

VISION

A PUBLICATION OF THE MALONEY VISION INSTITUTE, THE VISION CORRECTION SPECIALISTS VOLUME 2, 2007

OVER 40? THERE ARE CORRECTION OPTIONS OTHER THAN LASIK

Carmel Matteson was severely farsighted nearly her entire life. The interior designer, whose Culver City store called Designers' Bloopers was featured on Oprah Winfrey's show, has worn thick eyeglasses since age 6. As an adult her hyperopia required plus-5 diopter lenses.

Recently, Carmel decided to do something about her poor eyesight. After much research, she made an appointment with the Maloney Vision Institute where she met Drs. Robert Maloney and Uday Devgan. Dr. Devgan, MVI's cataract and lens specialist, advised Carmel about a number of new surgical options popular among baby boomers whose already-poor eyesight has worsened with age.

Carmel decided to undergo a 10-minute, painless lens-exchange procedure. Every day she appreciates the newfound freedom of her sharp unaided vision.

"It's fabulous," Carmel said. "Just recently I was slicing some tomatoes and was thinking that when I wore glasses I would have to push them up my nose or bring them a little further down so I could sort of try judging with the knife. And here I'm making all these nice slices and they're all equal. I could never have done that before."

There are many vision correction options, all of which center around the two main focusing structures of the eye: the cornea and the lens,

Dr. Devgan says. The cornea is the outer clear tissue over the center of the eye whose shape and focusing ability can be optimized with procedures such as LASIK – what most people think of as "laser eye surgery."

While LASIK surgery is an excellent option for many patients, there are other choices for patients with high degrees of correction and for patients who wish to restore their reading vision as well, said Dr. Devgan. Dr. Devgan also serves as Chief of Ophthalmology at Olive View – UCLA Medical Center and as Assistant Clinical Professor, teaching techniques of ocular surgery to aspiring ophthalmologists.

The human eye has a lens, much like a camera lens, located behind the colored blue, green, hazel or brown iris. The shape of this lens changes with age. In our 40s the lens starts to lose its ability to change focus for near vision, a condition called presbyopia. Consequently, we start to develop a reliance on reading glasses.

Over the next few decades, the lens changes further by developing a slowly progressive cloudiness, a condition called cataracts. Presbyopia and cataracts are normal age-related occurrences and happen to everyone.



"There are other choices for patients with high degrees of correction and for patients who wish to restore their reading vision as well," says Dr. Uday Devgan, shown performing a 10-minute lens-exchange procedure.

Continued on page 2

OTHER THAN LASIK

Continued from page 1

IRS Says LASIK Is Deductible

LASIK surgery is a legitimate medical expense and therefore is tax deductible, says IRS spokesman Jesse Weller.

While face-lifts and hair transplants and other cosmetic procedures are not considered medical necessities, "surgery to correct your eyesight... is not considered cosmetic," Weller said.

IRS Publication 502 offers a long list of deductible and nondeductible medical procedures. It can be obtained by going to the IRS website: www.irs.gov or ordered by phone at 800-829-3676.

When the cloudy vision becomes so severe that even patients with glasses cannot see well enough to drive, Dr. Devgan says, the human lens is removed and a man-made lens is implanted within the eye in a procedure called cataract surgery.

Even when the patient does not have significant cataracts, the clear human lens can be exchanged for a special man-made lens. This allows patients with active lifestyles to enjoy good vision all the time. It also thwarts the development of cataracts and the significant vision disability that follows.

Due to Carmel's age, her high level of farsightedness and her desire to achieve sharp vision at all distances – near and far – without glasses, she chose the option of presbyopic lens exchange. She said she had hoped for LASIK surgery and "was disappointed" when Dr. Maloney informed her she wouldn't be a good candidate and declined to perform the LASIK procedure.

"Dr. Maloney was direct and honest. Although at the time I thought, 'Great. I finally found the best doctor and even he says LASIK won't work for me.' But then he said, 'Let's see if Dr. Devgan can do anything for you.' Sure enough, it turned out to be fabulous."

Dr. Devgan explains that many patients like Carmel use the lens-exchange surgery to correct all aspects of their vision difficulties, including severe nearsightedness, astigmatism and even presbyopia. The surgery is performed in less than 10 minutes with local anesthesia of the eye. So, while the patient is awake, there is no sensation or pain. The entire procedure typically involves no needles, stitches or bleeding.

Visual recovery is quick, with most patients enjoying sharp vision a day later. Surgery on the second eye is scheduled a week or two later.

The man-made lens that was optimized for Carmel's visual needs and ocular condition was the



multi-focal ReZoom lens from Advanced Medical Optics, a well-known Santa Ana, Calif., company.

Carmel was told her whole life that one of her eyes was lazy or amblyopic. As a +5 hyperope, she wore Coke-bottle thick glasses before her surgery. After her procedure, her vision was sharp enough for her to pass her DMV test without glasses. With both eyes together, Carmel's vision is 20/20 distance and she can read fine newsprint close up – enabling her to enjoy life without glasses and slice tomatoes like a French chef. **M**



Two weeks after her lens-exchange, Carmel Matteson (second from left) with her husband, John, beams at her nephew's London wedding in May along with the groom's parents, Hannah and Richard Owen.

(Photo left) Carmel with her sister Hannah before her procedure.

TAP WATER LINKED TO EYE INFECTIONS IN CONTACT-LENS USERS

Recent outbreaks of serious eye infections among contact-lens users may be linked to a federally mandated cutback in chlorine and other chemicals used to clean drinking water.

Meanwhile, a second contact lens cleaning product has come under scrutiny. Researchers found 60 percent of people suffering a rare outbreak of a microbe called *Acanthamoeba* had used Complete MoisturePlus cleaning solution. The product's maker has ordered it pulled from store shelves.

"We are urging users of Complete MoisturePlus as well as Bausch & Lomb's ReNu MoistureLock, which was recalled last year, to get eye exams immediately even if they're not experiencing any symptoms. Moreover, we agree with the EPA which strongly advises contact-lens users not to use tap water to clean their lenses or shower or use pools while wearing them," said Dr. Robert Maloney.

The link between eye infections and tap water is new. In their federally funded study, Drs. Charlotte Joslin and Elmer Tu reported in the American Journal of Ophthalmology that lowering the amount of cleaning chemicals in tap water may have increased the number of infection-causing amoebas.

The researchers connected an outbreak of the amoeba infections to a 1998 decision by the U.S. Environmental Protection Agency that took effect between 2002 and 2004. Government

investigators have found only 138 cases of amoeba infection since 2005. But the number of fungal and amoeba infections have tripled in the last five years, said Reza Dana, director of corneal service at the Massachusetts Eye and Ear Infirmary.

There are more than 35 million contact-lens wearers in the U.S. and the outbreaks may have spurred more consumer demand for daily disposable lenses that don't require cleaning and storage. Consequently, disposable lens sales are up 35 percent in the first quarter of 2007. **M**



VISION

NEW LENS MAY PROMISE PERFECT VISION AFTER CATARACT SURGERY

Technology has produced a new development with a replacement lens that for the first time may promise perfect vision for patients who undergo cataract surgery. Dr. Robert Maloney says the new lens is being used in Europe and in a few years may be available in the United States.

"This is a remarkable advancement in cataract surgery," Dr. Maloney said.

In cataract surgery, the ophthalmologist replaces the patient's natural lens with a new lens. The doctor then estimates the lens' power for each patient.

"But because the power is estimated, it's often never quite right. So two weeks after surgery, the doctor measures your vision with a, 'Which is better? One or two?' vision test and then gives you a prescription for glasses. This enables patients to see great with their glasses," he said.


"The difference with this advancement is this new implanted lens is adjustable. After the procedure,

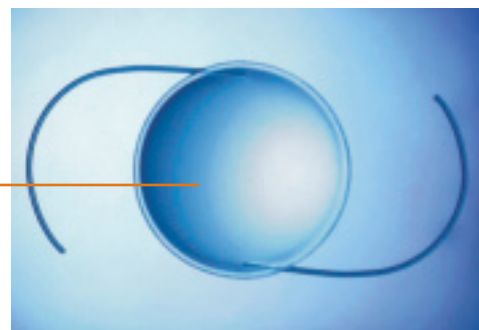
the doctor shines an ultraviolet light on it which changes the shape of the lens, adjusting it to perfect," he said.

For younger patients this new lens, developed by a company called Calhoun Vision, also is an alternative to LASIK, said Dr. Maloney, who also serves as Calhoun Vision's chief medical officer.

"For example, if someone's farsighted, their natural lens is replaced with the adjustable lens and you just dial in perfect vision," he said.

Dr. Maloney said the Calhoun-made lens will be available in Canada and Mexico before the U.S. Food and Drug Administration approves it in the United States.

"The innovations in improving eyesight have seen greater advances in our lifetimes than at any time in history," Dr. Maloney said. "What's exciting is there's even more on the horizon." 



The first ever Light-Adjustable Lens by Calhoun Vision.

© 2007, Maloney Vision Institute, A Medical Corporation

MALONEY VISION INSTITUTE

10921 Wilshire Blvd. Suite 900
Los Angeles, CA 90024

Phone: 310-208-3937
www.maloneyvision.com

Hours:
Mon.-Thurs. 7:00 am – 6:00 pm
Fri. 7:00 am – Noon

ADDRESS SERVICE REQUESTED