

# "It's a Beautiful World"

**Treating cataracts with customized premium intraocular lens implants can provide sharp, clear vision and even freedom from eye glasses.**

## PREMIER EYE CLINIC

Q. JOCELYN GE, MD, PHD

Before retiring from Ohio State University, Sharon Redick, PhD, was a professor and associate dean of the College of Human Ecology. Now that she is retired, Dr. Redick says she still keeps busy: "I like to travel and read, and I'm also very into the computer. I do a lot of research online, as you might expect from a retired professor."

Dr. Redick and her husband have been "snowbirds" for years, wintering in Florida. As time passed, they found themselves spending more and more time in Florida.

"When we first retired, we only went for a month or two," she explains. "I have glaucoma, and was looking for someone for check-ups when I was in Florida. My doctor in Ohio suggested I get another doctor here since we're staying longer."

Glaucoma is the third most common cause of preventable blindness. By the time a patient complains of vision loss caused by glaucoma, a large percentage of the optic nerve may be irreversibly damaged. The treatment of glaucoma starts with medications to reduce the eye pressure. Periodic follow up is needed for patients with glaucoma.

Dr. Redick asked around and one doctor's name kept coming up: Q. Jocelyn Ge, MD, PhD, Medical Director of Premier Eye Clinic in Port Orange.

"I asked people for recommendations and found Dr. Ge," says the retired professor. "I researched her on the Internet and was impressed with her medical credentials, so I went for a consultation."

That first meeting, she continues, was a very good one.

"I liked Dr. Ge's professional manner," adds Dr. Redick, "and she just seemed to not only have the medical expertise but also to convey that expertise in a way that was meaningful to me."

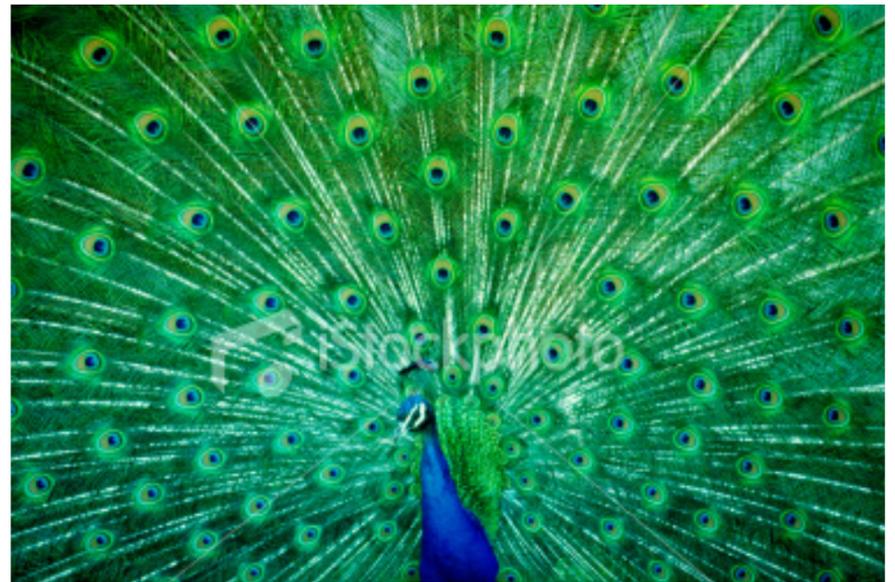
It turned out that Dr. Redick needed help with more than just her glaucoma: she was also developing cataracts.

"I had been losing vision, which was attributed partially to glaucoma and partially to the cataracts," Dr. Redick explains. "I was interested in having the cataracts removed to assure that I would have the best vision possible."

### The best solution

"Many cataract patients also have other ocular pathologies. To ensure that their cataract surgeries are carried out safely and to give them the best vision sooner after the surgery, the treatment plan before, during, and after the cataract surgery is individualized," explains Dr. Ge, "Dr. Redick had glaucoma, so I provided her a treatment plan to monitor her glaucoma closely before, during, and after the surgery, and to optimize her visual result by reducing any risk of compromising her vision from her existing glaucoma medications."

Dr. Ge further explains that for patients who need cataract surgery and also desire minimal dependence on glasses after the procedure, the best choices are the presbyopia correcting or premium intraocular lens implants, such



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as ReSTOR®, ReZoom®, and Crystalens®. These lenses, which are implanted in the eye after the cataract is removed, provide clear distance vision, near vision, and everything in between. They correct presbyopia, which is the need for reading glasses as we age.

"Although providing all ranges of vision, different premium lenses have slight difference in their optimal focuses," explains Dr. Ge. "For patients choosing to have premium lens implants, we routinely have them fill out a survey before the surgery to learn each particular patient's visual needs. For example, a seventy-year-old who reads two novels a week has different visual needs from a sixty-year-old who loves to play golf. Although both patients desire glasses-free clear vision at all ranges, the choice of premium lens implant to allow for it is different because the most frequently used focuses of vision are different. This survey allows me to help each individual patient to select the optimal lens implant."

"Therefore, for a patient with cataracts and co-existing other ocular pathologies, an individualized treatment plan before, during, and after cataract surgery and a customized lens selection based on the patient's particular visual needs together give the patient the maximal benefit of cataract surgery with premium lens implants," summarizes Dr. Ge.

### Family atmosphere

Dr. Ge observes that quality patient care is about more than just skill and knowledge. She and her staff have a cozy, family-friendly environment at Premier Eye Clinic. Their "patients first" attitude is one that the entire office stands by, and was undoubtedly a part of what made Dr. Redick so comfortable.

"I stay current on the newest ophthalmic advances, and my equipment remain the most advanced technology necessary for advanced ophthalmic surgery such as premium intraocular lens implants," assures Dr. Ge. "It is just as important to a patient, however, that you also have the willingness to take time to give them the attention they deserve. That means listening to their concerns, answering all questions thoroughly, and ensuring that they understand all instructions before

and after a procedure.

"We really do put our hearts into taking care of our patients. Our office has a family atmosphere, with friendly, helpful staff, so patients feel comfortable and safe coming here."

### Seeing in "Technicolor" again

Cataract surgery turned out to be quite an easy course for Dr. Redick, and she agreed wholeheartedly with Dr. Ge that the Crystalens HD® for both eyes was her best option.

"I had the left eye done first and the right one a month later," she recalls, "and I felt very comfortable during the entire experience. It went as well as it could possibly go."

She was particularly pleased both with the results and with the care she received.

"Dr. Ge is very attentive to her patients, and has such good follow-up procedures," adds Dr. Redick. "My surgery was on a Friday but she still came into the office on Saturday to make sure everything was okay."

"I was sitting across from her diplomas, and there's a painting on the other end of the wall," describes Dr. Redick. "I looked at that painting and saw things I had never seen before without glasses. And I could read the finest print without glasses. It was a very joyous occasion."

Today, Dr. Redick says she lives in a much brighter, lighter world.

"We really do live in a Technicolor world, and everything is so sharp and clear and beautiful," she marvels. "The clarity is just wonderful – the details I see in things like paintings, in nature, and in people's faces. It's amazing!"

"It's a beautiful world out there." **FHCN**

## 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**.

## JUST THE FACTS: CATARACTS

### DEFINITION

The clouding of the eye's crystalline lens that occurs as a natural part of the aging process.

Can develop at any age, but usually not problematic until patients are over 60.

Development can be accelerated by illness, injury, or the taking of certain medications.

### SYMPTOMS

Difficulty reading, particularly in low light

Colors seem less vibrant

Lights "glare" uncomfortably

Difficulty driving at night

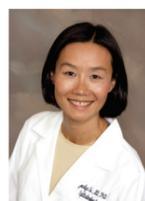
Halos around oncoming headlights

### TREATMENT

A simple, relatively painless procedure that replaces the clouded natural lens with a clear synthetic lens implant. The surgery takes only moments, and vision is almost immediately improved, with no downtime and very few restrictions on activities.

"It's important for cataract patients to know that over the past few years, cataract procedures have advanced tremendously," emphasizes Dr. Ge. "It's not like years ago, when doctors considered cataract surgery a major operation. Patients used to have to stay in the hospital and wear a patch over their eye afterwards. They also needed to routinely stop their aspirin or other blood thinners for a few days prior to surgery."

"By contrast, modern cataract surgery takes only a few minutes. It is an outpatient procedure that usually requires no injections, no stitches, and no patching afterwards. There is a much faster recovery time and, in fact, most patients see fairly well very soon after the surgery."



**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.