

in FOCUS

Fall2008

with **Dr. Randy Burks** and **Dr. Ray Gailitis**

PROBLEM:

HALF OF U.S. ADULTS LACK 20/20 VISION

By Alan Mozes
HealthDay Reporter

MONDAY, Aug. 11 (HealthDay News) — About half of all American adults don't have the 20/20 vision physicians consider optimal because they are nearsighted, farsighted, or have an irregular corneal curve known as astigmatism, a large, new study reports.

The study revealed that such common eye-focus problems — collectively known as “refractive errors” — affect young, middle-aged and older adults of all races.

“I think this study demonstrates that the problem of refractive eyesight errors is on the increase, particularly in terms of the amount of nearsightedness in the American population,” said study co-author Dr. Frederick L. Ferris III, clinical director of the U.S. National Eye Institute.



Randy Burks, MD • Ray Gailitis, MD

Ophthalmology Consultants • The Center for LASIK

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“This is probably a worldwide problem,” he added. “No one knows for sure what accounts for this. But it’s a pretty smart hypothesis that the increased amount of near work that we’re doing as a population may be increasing the incidence of nearsightedness. And it does suggest that we should be looking into ways to deal with it.”

Rando Allikmets, a professor of ophthalmology, pathology and cell biology at Columbia University, said, “I would hazard to suggest that, in general, the widespread prevalence of refractive issues today could be related to extensive use of TV and computers, and — among the young — video games. Because today we get much heavier loads on our eyes from all of that, and those are strenuous activities for our vision.”

The authors found that 3.6 percent of those surveyed were farsighted, while about

one-third were nearsighted. Slightly more than 36 percent were found to have some form of astigmatism.

Age also played a role. While 46 percent of the 20-to-39-year-old group had some kind of refractive eye issue, that figure rose to nearly 51 percent among the 40-to-59-year-old group, and nearly 63 percent among those 60 and older. The study authors said farsightedness was more common than nearsightedness among the older group.

The findings are published in the August issue of the Archives of Ophthalmology.

SOURCES: Frederick L. Ferris III, M.D. clinical director, U.S. National Eye Institute, Bethesda, Md.; Rando Allikmets, Ph.D., professor, ophthalmology, pathology and cell biology, Columbia University, New York City; August 2008, Archives of Ophthalmology . © 2008 ScoutNews, LLC.

SOLUTION:

LIVING YOUR BEST LIFE WITHOUT GLASSES – AT ANY AGE

Advances in vision surgery over the last 10 years have been astonishing. We are quickly approaching the time when only the very young and very old will need glasses. Let's look at what's new, what's proven, and what might help you live your best life without glasses.

IF YOU ARE 18-40

Most of you in the 18-to-40-year-old age group have worn glasses for years. Most are nearsighted, which means the cornea is too steep and you have trouble seeing far away. Your best solution is laser vision correction, called LASIK or Advanced

see SOLUTION,
inside



SOLUTION, from page 1

Surface Ablation (ASA). Through a very precise laser treatment, your glasses prescription is sculpted onto the eye permanently. Advanced LASIK corrects for nearsightedness (flattening the eye to bring it back into round), farsightedness (steepening the eye) and astigmatism (correcting the irregular curvature of the eye so it is restored to a basketball shape, rather than a football shape.)

If you were not a LASIK candidate, it is time to revisit us. Previous disqualification for astigmatism, large pupils or high prescriptions can now be treated with outstanding results.

In addition, if you are outside the range of LASIK and under the age of 40, there are implantable contact lenses that offer new hope to those with coke-bottle glasses.

IF YOU ARE 41-64

If you are 41-64, you are noticing that your vision is changing. You can't see well in low light. Your arms keep stretching further and further out to see the menu or



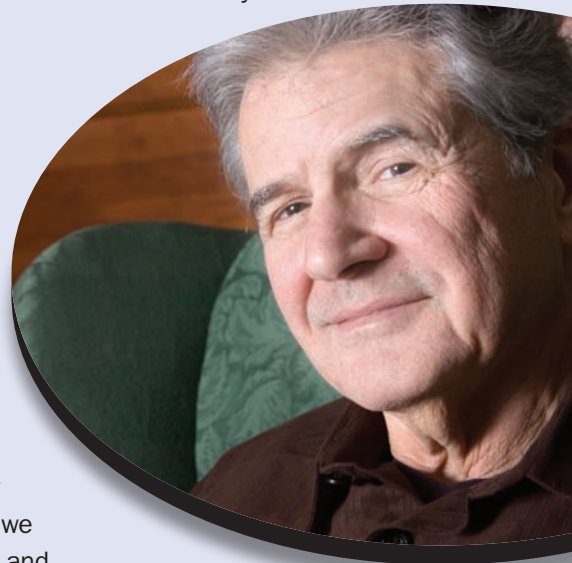
cell phone. It even becomes hard to see your food! The changes you are noticing have nothing to do with the outer surface of the eye, the cornea, which is what LASIK corrects. Rather, these changes are caused by the lens in your eye, which is flexible and responsive when we are young, but begins to harden as we reach our 40s. Continuing until about age 65, this condition is called presbyopia and happens to everyone.

How can you live glasses-free at this stage? You have two options. First is LASIK, where you can be treated with blended-vision to help restore near vision. Second is lens replacement, where the hardening lenses are removed and new multifocal or accommodating lenses are implanted to help give back near and far vision. Because every eye is different, and the solution that your neighbor or golfing buddy chose may not be optimal for you, we specialize in presbyopia correction and can recommend the LASIK or Lens solution that will best suit your lifestyle and vision needs.

IF YOU ARE 65 OR OLDER

Everyone over the age of 65 will develop cataracts at some point. Cataract surgery is the most frequently performed surgery in the United States, with over 3 million removed each year. Today, a cataract diagnosis is not something to dread. It's a simple procedure performed on an out-patient basis.

You see well the very next day, and resume normal activities quickly. With new multifocal or accommodating lens implants, you will experience dramatically sharpened distance vision, restored vibrancy, color and contrast in all lighting, and the ability to read without glasses! Today, many welcome a cataract diagnosis because new lens implant options have been approved by Medicare. If you have a cataract, Medicare or your



private insurance will pay to have the cataract removed, and you can choose to have upgraded lens implants for a nominal fee.

Super Doctors™



Dr. Ray Gailitis was recently selected by his peers as a 2008 Florida Super Doctor™

An independent research company asked over 14,000 medical professionals "If you needed medical care, which doctor would you choose?" They chose Dr. Gailitis.

We invite you to become our FAN on facebook

It's easy! Simply log into **facebook**, search "The Center for LASIK" and select "Become a Fan."

Contact us for your LASIK or cataract evaluation: 954.969.0090



ASK the EXPERTS

NOT YOUR MOTHER'S CATARACT SURGERY

Today's cataract surgery is unlike anything your parents or older relatives might have experienced – both in terms of the surgery, and the vision improvement afterward. A cataract is nothing more than a clouding of the eye's crystalline lens which occurs naturally with aging. It is not a disease.

In fact, more than 50% of American's over the age of 65 have them. How do you know if you have a cataract? Daylight, especially driving into the sun, will bother you. You'll see halos around lights at night and will be more sensitive to glare. You might have difficulty distinguishing colors. Your eyes will fatigue easily. And

you may feel like there is a film, like Vaseline, impairing your vision.

The only treatment for a cataract is to remove it. But today, instead of removing the whole lens, we simply remove the clouded part of the lens and leave the clear capsule in place to support an artificial lens implant, called an IOL. The surgery is performed on an outpatient basis and usually takes less than 15 minutes. We no longer use needle injections to numb the eye, instead using simple drops. You'll be thrilled to have your vision restored in

a fast, safe, and pain-free manner.

Until recently, cataract surgery patients did not have a choice of the lens implant they received.

Standard single-focus lenses were used, giving clear distance vision, but requiring reading glasses or bifocals for near vision after

surgery. These implants did not correct for astigmatism either.

Now all that has changed. Today you can upgrade to premium lens implants. Some lens implants, such as the ReSTOR lens, are designed to allow patients to see distance AND near, effectively freeing you from glasses for the majority of the day. To a 60 or 70 or even 80-year-old patient, this is incredibly liberating! Other advanced lens implants, like the Acrysof Toric can correct astigmatism, and the Tecnis lens has been shown to enhance night driving vision. Five years ago, we wouldn't have been able to offer you a choice in the vision you'd prefer post-surgery, but today we can give you a lens implant that best suits your lifestyle.

Don't settle for compromised vision from a cataract. Your choices have never been better, and the surgery has never been safer. Call us if you'd like to learn more about any of the lens choices mentioned, or to schedule a Lens Evaluation.

Some lens implants are designed to allow PATIENTS to see Distance AND Near

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UNPRECEDENTED LASIK RESULTS WITH ALLEGRETTO WAVE

At The Center for LASIK, we've always been committed to delivering outstanding vision after LASIK. We understand that the laser is one of the most important factors in an individual's LASIK outcome, second only to the technique and ability of the surgeon. So we're excited to announce the acquisition of the Allegretto Wave excimer laser. This 4th generation system has the best FDA clinical trial outcomes ever recorded for LASIK.

But that fact alone doesn't earn us any bragging rights. Clinical trial data provides assurance that this is an excellent laser system, but doesn't

answer the question that's most important to you . . .

"HOW WILL I DO?"

Many LASIK surgeons will only tell you the clinical trial outcomes, but important variables remain left out of the equation – particularly, the surgeon's skill level. When you decide it's time to have LASIK, you deserve the reassurance that you've made the right choice. That's why, at The Center for LASIK, you'll receive our published outcomes with people just like you.

Our most recent outcomes analysis showed that in the last 45 days, every single nearsighted patient we've treated on the Allegretto Wave

laser has achieved vision levels of 20/25 or better. Ninety-two percent are 20/20 or better and a remarkable 50% are 20/16 or better – yes, some are better than 20/16! With results like these, it's no wonder we can offer a Money-back LASIK guarantee!

Now, that's something to brag about.

SURGEON After Hours:

DR. RANDY BURKS RESTORES SIGHT TO PERUVIAN FARMERS

Surgeon and teenage daughter lead a 12-day volunteer expedition

Each year, the lives of elderly patients in developing countries are catastrophically impacted when they lose their sight. In Peru, indigent farmers who otherwise contribute to family and community become a burden as cataracts blind them.

This combination of poverty and sub-par medical care, leads to a vast number of people that are disabled by cataracts, a condition that is easily correctible in the United States. Randy Burks, MD decided to help. Burks volunteers with the South Florida chapter of Surgical Eye Expeditions (SEE), a non-profit humanitarian organization based in Santa Barbara, CA. SEE asked Burks to lead a 12-day expedition to Huamachuco, Peru, to perform cataract surgery on indigent patients. He led a team (which included three other surgeons, his

17-year-old daughter, Erica, and Karen, his surgical technician) to a remote village in the Andes mountains.

“By performing modern cataract surgery – removing the cloudy natural lens and implanting a new clear lens – we are able to return vision to those who generally don’t even have access to basic medical care,” said Burks. “I’ve led 12 surgical missions to Central & South America in the past, to such places as Ecuador, El Salvador and Mexico. But having my daughter participate on this trip as a technician assisting the surgical team made it even more special. What an experience for her and for all of us!” said Burks.



work, becoming productive once again. Additionally, the surgeons taught local Peruvian doctors the techniques they need to help many more indigent patients throughout their country.

Putting together the air transport of modern surgical instruments and equipment was a huge undertaking, requiring a cohesive surgical team and support personnel who gave their time selflessly. Local hospitals and national medical supply companies donated all equipment and supplies.

The team completed 100 surgical procedures. After a quick recovery these patients return to



Top Right: Awaiting post-op exams

Bottom Left: Dr. Burks performing surgery as his daughter, Erica, assists

Bottom Right: Karen and a local woman



RealityLASIK

SUSAN DAVIS' STORY



I literally had 20 pairs of glasses! I wish I could say that was an exaggeration, but it's an unfortunate truth. I had 2 prescription pairs and 18 pairs of reading glasses. They were everywhere! It was so frustrating having to carry multiple glasses around in my purse. But nonetheless, I was nervous about surgery... after all, these are my eyes.

Before my colleague had her LASIK done, she did extensive research on several doctors and found a recurring pattern – patient after patient

recommending Dr. Ray Gailitis. That gave me the confidence to visit the office to see if I was a candidate and make my own assessment.

To say I was impressed with the office would be an understatement. Talk about a vast difference from my previous eye care group, where I've waited over 2 hours to see the doctor on more than one occasion. At The Center for LASIK, the staff was friendly and I've never had to wait more than five minutes to be seen.

I'm always greeted by name, offered a beverage... it's wonderful!

Working in healthcare (part of my job is actually to survey the wait times in doctor's offices), I know this type of service is not the industry-norm. It really meant a lot to me that they valued my time.

LASIK has changed my life dramatically. My favorite hobby is sewing. Before LASIK, I would have to use my readers and a magnifying glass in order to thread a needle. Now I can

thread a needle with no correction.

My work-life has also improved. The majority of my duties involve computer work and I would spend a good part of my day trying to remember where I laid my glasses down. Not only can I see the computer screen now, but I can also read the 6pt font on the bottom of my prescription bottle. When I travel I can see the gate/seat number on my ticket without constantly taking glasses on/off. I wasn't trying to show

off, but the other day I was able to read something that one of my peers couldn't...and she had her glasses on!

I'm thrilled! And I've recommended it to all my friends. I mean it was just so easy... and painless. My husband brought me in the day of my surgery and watched my procedure. When he saw that the entire process only took about 10 minutes, he decided that 30 years of wearing contacts was long enough. He turned and made his appointment before I was off the surgery table!

**I literally
had 20 pairs
of glasses!**



BUDDY BUCKS

5800 Colonial Drive, Suite 103
Margate, FL 33063
954.969.0090
www.bestvision.com

I'd like to
SAVE \$100
on my LASIK or Elective Lens procedure at The Center for LASIK.

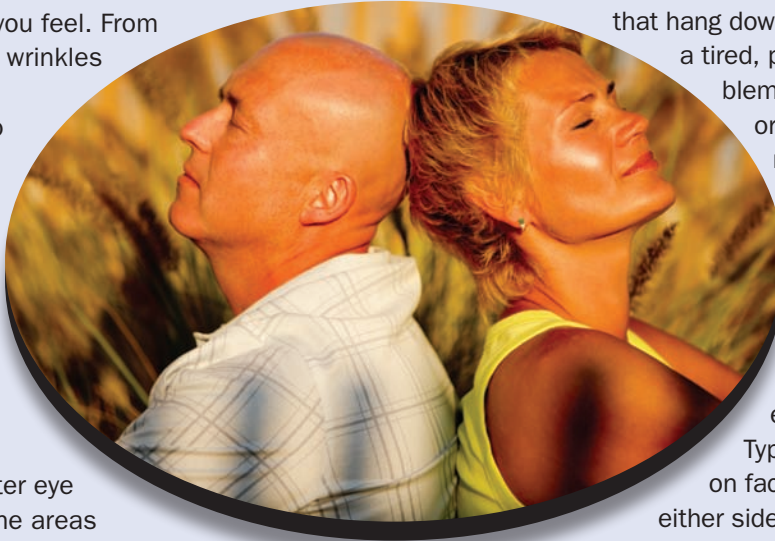
Schedule your consultation by December 31st, 2008
to save \$100. Just use this Buddy Buck.

Contact us for your LASIK or cataract evaluation: 954.969.0090

BECAUSE YOUR AGE SHOULD BE YOUR LITTLE SECRET

Now treating faces and lids. Beyond vision correction, there are other services we offer that can further enhance your new look. Facial Rejuvenation treatments can help you look as good as you feel. From baggy or droopy eyelids to wrinkles and frown lines, Dr. Randy Burks has the expertise to help you complete your transformation.

Botox works to relax dynamic facial lines – those pesky expression lines that become more pronounced when you smile or frown – such as frown creases and brow furrows. The forehead, outer eye area, and brow lines are the areas we treat most frequently.

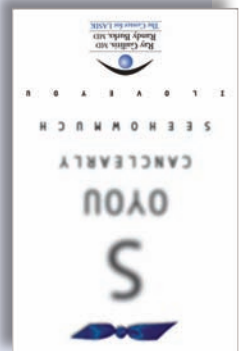


Blepharoplasty is something to consider if you would like to freshen your look. This treatment will remove the baggy pouches underneath your eyes, or the heavy skin folds that hang down over your eyes, which cause a tired, puffy appearance. Cosmetic blemishes or scars on the eyelids or face can also be easily removed with Blepharoplasty.

Restylane is a smooth consistency gel that helps to add volume and hydration to your skin. It's designed to minimize static facial lines – the lines that are present even when your face is relaxed. Typically, this treatment is used on facial folds, such as creases on either side of the mouth, to achieve a smoother, more youthful appearance.

Call **954.969.0900** today for your Holiday LASIK Gift Package.

Give the gift of sight this holiday season—the gift they'll open every day.



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Margate, FL 33063
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