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Newsletter - July 2009

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Welcome

This month's newsletter offers an in depth discussion concerning new advancements and options related to choosing an intraocular lens implant at the time of cataract surgery. In addition we will bring you up to date with the FDA's latest recommendations for contact lens care. The final segment graphically display's a patient's post-operative experience.

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Choices for patients having Cataract Surgery



The IntraOcular Lens (IOL)

During cataract surgery, the natural lens of the eye, which has become a vision-blurring cataract, is removed and replaced with an implant called an intraocular lens (IOL). Recent advances in IOL designs provide patients with the option of restoring vision to a quality far superior to that available just a few years ago. To assist you in making the best possible choice regarding your future vision, this pamphlet describes the range of currently available IOLs.

The Standard IOL

The standard IOL is a monofocal lens implant that provides reasonably good vision at distance for most patients. Eyeglasses are usually still required after surgery to achieve the best possible vision at distance, and eyeglasses will almost certainly be required for crisp near vision and reading. If you have astigmatism, the standard IOL alone does not improve it, so you will still require eyeglasses to achieve the best focus.

Patients who wish to optimize their distance vision without using eyeglasses, after receiving the standard IOL, may need laser vision correction at an additional out of pocket cost. Such refractive procedures include LASIK, PRK or advanced surface ablation using the excimer laser.

The cost of the standard IOL is covered by Medicare and private insurance plans as part of routine cataract surgery. Patients do

Testimonials

Three generations of perfect cataract surgery in our family, thanks to Dr. Zeegen and its great to see without glasses!
— M.P.

Dr. Aizuss is Great! He is very professional, gave me confidence and eliminated my concerns and fears. It's wonderful not looking for my glasses.
— C.H.

I love waking up in the morning and being able to see. Not having to grab for my glasses and

not have to pay any additional fees for a standard IOL. However, patients still have to pay their usual deductibles and required copayments.

The Premium IOLs (The Toric IOL and The Multifocal IOL)

Premium lens implants lessen, and in many cases eliminate, the need for glasses after cataract surgery. There are two categories of premium IOLs: astigmatism correcting Toric IOLs and near and distance vision correcting Multifocal IOLs.

Medicare and private insurance plans do not cover the costs of premium IOL implants. The premium IOLs are available to patients as an additional non-reimbursed expense.

The Toric IOL

The Toric IOL corrects astigmatism. Astigmatism is a condition that causes distorted, blurry vision, and which is not corrected with the Standard IOL. If you have astigmatism, the front surface of your eye (specifically, the cornea) is shaped more like the long side of a football, rather than a normal spherical surface, such as the surface of a baseball.

The Toric IOL will reduce or eliminate the patient's astigmatism and provide an improved quality of uncorrected distance vision. The Toric IOL does not eliminate the need for reading glasses.

Ideally, the Toric IOL eliminates all of the patient's astigmatism. However, in some cases a patient's astigmatism is so severe or irregular that some mild residual astigmatism may persist after cataract surgery. In these infrequent situations, the residual astigmatism may be corrected with low power glasses to maximize focus. Your doctor may propose the option of correcting any residual astigmatism with a laser rather than eyeglasses, at an additional cost.

We are particularly enthusiastic about providing the Toric IOL for our patients who have astigmatism. We have observed that it significantly reduces or eliminates astigmatism, thus providing a quality of vision unachievable with the Standard IOL.

The Multifocal IOLs (The ReSTOR IOL and The Crystalens IOL)

The Multifocal IOL corrects both distance and near vision. The Multifocal IOL is designed for patients who want to reduce the necessity of using eyeglasses for near vision tasks (such as reading), and also for distance vision tasks (such as driving). Remember, the Standard IOL only corrects distance vision. Patients who do not elect for the Multifocal IOL typically need reading glasses after cataract surgery.



There are two types of Multifocal IOLs: the ReSTOR IOL, and the Crystalens IOL. We will discuss each.

In our experience, the ReSTOR IOL has the greatest success achieving eyeglass-free reading vision. In addition, we have seen that patients who choose the ReSTOR IOL are most likely to be eyeglass independent for the vast majority of their activities.

There may be some activities for which these patients prefer to use reading glasses, such as for prolonged close work, or for intermediate-distance tasks, such as computer use. The latest generation ReSTOR IOL is designed to improve vision in the intermediate distance zone, in addition to the distance and near vision zones. Our patients who have elected the ReSTOR lens find they no longer have to constantly search for their reading glasses when they want to pick up something and read, whether it's

put in my contacts is amazing! I have been a patient of Dr. Elkins for over 10 years. He and his staff do a good job at being very thorough
- M.G.

Dr Saulny - is a fabulous doctor! Fabulous cosmetic surgeon!
- D.N

I drove to see Dr. Kramar today without any glasses. I can now read street signs, that I couldn't see before. I am very pleased with my cataract surgery and the care I received from Dr. Kramar.
- M.P.

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a newspaper, magazine, or food label.

Patients who select the ReSTOR IOL may notice some glare or halos at night during the first few months after surgery. This is caused by multiple concentric focusing rings inherent within the design of this unique IOL, which allows it to focus both near and far simultaneously. These visual phenomena typically resolve over time, and by six months most patients no longer notice any halos or glare.

Another type of premium IOL that provides both near and distance vision is the Crystalens IOL. In our experience, the Crystalens IOL tends to produce less predictable overall visual outcomes, and less clear near vision, than the ReSTOR IOL. However, the Crystalens IOL typically provides better vision in the intermediate distance zone, such as computer display distances, and less clear vision in the very near zone, such as that needed for comfortable paperback book reading. Therefore, most patients selecting the Crystalens IOL still find the need for reading glasses for prolonged near visual tasks. Glare and halos at night tends to be less of a problem with the Crystalens IOL, since it does not employ concentric focusing rings. For patients with certain retinal problems, the Crystalens IOL may be the best-suited premium IOL to improve their intermediate distance eyeglass free vision.

Patients who have astigmatism may still be able to enjoy the benefits of a premium multifocal IOL. The Limbal Relaxing Incision (LRI) is brief and painless surgical procedure which can reduce astigmatism without the use of a Toric IOL. It can be performed at the time of the cataract surgery, or afterwards. Patients with any type of IOL and astigmatism may be a candidate for the LRI. We offer the LRI at no additional costs for patients choosing a premium IOL, if we determine that it will benefit their vision. In unusual cases, a patient's astigmatism may be so severe or irregular that treatment with a laser may be the only way to reduce the residual astigmatism. If that is the unlikely case, there is usually an additional fee.

The Choice is Yours!



Keep in mind that the IOL choice you make will impact the quality of your vision for the rest of your life. We use our eyes for almost every activity, of every waking moment, of everyday! Making the right investment now, in choosing the IOL that best suits your lifestyle, will give you the greatest chance of long-term satisfaction.

Regardless of the type of IOL you choose, there is always the possibility that a low power eyeglass prescription may be needed to achieve the best vision

possible. Choosing the right IOL now makes this necessity less likely. For patients who experience improved vision with eyeglasses after cataract surgery, laser vision enhancement to eliminate dependence upon eyeglasses is often an option.

Although in our experience, laser vision enhancement after cataract surgery is typically not needed for our premium IOL patients. We can provide laser enhancement service, at our own facility, for an additional fee.

We hope this pamphlet provides you with the information you need to make the right choice in choosing your IOL. Well-informed patients, in consultation with their ophthalmologist, make the best decisions.

We are always available to address any additional questions you may have regarding this important choice.

[Click here for more information about cataract surgery.](#)

FDA Contact Lens Recommendations

The U.S. Food and Drug Administration is taking steps to improve contact lens safety by reminding consumers of the importance of following proper cleaning and storing procedures. Patients who do not follow instructions for contact lens care and use increase their risk of serious eye infections that can lead to blindness.



Please follow this link to view the full recommendations as well as a great instructional video concerning proper contact lens care: [FDA Taking Steps to Improve Contact Lens Safety](#)

Patient Drawing Post Operation



A patient of ours sent us this picture 3 days after she had cataract surgery and a Restor lens put in.

Most Patients don't realize how much they are missing in their vision until after the cataracts are removed. This is especially true for the appreciation of the true, vibrant colors that surround us. The following drawing was done by an accomplished artist that I operated on recently. She dramatically illustrates the "Before and After" view of her subject that she is painting.

[Click here for more information about cataract surgery](#)

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