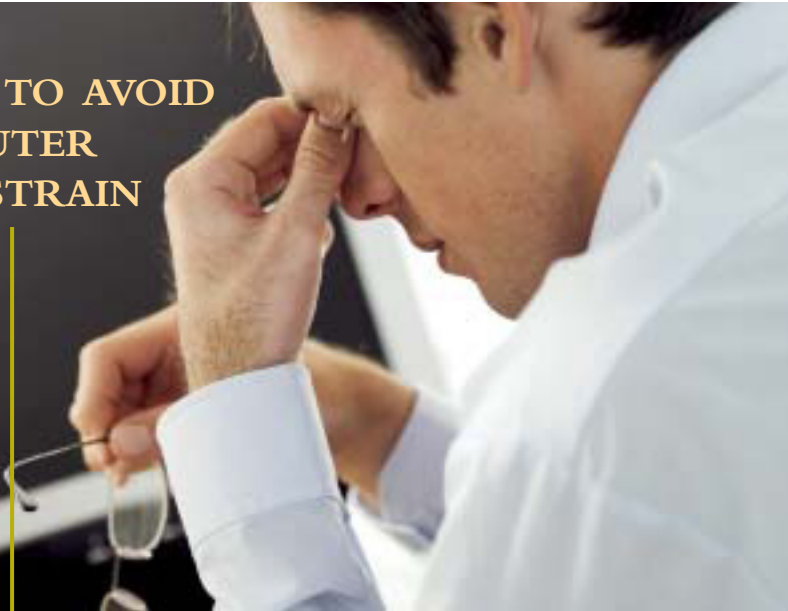


VISION

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TIPS TO AVOID COMPUTER EYESTRAIN



As we have come to rely more on computers at work and at home, we can experience symptoms of eyestrain. Headaches, blurred vision and dry eyes are some of the most common problems. By following the tips listed below, you can generally reduce computer-generated eyestrain. If you are still having problems, please contact your primary eye doctor for a check up – you might be a person who needs to wear glasses while working at the computer.

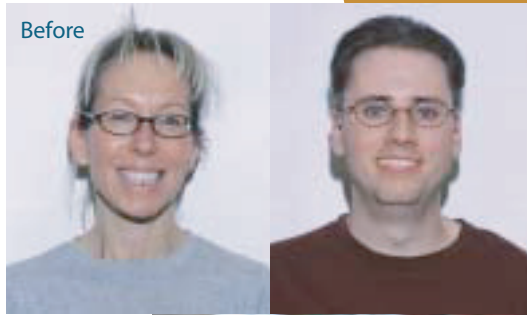
To reduce eyestrain:

- ▶ Frequently shift the focus of your eyes from the screen to another point in the room. Look away from the computer to give your eyes a chance to relax.

- ▶ Take breaks from the computer every half hour. Get up and stretch.
- ▶ Check to make sure the computer screen is positioned to eliminate glare. If you are using a laptop, find the best place in the room to work on your computer. Don't fight glare. Adjust the lighting in the room.
- ▶ Type in a large font size, and then reduce the size after you have finished the document.
- ▶ Make sure your screen's resolution is adjusted for proper vision. Also, check the brightness and contrast. Keep your monitor clean. It's best to type with black letters on a white background.
- ▶ Don't position the center of the screen straight ahead at eye level. It's best to have the center of the screen at least six inches below eye level (about 20 degrees), so you are looking down at the center of the screen instead of up or straight ahead. Set up the monitor at a reasonable distance from your chair, so you are not straining to see because the screen is too near or too far from your eyes.
- ▶ Don't forget to blink. Too often patients who experience computer eyestrain fail to blink often enough to lubricate their eyes while working at a terminal.

EXTREME MAKEOVER COUPLE SAYS

“I ONLY HAVE EYES
FOR YOU .”



After



It was love at first sight for Michael and Susan Choquette.

The two had been separated before their wedding was filmed for Extreme Makeover, and neither had any idea what the other's makeover looked like until their wedding day.

But when they saw each other that day, they saw clearly - thanks to LASIK surgery - how much they were in love.

“To see Susan with my very own eyes,” said Michael, “was a dream come true.”

“What a thrill to be able to see Michael without my contacts,” said Susan. “It's just the greatest feeling.”

Both of them said they couldn't have been more pleased with their LASIK surgery and their experiences with Dr. Robert Maloney and the other surgeons on the popular television show.

Within 24 hours, Susan said she had gone from being legally blind to seeing 20/15.

“In fact a day after my eye surgery I went to see The Producers in L.A.,” Susan said. “I'm a drama teacher and this was the first show I saw with my new eyes. I saw details I had never noticed before. I could really see the expressions on the actors' faces. My vision was good with contacts. But this was truly amazing.”

Michael, who was very nearsighted, said he began to see better halfway through the procedure. “I focused on the laser,” Michael said.

While the couple had multiple surgeries for their

extreme makeovers, Susan said the LASIK surgery made the biggest impression and had the most impact on their lives.

“You use your eyes all the time,” she said. “Every second you notice it.”



Watch Dr. Maloney on

**Extreme
MAKEOVER**

Wednesdays 10:00 pm
on ABC.

SEEING IS BELIEVING WITH NEW IMPLANTABLE LENS .



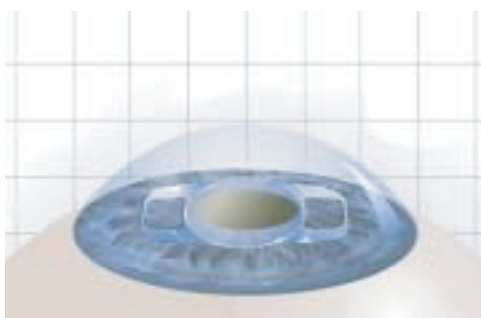
Batia Oren had suffered with being nearsighted all her life, wearing glasses since first grade. When a cousin received LASIK surgery from Dr. Robert Maloney, Oren marveled at the result.

"I couldn't believe a person who was nearsighted could see that well without glasses," said Oren, a middle-school teacher. "I just had to have my vision corrected."

But Oren suffered from extreme myopia of -10 diopters. The examination revealed she would not be a good candidate for LASIK surgery. She was heartbroken.

Dr. Maloney told her not to despair because she could be a candidate for a contact lens implant.

Developed for patients with severe vision problems, the implantable lens works well for people with extreme farsightedness and nearsightedness that are outside the range of LASIK. The lens implant sits in front of the natural lens and in effect becomes an internal contact lens.



"I am so happy," Oren said after the lens was implanted in one of her eyes. "There is no way to describe how I feel. I get up in the morning and I can see. Before I had such thick glasses that as soon as I awoke I put in my contacts. I am a completely different person."

She said the procedure took 25 minutes and she didn't feel a thing. "At first I was scared before the operation, but Dr. Maloney is so calm and assuring that I calmed down and relaxed, too."

"When Dr. Maloney removed the bandages, I could read the letters of the eye chart. I can't remember when I could last see the letters of an eye chart. This operation is a must."

In fact, Oren can't wait for Dr. Maloney to implant a lens in her other eye.

Implantable lens technology was developed out of cataract surgery. In the cataract procedure, surgeons remove the original lens and implant an artificial lens to improve eyesight. The implantable lens works in conjunction with the natural lens of the eye to correct vision problems.

An FDA ophthalmic devices advisory panel voted approval of the experimental lens last February and final FDA approval is expected soon.

EYE ON ANTARCTICA – REFRACTIVE SURGERY ALLOWS CAMERAMAN TO SEE THE WORLD

As he scaled one of the highest peaks in Antarctica, with a wind chill of minus 75 degrees, the last thing cameraman John Armstrong wanted to worry about was his eyes.

He didn't have to.

Armstrong was able to focus on his job instead of his eyesight because of his vision correction surgery in 1994.

"The procedure enabled me to film without glasses, making it far easier to focus the camera," said Armstrong, who has worked on *Survivor*, *The Amazing Race* and *Fear Factor*. "Good vision enables a cameraman to perform his job. If you can't see the image you're trying to capture, you probably won't film it well."



Without eye surgery, Armstrong said leading a career as an adventurer and wilderness cameraman would have been much more difficult. He said glasses tend to fog in extreme environments and tend to be a hassle while kayaking through rapids or trekking through the jungle. Wearing glasses definitely would have hindered him in the extreme climate of Antarctica.

Armstrong filmed the harrowing 12-day

ascent of the Vinson Massif as part of an expedition of elite mountaineers. The group included Conrad Anker, who has climbed Mount Everest twice and who discovered the body of legendary mountaineer George Mallory on Everest a few years ago. Also with him were Jon Krakauer, author of *Into Thin Air*, and mountaineers Andrew McLean and Dave Hahn.

Armstrong discovered the beauty of Antarctica with its snow-white vistas and vast ice shelves.

He credits Dr. Maloney with helping him see it.

"Dr. Maloney is clearly one of the world's best at what he does," said Armstrong. "He has the calm, self-assured manner of someone who knows what he is doing. He tested my eyes thoroughly, explained my problem and his proposed procedure in terms I could understand, and promised me that the results would be spectacular. He was right."

MALONEY VISION INSTITUTE

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Hours:

Mon.–Thurs. 7:30 am–6:00 pm

FRI. 7:30 am–NOON

ADDRESS CORRECTION REQUESTED