

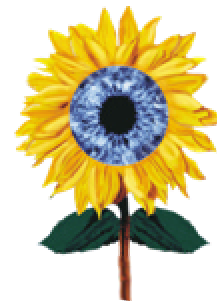
Rajesh K. Rajpal, M.D.
Gitanjali B. Baveja, M.D.
Lorie A. Logan, O.D.

See the Options Clearly: Refractive Surgery and You

Refractive surgery allows you to reduce or even eliminate your need for glasses or contact lenses. Various procedures are available to correct refractive errors including myopia, hyperopia, and astigmatism.

Myopia is also called nearsightedness—you can see well up close without glasses but need glasses to see well at a distance. Myopia arises when the front surface of your eye—called the cornea—is steeper than usual or when the eye is long. Hyperopia is farsightedness—you cannot see well up close and usually cannot see well at a distance either. People with hyperopia often have flatter than usual corneas or short eyes. Astigmatism is unequal curvature of the cornea; instead of being shaped like a basketball or sphere, the cornea is shaped like a football.

Refractive surgery improves your vision by changing the focusing power of your eye. This is accomplished by altering either of the two focusing structures of the eye—the cornea or the lens. The cornea or lens can be altered by various surgical techniques. (*cont. pg 2*)



Advances in Cataract Surgery

Modern cataract surgery makes use of an amazing array of high-tech equipment and techniques. Gone are the days when cataract surgery required a two week stay in the hospital, with your head immobilized with sandbags until you healed. Today's cataract surgery is an outpatient procedure that takes a half-hour or less and lets you get back to your normal activity level within a few days.

One of the most dramatic advances in cataract surgery involves anesthesia for the procedure. Long ago, patients were put to sleep for cataract surgery. More recently, patients were given a shot behind the eye before surgery to numb it. But now, the vast majority of cataract surgeries are performed under topical anesthesia, with only a few numbing drops placed on your eye before the start of the procedure. This eliminates both the risks and discomforts of the shot. Also, the shot made the vision blurry for several hours after surgery—with just the numbing drops, some patients notice improved vision within minutes after the surgery is completed. (*cont. pg 2*)

How can you save up to 30% on LASIK or a specialty lens cataract surgery?

Many large companies and government agencies offer flex spending accounts to their employees. Typically, the employee signs up for this pre-tax spending plan late in the year, allocating a specific amount of money to the plan. Beginning the next calendar year, the individual (or eligible family members) can utilize the funds. Once the individual pays for an eligible expense out-of-pocket, he/she can submit to be reimbursed for those expenses.

For more information, or to make an appointment, call us toll-free: 1-877-234-2020.

Visit our website: seeclearly.com

Refractive Surgery, cont.

The most common refractive surgery of the cornea is LASIK (laser-assisted in situ keratomileusis). In LASIK, laser energy is used to reshape your cornea, essentially sculpting your prescription into your eye. LASIK is nearly painless, highly successful, and you can see the improvement in your vision immediately after surgery. A slightly different procedure, called LASEK (laser epithelial keratomileusis), uses a thinner flap, and is typically performed in people whose cornea is too thin or too flat for LASIK. A third type of corneal refractive surgery is called PRK (photorefractive keratectomy), and differs from LASIK and LASEK in that no flap is made--the laser directly sculpts the front surface of your cornea to flatten it.

Each of these procedures has different risks and benefits, and each is designed for a different group of people based on the type and severity of their refractive error. If you are considering having refractive surgery, consult with a See Clearly Vision doctor to develop a personalized treatment plan.

Interesting Facts

- See Clearly Vision is honored to provide medical personnel at National Naval Medical Center and Walter Reed Army Medical Center
- Dr. Rajpal speaks internationally to other surgeons. In 2007, he lectured in Mexico and Italy.

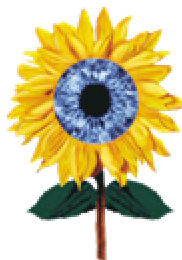
Cataract Surgery, cont.

The technique of cataract removal has also undergone major improvements. Once upon a time, the entire cataract was removed as one piece through an incision over half an inch long. Modern cataract surgery is performed through an incision less than an eighth of an inch long. A small instrument is inserted through this tiny incision, and is used to break the cataract into several small pieces that are removed through the micro-incision. There are many advantages to a smaller incision, including a faster recovery time, less need for glasses after surgery, and a smaller risk of infection after surgery. In addition, while the old incisions required many stitches to close the surgical wound, modern cataract surgery can often be performed without any stitches, or with one stitch at most.

During cataract surgery, the cloudy lens of your eye is removed and replaced with a clear lens implant. In the old days, there were no implants, and patients had to wear thick glasses ("Coke-bottle glasses") after surgery to see well. Now there are implants that are placed directly into the eye. The newest implants (called multifocal or accommodating intraocular lenses) can even provide sharp vision at both distance and up close, reducing or eliminating the need for glasses, including reading glasses, after surgery.

Routine cataract surgery is so well tolerated that it has become the most common surgery performed on adults in the United States. As a result of these many high tech developments in all aspects of cataract surgery, the operation is more successful—and has a faster recovery time—than ever before.

In our next issue, we will highlight the advances in lens options. Ask your doctor how you can reduce your need for corrective lenses after cataract surgery with new specialty lens implants.



For more information, or to make an appointment, call us toll-free: 1-877-234-2020.

Visit our website: seeclearly.com

Tysons Corner, VA

Arlington, VA

Rockville, MD