retina consultation takes about two hours. You need to bring all your medications with you to your visit. A retina technician will go over your medications, take a complete history and perform preliminary testing. Both eyes must be dilated in order for the doctor to examine your retinas. This takes a minimum of 15 minutes. Once your eyes have dilated, the doctor will do a complete examination. If further diagnostic tests are necessary, he may recommend that they be done at that time. These tests are done in our office and may extend the length of your appointment.

After your exam, your eyes will remain dilated for 4-6 hours. Some eyes remain dilated for as long as 24 hours. During this time, it may be difficult to read and bright sunlight can cause discomfort. Sunglasses are recommended. Although you can drive safely while your eyes are dilated, we recommend that you make arrangements for someone to drive you home.

#### **Diagnostic Procedures and Treatments**

Evaluation of the retina often requires information that can only be obtained through diagnostic testing. We provide in-office diagnostic procedures such as optical coherence tomography, fluorescein

angiography, indocyanine green angiography and ultrasonography. Test results as well as treatment options are always discussed with patients upon completion. In some cases, treatment can be carried out the same day as your appointment.

In-office treatments for diabetic retinopathy include focal and pan retinal lasers as well as pharmacological treatment.

Patients with macular degeneration may receive laser treatment such as photodynamic therapy or transpupillary thermotherapy. We also treat macular degeneration with the drugs Lucentis, Macugen and Avastin.

#### **Hospital Surgery**

If surgery in the operating room is necessary, New Hanover Regional Medical Center in Wilmington has the surgical equipment needed. Procedures are completed on an outpatient basis. For patients out of town, arrangements can be made for them to stay at the Hospitality House the nights preceding and after surgery. Patients will need a companion to stay with them during this time.

#### **When You Come to the Office**

When you come for your appointment, please bring all your insurance cards with you. Retina of Coastal Carolina will file insurance claims for our patients as a courtesy. We accept Medicare, Medicaid, BC/BS of NC and Tricare and are participating providers with several other insurance companies. If your insurance company requires prior approval or preauthorization, it is your responsibility to inform our staff.

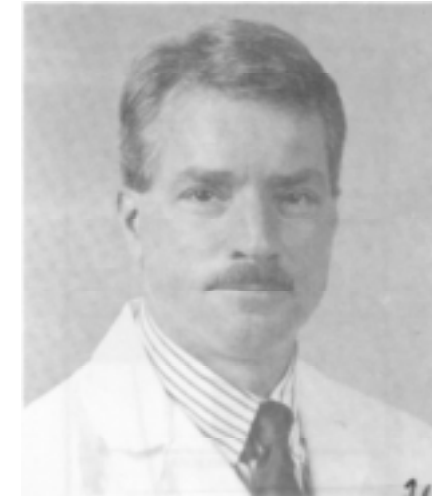
Fees not covered by insurance such as co-payments and deductibles are due at the time of your visit and will be collected then. We accept cash, checks, VISA, MasterCard, Discover and American Express. There is a \$35 charge for returned checks.



**Igor Westra, M.D.**

Dr. Igor Westra received his medical degree from Dartmouth Medical School in Hanover, New Hampshire. He completed an internship in Internal Medicine at Jackson Memorial University of Miami Hospitals in Miami, Florida. Following the completion of his Ophthalmology residency at the University of Alberta in Edmonton, Alberta, Canada, Dr. Westra completed a two year fellowship in Diseases and Surgery of the Retina and Vitreous at Casey Eye Institute/Oregon Health Sciences University in Portland, Oregon.

Dr. Westra is Board Certified in Ophthalmology and is a member of the American Academy of Ophthalmology. He also participates in many other medical groups including the American Society of Retina Specialists, the North Carolina Medical Society, and the Association for Research in Vision and Ophthalmology. Dr. Westra also serves as an Assistant Clinical Professor at the University of North Carolina, Chapel Hill.

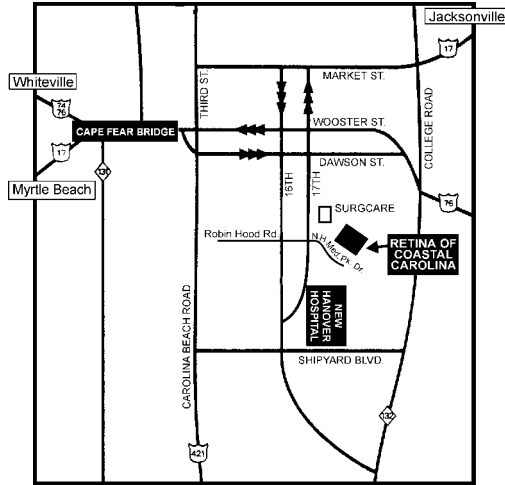


**Erik van Rens, M.D.**

Dr. Van Rens graduated from the University of Amsterdam, The Netherlands. After doing research in Anatomy and Surgery of the Orbit, he completed an Ophthalmology residency at the Academic Medical Center in Amsterdam. He then joined the Retina-Vascular Service at Rotterdam Eye Hospital in Rotterdam. At Wake Forest University Eye Center in Winston-Salem, Dr. Van Rens finished his residency in Ophthalmology as Chief Resident. He completed a clinical fellowship in endocrinology at the Medical University of South Carolina in Charleston as well as a fellowship in Vitreo-Retinal Surgery at Alton Ochsner Foundation in New Orleans.

Dr. Van Rens is Board Certified in Ophthalmology. He is a member of several national and international professional associations including the American Academy of Ophthalmology, the American Society of Retina Specialists, the North Carolina Medical Society, the Royal Netherlands Society of Medicine and the Dutch Ophthalmological Society.

## WILMINGTON



Retina of Coastal Carolina  
1801 N.H. Medical Park Drive  
Wilmington, NC 28403  
1-910-254-2023  
Fax 1-910-254-0242  
1-888-2-RETINA (toll free)

### Directions:

#### From Myrtle Beach:

Take 17 north and follow signs to Wilmington. Cross bridge into Wilmington, stay on Dawson Street until 16th Street, turn right. Turn left onto Robin Hood Road. Cross 17th Street into New Hanover Medical Park. Retina of Coastal Carolina will be on the left.

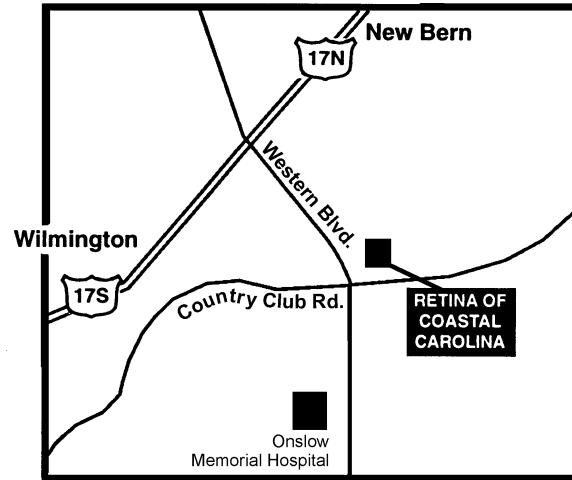
#### From Jacksonville:

Take 17 south. When in Wilmington, stay on Market Street until 16th Street, turn left. Go about 1-1/2 miles. Turn left onto Robin Hood Road. Cross 17th Street into New Hanover Medical Park. Retina of Coastal Carolina will be on the left.

#### From Whiteville:

Take 74/76 and follow signs to Wilmington. Cross bridge into Wilmington, stay on Dawson Street until 16th Street, turn right. Turn left onto Robin Hood Road. Cross 17th Street into New Hanover Medical Park. Retina of Coastal Carolina will be on the left.

## JACKSONVILLE



Retina of Coastal Carolina  
1703 Country Club Road  
Suite 104  
Jacksonville, NC 28546  
1-910-355-0896  
1-888-2-RETINA toll free

### Directions:

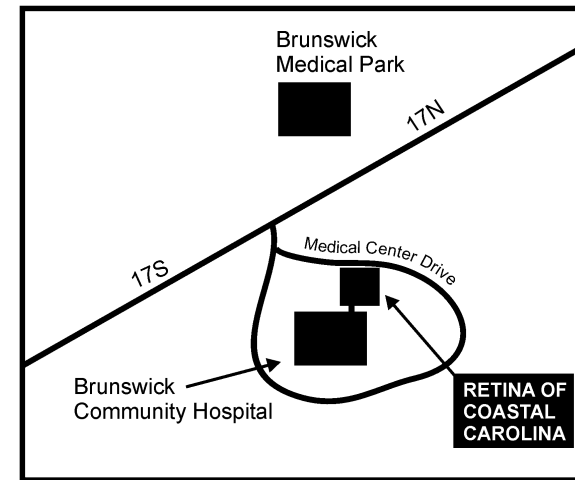
#### From Areas North, West and South of Jacksonville:

From Highway 17, turn onto Western Boulevard headed towards Onslow Memorial Hospital. At Rite Aid Drug Store, turn left onto Country Club Road. Turn left at the first stoplight into the office complex. Suite 104 is on the left.

#### From Carteret County:

Going West on Highway 24, pass Camp Lejeune and turn right onto Western Boulevard. Go past Onslow Memorial Hospital. At Rite Aid Drug Store, turn right onto Country Club Road. Turn left at the first stoplight into the office complex. Suite 104 is on the left.

## BRUNSWICK



Retina of Coastal Carolina  
15 Medical Center Drive  
Supply, NC 28462  
1-910-254-2023

### Directions:

#### From Wilmington:

Take 17 south towards Supply. Turn left onto Medical Center Drive at Brunswick Community Hospital. Take the first left and continue to office on right side. Retina of Coastal Carolina is the last office on the right. (Specialty Eye Care is also in this office.)

#### From Brunswick Area and South Carolina:

Take 17 north towards Wilmington. Turn right onto Medical Center Drive at Brunswick Community Hospital. Take first left and continue to office on right. Retina of Coastal Carolina is the last office on the right.

### To Contact Us

Office visits are by appointment only. To make an appointment, call Retina of Coastal Carolina at 910-254-2023 or toll free at 888-2-RETINA (888-273-8462) between the hours of 8:00 a.m. and 5:00 p.m. Monday through Friday.



Medical and  
Surgical Treatment  
of Diseases of the  
Vitreous and Retina

## Retina of Coastal Carolina

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**Erik van Rens, M.D.**

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Outside Wilmington, toll-free  
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[www.retinaofcoastalcarolina.com](http://www.retinaofcoastalcarolina.com)