

Treating cataracts with customized intraocular lens implants can provide sharp, clear vision and even freedom from eyeglasses.



Q. JOCELYN GE, MD, PHD

Frank McComas had a vision problem.

"I couldn't see very well at night," he says, "and when it rained, I could hardly see at all. Even with glasses on, if I was watching television, a lot of things would be blurry."

Frank had a cataract in his left eye, but his experience with cataract surgery on the right eye years earlier hadn't been the greatest.

"I had the right eye done in Ohio around ten years ago," he explains. "They put a needle in my eye, and afterwards, I had an eye ache for a while. I eventually lost some sight in that eye, but the doctor had no explanation as to why that happened."

Years later, while sitting in the waiting area at his wife's doctor's office, Frank read an article in *Volusia Health Care News* about Premier Eye Clinic in Port Orange.

"I picked it up and started reading it," he recalls. "I remember that the gentleman in the article couldn't do some of the things he liked to do, but after he got his cataracts taken care of, he was back to seeing well."

Frank thought that sounded good.

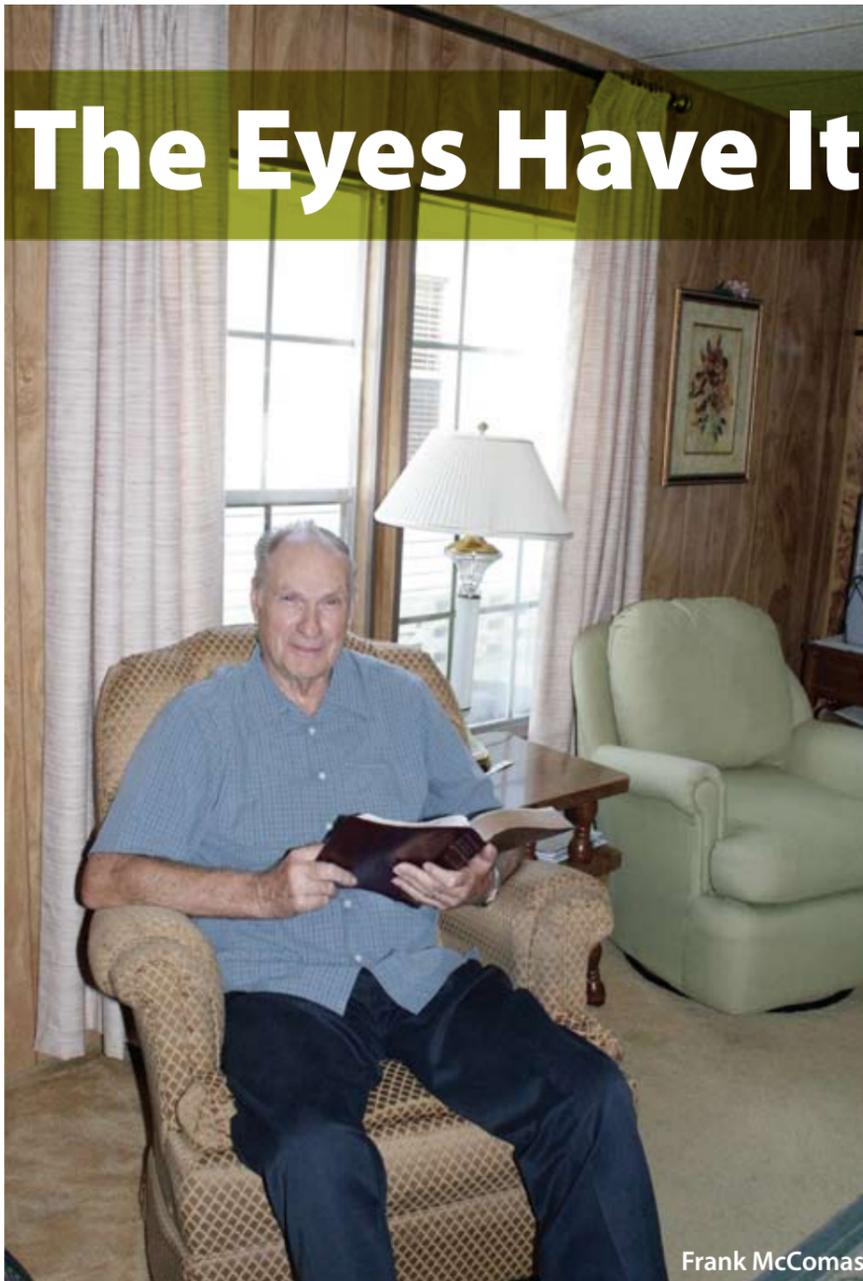
"I was due to go back to the doctor I'd been going to, but after I read this article, I decided to give Premier Eye Clinic a call.

"I called and made an appointment, and they have really been wonderful."

Individualized cataract surgery

"It is important for cataract patients to know that over the past years, cataract surgery has advanced tremendously," explains Q. Jocelyn Ge, MD, PhD, Medical Director of Premier Eye Clinic.

The Eyes Have It



Frank McComas

Visit Premier Eye Clinic on the web at www.premiereyeclinic.com

"It is not like many years ago, when doctors considered cataract surgery a major operation. Patients used to have to stay in the hospital, and needed to routinely stop aspirin or other blood thinners for a few days prior to the 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. The recovery time is much faster and, in fact, most patients see fairly well very soon after the surgery."

Dr. Ge further explains that for patients like Frank who need cataract surgery and also want minimal dependence

on glasses after the procedure, the best choices are the presbyopia correcting or premium intraocular lens implants, such 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 differences in their optimal focuses," explains Dr. Ge. "For patients who choose to have premium lens implants, we routinely have them fill out a survey before the surgery to learn each patient's particular visual needs. For example, a sixty-year-old who reads two novels a week may have different visual needs from a seventy-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 patient to select the optimal lens implant.

"Many cataract surgery patients also have other eye conditions, for example glaucoma, uveitis (eye inflammation), and diabetic retinopathy. Cataract surgery may impact these other eye conditions," explains Dr. Ge. "After a thorough

examination in my office, a treatment plan is made individually before, during, and after cataract surgery to ensure safety of the surgery and improved results. Then the intraocular lens implant is selected based on the patient's eye conditions and unique visual needs. This individualized cataract surgery with customized lens implants maximizes the visual outcome for the patient."

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 Frank so comfortable.

"I stay current on the latest ophthalmic advances, and my equipment remains 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."

Happy patient

That helpful attitude was just one part of what made Frank's experience at Premier Eye Clinic such a good one.

"Dr. Ge is just wonderful, and her staff is great," emphasizes Frank. "I trusted her and her staff from day one, and they have treated me very well. They care about their patients very much."

And the results of his procedure speak for themselves.

"First, I didn't have a bit of a problem," he assures. "I never had any pain at all, and I could see right away. I could read the text to the last line on the eye chart without glasses.

"Now, I don't have to wear glasses at all," reports Frank, "not even reading glasses! Colors look bright, but the thing I notice more than anything is that I don't have any blurriness at all. I can be in the rain and it doesn't bother me, and it's just as clear at night as it is in the daytime.

"It's amazing!" **FHCN**—Michael J. Sabno

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

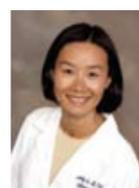
Halos around oncoming headlights

TREATMENT

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

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**.



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.