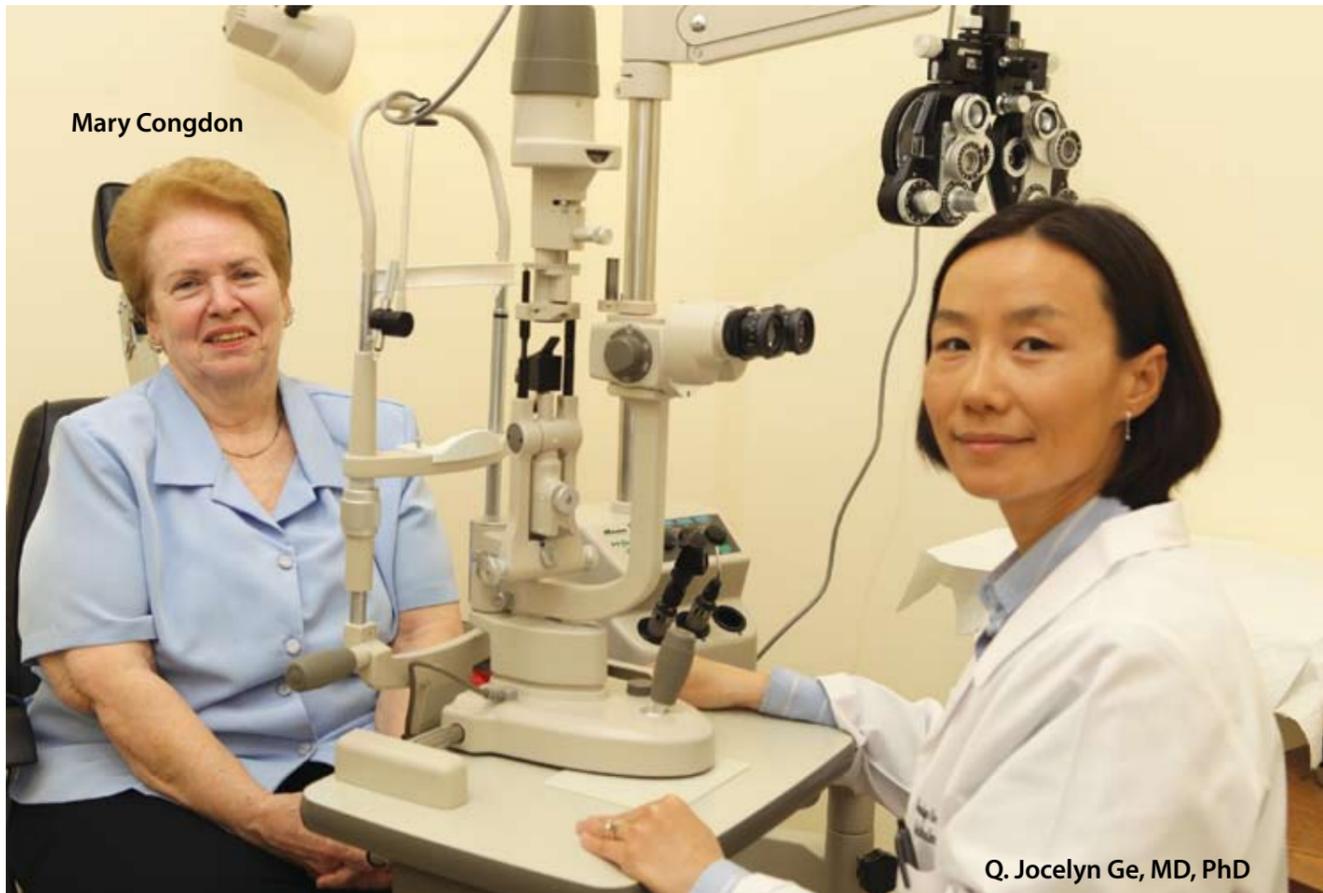


# PREMIER VISION CORRECTION

FHCN PHOTO BY BOBBY BAISDEN



Mary Congdon

Q. Jocelyn Ge, MD, PhD

**With a sincere interest in each and every patient, combined with vast medical knowledge and the latest in technology, one ophthalmologist offers uniquely specialized treatment to those in her care.**

In her long and dedicated career as a registered nurse, Mary Congdon helped a vast number of patients through all sorts of medical procedures. Ironically, one surgery that made a vivid impact on Mary all those years ago became medically necessary for her in recent months. Thankfully, the removal of cataracts has progressed light-years beyond what her patients had to endure.

"I can remember people, when I was first in nursing and cataracts were first being done, who would stay in the hospital for two weeks, in bed, with sandbags to hold their heads still," she recalls. "Just to lie in bed that long would be enough to make you crazy, but that's the way it was."

"They didn't have the lenses, or the modern equipment and techniques, so they had to be very careful. It was extremely easy to have very severe complications if you moved too soon."

But these days, as Mary is happy to attest, the procedure is "an easy thing to go through."

## Your Vision, Our Commitment

Dr. Ge and the staff of Premier Eye Clinic look forward to meeting readers of *Volusia Health Care News*. The office is located at **1515 Herbert Street, Suite 208**, in Port Orange, telephone **(386) 788-6198**.

## Steady vision loss

Thinking back, Mary says that clues about her continuing loss of vision showed themselves most clearly whenever she tried to read. "I was having progressive difficulty," she shares. "And I was up to the highest level of reader glasses and still having trouble, so I figured it was time to do something."

Because of her medical background, Mary could take a guess at the problem, but she also understood how crucial her choice of doctor would ultimately be. "I knew that I must have had cataracts," she says, "so I searched around and found Dr. Ge."

The first thing she says she remembers noticing about the doctor was her manner. "She's very gentle; just very calm. You need that in an eye surgeon."

Satisfied, Mary recalls turning her attention to another detail. "I always look at a doctor's hands," she adds. "I worked in an operating room for years, so hands are important for a surgeon."

## Refined surgical techniques

Q. Jocelyn Ge, MD, PhD, is the medical director of Premier Eye Clinic in Port Orange, a full-service, patient-oriented facility that combines compassionate care with advanced technology. "I prefer to know my patients," Dr. Ge shares. "I feel this gives better results because no two patients are the same, and no two eyes are the same."

When she began the process with Mary, the doctor says her examination revealed cataracts, as well as astigmatism, at the heart of the blurred vision. "Mary just wanted something to be done to help her

see better. She's very healthy; an active grandma and very active at church," Dr. Ge explains. "She was a very good candidate for a glasses-free option, so we chose to treat both her cataracts and her astigmatism in one session and give her the premium ReSTOR® lenses."

To Mary's delight, those goals can currently be accomplished in a quick, pain-free manner that literally has nothing but the end result in common with the procedure she remembers from her early nursing days, and with even clearer vision. "The surgery has just been refined and refined," assures Mary. "All you have to do is set aside a day for surgery, and the



Q. JOCELYN GE, MD, PHD

next day for follow-up. It's easy and there's no pain associated with it, simply nothing to be afraid of. It's wonderful."

## Dry eye syndrome

The one side effect Mary did experience is actually, according to Dr. Ge, a very common occurrence that can happen on its own. Dry eye syndrome is one of the most common eye conditions that bring patients to see an eye specialist. [see sidebar] It commonly causes symptoms like sandy or gritty feeling in the eye, pain, tired eyes, and tearing.

In Mary's case, the treatment consisted of over-the-counter eye lubricants, and punctal occlusion, in which silicone plugs are inserted into the tear ducts, slowing the drainage of tears from the eyes.

"Since then, I really don't have any problems," she says. "I just put in lubricating drops once or twice a day."

Instead of eye problems limiting her activities, what she has now is a caring physician in whom she entrusts her vision, and the freedom to again enjoy one of her very favorite activities: reading. "I really felt it was something worth investing in for me," she says. "I like to read and I like to see what I'm doing."

And what this retired registered nurse is doing, on a daily basis, is once again caring for others. "I have two grandchildren living with me most of the time," she shares. "I take them to school, I pick them up, and I even volunteer at their school."

What better way to make use of the gift of vision? **FHCN—Brenda Klettke**

Visit Premier Eye Clinic on the web at  
**www.PremierEyeClinic.com**

## Help for Dry Eyes

**D**o you suffer from any of the following: a sandy or gritty sensation in the eye, eye pain, the feeling that something is in the eye, easily tired eyes, or tearing? If so, Dr. Ge has information to share about dry eye syndrome and its treatment.

One of the most common eye conditions, affecting all age groups, dry eye syndrome is particularly prevalent in women and in the elderly. Causes of dry eye syndrome include medications, environment, hormonal changes, and inflammatory medical conditions such as lupus, thyroid disease, and rheumatoid arthritis.

In addition, according to Dr. Ge, eye surgeries like LASIK and cataract surgery sometimes temporarily intensify the symptoms because of the necessity of an incision on the surface of the eye. This is temporary because the eye heals. Because of this effect, however, the doctor says she often pre-treats dry eye patients in advance of any surgical procedures to prevent problems after surgery.

An added advantage of pre-treatment of dry eyes is that it allows for more accurate eye measurements. When the eyes are very dry, Dr. Ge explains, eye measurements become unstable or inaccurate, which creates the risk that patients will not be able to achieve the glasses-free benefit of premium intra-ocular lens implants.

Treatment of dry eye syndrome, she says, begins with over-the-counter lubricants called artificial tears. If the artificial tears are not sufficient, treatment proceeds to prescription medication such as Restasis, which helps the eye to produce more tears. Nutritional supplement such as fish oil is also beneficial. Another treatment option is an office procedure called punctal occlusion, which involves closing the tear duct by inserting a synthetic plug at the tear duct opening, providing immediate results with minimum risk. Moreover, dry eye syndrome often times is not an isolated condition; the eyelids and eyelashes may also need to be treated.

Above all, there's no need to suffer with dry eye syndrome, Dr. Ge assures. Treatment is abundant, and often times quick, safe and effective, and the relief is well worth the effort.

**Q. Jocelyn Ge, MD, PhD**, received her medical degree from the Vanderbilt University School of Medicine and her PhD from the University of California. She completed her internship at the University of Tennessee Medical Center at Knoxville and her Ophthalmology residency at the Tulane University Hospital and Clinics in New Orleans. In 2005, Dr. Ge was one of the ten ophthalmologists in the U.S. who received the prestigious American Society of Cataract and Refractive Surgery (ASCRS) Foundation research grant. She is active in research and has presented her results at major national conferences, including the Association for Research in Vision and Ophthalmology (ARVO), ASCRS, and the American Academy of Ophthalmology. Most recently, she received the American Medical Association's Physician Recognition Award with Commendation for her achievement in continued medical education.