

VISION

A PUBLICATION OF THE MALONEY VISION INSTITUTE, THE VISION CORRECTION SPECIALISTS

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EYE ALLERGIES ARE LASTING EFFECT OF RECORD WINTER RAINFALL



The record rainfall that drenched Southern California this winter may be delightful for ducks. But the arrival of this spring's bounty of wildflowers is certain to cause allergy sufferers to wheeze, sneeze and drip worse than ever.

Many of these sufferers experience itchy, red, watery and swollen allergy eyes in combination with congestion and runny nose. Allergies to pollen and air pollution affect an estimated 50 million Americans. Some researchers blame pollution for the increasing

frequency of allergy among people in developed countries. So even though you've never been tormented by an eye allergy doesn't mean you're immune.

The Maloney Vision Institute's Dr. Farid Eghbali, who also serves as a clinical assistant professor at the Southern California College of Optometry, says eyes are particularly sensitive to these free allergens.

According to Dr. Eghbali, sufferers need to be aware of what to do with itchy, irritated eyes. The worst thing is to rub them. This can exacerbate the allergy symptoms. There are good treatments available.

"The cells that respond to allergy are found 50 times more in the eyes than anywhere else in the body. That's why eye irritation is so common and ocular

allergies are among the most bothersome.

The medical term is allergic conjunctivitis," said Dr. Eghbali.

Seasonal allergies that are caused by pollens are heightened when growing conditions are ideal, which is virtually all year long in Southern California. Weather also affects allergies. In dry, windy conditions airborne pollens spread easily. Conversely, rainy weather dampens pollen distribution. Year round allergies also may be caused by pet hair and dander or indoor mold.

Because these allergy triggers are ever-present, there are steps a person can take to reduce their exposure to likely causes of allergy. But it's unrealistic to expect they can be avoided all together.

There are several commonly recommended treatments for allergic conjunctivitis. Many health care professionals suggest cold compresses or artificial tears for temporary relief and to wash away irritants from the surface of the eye.

There are over-the-counter treatments such as a topical ocular decongestant or a vasoconstrictor. Prolonged use of these treatments, however, can make eyes redder. Most eye doctors recommend the use of a prescription ophthalmic solution that doesn't contain steroids. If you are suffering from seasonal allergic conjunctivitis you need to see your eye care professional several weeks prior to the change in season so that they can pre-treat your eyes. There is truth to the old saying: "An ounce of prevention is worth a pound of cure." It is more difficult to control the allergy once the symptoms have started.

RIGHTING WRONGS; 'EXTREME MAKEOVER' HELPS FREED MAN SEND A MESSAGE

NEARSIGHTED CANDIDATES SOUGHT FOR FDA STUDY ON LASIK

The Maloney Vision Institute is one of seven centers in the United States that is recruiting candidates for an investigational clinical research LASIK study. If you're nearsighted or wear bifocal glasses or contact lenses you might be eligible to participate in this study.

The study utilizes the VISX Excimer Laser System to correct visual errors measured by the VISX WaveScan Wavefront System. Candidates must be healthy, at least 40 years old and nearsighted with or without an astigmatism. The candidates chosen must be able to return for a follow-up with the study one year after the procedure.

If you or someone you know might be a candidate or you want to learn more about the study, contact us at the Maloney Vision Institute at 310-208-3937.

Wrongly convicted for a 1991 Arizona slaying and freed after a decade in prison following DNA testing, Ray Krone received an "Extreme Makeover" treatment that included vision correction surgery by Dr. Robert Maloney.

Ignominiously dubbed by the press "the snaggle-tooth killer" because his crooked teeth appeared to match bite marks on the victim, Mr. Krone shows no bitterness and only gratitude that could be likened to a "Shawshank Redemption" story of hope for a better life. Remarkably, his humor, humility and friendliness were unaffected by his ordeal.

After Mr. Krone was selected for ABC's "Extreme Makeover" he was flown last November to California. For the next two months doctors worked to erase the image of the old Ray Krone. He said Dr. Maloney recommended laser correction surgery on his left eye, a treatment called monovision, to improve his distance vision.

"I needed glasses but I never liked wearing them," said a still-athletic Mr. Krone, 47.

"In sports they can get you hurt if they fall off or if you get hit. But I started having to wear them more regularly, particularly when driving at night. I was having trouble reading road signs and my depth perception was poor," he said. "Dr. Maloney made a big difference in my life."

Mr. Krone said producers of "Extreme Makeover" told him they couldn't give him back the 10 years he lost, including two on death row. "But they told me, 'we can make you look and feel 10 years younger.' They certainly accomplished that," he said.

Now he has his life back like never before, with a full calendar of international speaking engagements at which he advocates abolishment of the death penalty and criminal justice reform.



Mr. Krone was the "ultimate candidate" for "Extreme Makeover," said Lou Gorfain, executive producer who sought a person "whose looks have deeply, negatively affected his life." He added that Mr. Krone "has incredible charisma."

Raised in Pennsylvania, Mr. Krone was in the scouts and church choir as a youth and was a productive adult, working for the U.S. Postal Service. But when an employee at a bar where Mr. Krone frequently played darts was slain, he was arrested. Neither he nor his family lost hope for his eventual exoneration. He is the 100th person cleared through DNA evidence collected by the FBI. The new evidence points to another man whose trial is pending.

Following extensive dental work, hair transplants and cosmetic surgery to erase acne scars, Mr. Krone says he'll be more persuasive when he speaks to people. He also thought the 6.5 million people who watch "Extreme Makeover" would be

FDA OKAYS WAVEFRONT'S PRECISION MAPPING FOR MIXED ASTIGMATISM



Ray Krone before (above).

the biggest audience he'd ever find to help communicate his message.

His mother, Carolyn Leming, agrees. "People will listen to someone who has straight teeth versus someone who has been through 10 years of torture," she said.

That included debilitating vision Mr. Krone suffered from staring at the same cell walls. "Everything in reality is no more than probably four to five feet away from you," he said.

Today Mr. Krone has a new reality, and Dr. Maloney has improved his darts game following some expert personal instruction.

"I taught Dr. Maloney a little about how to hold the dart, to remain absolutely still and only to move his body from the elbow up, using only the forearm and wrist," Mr. Krone said. "Dr. Maloney's got great hand-eye coordination. He's a natural."

Good news for patients with mixed astigmatism. The U.S. Food and Drug Administration recently approved the use of the state-of-the-art WaveFront-guided laser system for an extended range of prescription. This wider range of correction is termed by doctors as mixed astigmatism.

"The WaveFront System has been working so well in the clinical trials that the FDA has extended the parameters for a certain range of vision correction," said Dr. Robert Maloney, an FDA investigator in this and previous successful WaveFront federal studies. The Maloney Vision Institute is among the first to use the state-of-the-art WaveFront System.

"Previously, we have been able to use conventional LASIK for correction of mixed astigmatism. But with WaveFront more locations on the eye can be mapped. This is breakthrough technology. It enables us to customize vision correction for mixed astigmatism as well as for farsightedness and near-sightedness far beyond that which has been available to us in the past," Dr. Maloney said.

The eye is called astigmatic when the cornea is shaped like a football instead of a softball. As a result it causes a person's vision to be blurry both at distances and close up.

Brendan Flynn, 36, of Santa Monica

was treated for an astigmatism by Dr. Maloney with the WaveFront System. He says he couldn't be happier now that he can see perfectly without glasses for the first time in his adult life.

"Dr. Maloney was one of five surgeons chosen for the clinical trial so that gave me a great deal of confidence. It's been great. I've almost forgotten what it's like to wear glasses," Mr. Flynn said.

"I do a lot of outdoor sports. Mountain biking, snowboarding, kayaking, scuba diving," he said, adding with a laugh, "All these things that are much safer if you can see."

Manufactured by VISX, a leader in the ophthalmic instrument industry, the WaveFront System is capable of mapping 200 points on the cornea and digitally records the eye's visual fingerprint with greater precision than the traditional "which is better, one or two?" technique. It provides the refractive eye surgeon with a more accurate map for the patient's individualized treatment.

VISION

MAKEOVER MANIA: PEOPLE STRIVING TO LOOK THEIR BEST ON REALITY TV

Reality television programs about people seeking to improve their physical appearance have proven so popular that ABC's hit television show "Extreme Makeover" has been joined by a new program called "10 Years Younger" on The Learning Channel.

Midway through its third season, ABC's hit show "Extreme Makeover," which airs at 9 p.m. on Thursdays, is drawing a national audience of 6.5 million viewers who watch makeover participants undergo remarkable transformations in their appearance.

Regular viewers of the series know ophthalmologist Dr. Robert Maloney as a key member of the dream team of physicians who help people improve their looks and gain big boosts in self-confidence as well as their quality of life.

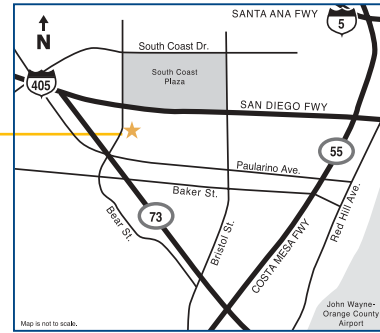
Also, watch for Dr. Maloney on "10 Years Younger" at 1 p.m. weekdays on TLC.

"10 Years Younger" puts participants in a soundproof display case on some of the busiest streets in Los Angeles where strangers critique the person's looks and guess their age.

Then the "glam squad" goes to work on their hair, makeup and wardrobe while doctors schooled in the latest medical and dental innovations.

In 10 days the participant returns to the "big box" to see if a new set of complete strangers pegs them at an age that is "10 Years Younger."

Through Dr. Maloney's work, participants can rid themselves of eye glasses forever – one of the easiest ways for a person to look and feel 10 years younger.



NEW ORANGE COUNTY OFFICE ENABLES PATIENTS TO LOSE WAIT IN TRAFFIC

A new Orange County office enables Maloney Vision Institute patients who live south of Los Angeles to avoid the time and trouble of fighting traffic to the West Side for their post-operative checkups.

Two mornings a month, Dr. Nolan Ng from the Maloney Vision Institute sees patients in an office at 3140 Bear St. in Costa Mesa, a location that is near South Coast Plaza and the 405 and 73 freeways.

One of the chief standards driving the Maloney Vision Institute is complete patient care – where the emotional side in addition to physical issues are both equally addressed. Reducing the amount of time for a patient to receive post-operative care is important to good health.

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MALONEY VISION INSTITUTE

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Hours:
Mon.–Thurs. 7:30 am – 6:00 pm
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