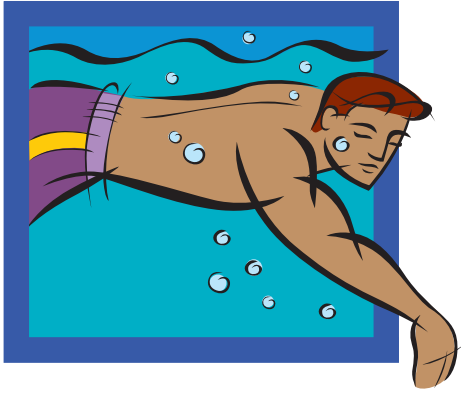


Quality of Life and LASIK

The results of the first nationwide quality of life survey of laser eye surgery patients are in. The Harris interactive survey¹ asked patients to evaluate the impact of their eye



surgery on the quality of their family life, careers, and sports.

The study found a very high satisfaction rate.

More than 85 percent said the

surgery had improved their overall quality of life.

Respondents cited improvement in several specific aspects of vision, daily living and everyday activities, including:

- Ability to see upon waking (seeing an alarm clock) (89%)
- Freedom from glasses and contacts (83%)
- Improvement in personal safety (69%)
- Increased confidence in personal appearance (65%)
- Better participation in sports or fitness activities (54%)

Seventy three percent of patients regretted that they did not have the surgery sooner. Nearly half (47 percent) of the respondents said they began "a whole new life" after laser eye surgery.

An important aspect of the survey also focused on consumer education. Perhaps most importantly, the study found the more well-informed patients were before their procedures the more satisfied they were with their results. To learn more, log on to www.washingtoneye.com.

¹Source- American Society of Cataract and Refractive Surgery.

For more information about Washington Eye Physicians & Surgeons, call 301.654.5114 or visit our website at www.washingtoneye.com

EXCELLENCE IN EYECARE FOR OVER FIFTY YEARS

William R. Davis, O.D.

Dawn Devaney Gammon, O.D.

Kenneth S. Schwartz, M.D.

Marwa A. Adi, M.D.

Todd A. Goodlick, M.D.

Howard S. Weiss, M.D.

Roy S. Rubinfeld, M.D.

Neil F. Martin, M.D.

Arthur L. Schwartz, M.D.

David K. Berler, M.D.

Melvin G. Alper, M.D.

let us know.

We've sent you this issue because our records show you are or have been a patient in our office. If you were seen in consultation at the request of another eye doctor, or if you are now under the care of another eye doctor, we hope you will continue that relationship. If you would prefer not to receive future issues, please

Chery Chase, MD 20815

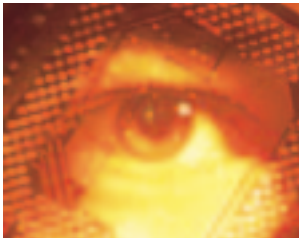
Suite 950

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Washington Eye
PHYSICIANS & SURGEONS

Washington Eye

PHYSICIANS & SURGEONS NEWSLETTER



Also in this issue:

- *A Tradition of Caring*
- *Is Botox for You?*
- *Quality of Life After LASIK*
- *Online Eye Exams?*
- *More Comfortable Contacts*
- *Take Our Quiz*

**2005
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Near, Far and Everywhere?

Washington Eye surgeons are the first in the Washington-Baltimore area to implant the latest breakthrough in vision correction, the full vision **Crystalens**. Crystalens is the first eye surgery that can restore clear vision for reading, computer and distance in both eyes without glasses. Washington Eye surgeon, **Dr. Neil Martin**, has recently been interviewed about his experience with this major advance in vision correction by the *Washington Post*, NBC TV, *Parade Magazine*, *AARP*, *Prevention Magazine*, *Consumer's Digest* and *Business Week*.

This type of lens combines the distance vision of a traditional lens implant with a flexible hinge that can provide natural intermediate and near vision as well. The lens builds on over 30 years of experience with cataract lens implant technology to improve and rejuvenate vision so that patients can accomplish most, and frequently, all of their visual needs without glasses. Crystalens has been demonstrated to have the same safety as decades old traditional lens implants but can also provide what many of our patients say they really want, greater freedom from glasses – not just distance glasses, but



"The flexible hinges of the Crystalens can allow it to work with the natural muscles in the eye to seamlessly change focus from near to far without the need for glasses," according to Washington Eye surgeon Dr. Neil Martin.

readers too. This surgery can allow many people in their late forties and older (with or without cataracts) to return to the vision they had when they were younger and did not need glasses. Washington Eye surgeons Dr. Neil Martin and Dr. Marwa Adi both perform this Crystalens procedure.

Ideal Candidate for Crystalens

- **Age 50 to 64**
- **Some Signs of Cataract**
- **Can't Tolerate Monovision**
- **Limited Astigmatism**
- **Smaller Pupils**

A Tradition of Caring

The physicians of Washington Eye continue a tradition of community service that began five decades ago with Dr. Mel Alper. Washington Eye has been a local leader in training young ophthalmologists in eye disease and ocular surgery, lecturing for continuing education of our colleagues, publishing articles in peer-reviewed journals, and serving on the committees that run our local hospitals and advisory boards. A recent survey of the doctors shows a combined contribution that truly boggles the mind. The doctors have spent 2,178 days teaching residents, given over 800 lectures, trained almost 200 residents, staffed over 3500 laser and intraocular surgical procedures performed by residents, and served on 23 various hospital and professional committees. Additionally, they have found time to publish over 200 scholarly scientific articles and over a dozen book chapters dealing with specific and timely issues affecting the profession of ophthalmology.

Aside from their busy clinical practices, the physicians of Washington Eye endeavor to contribute to medical care in many different ways and whenever duty calls.

Howard Weiss, MD, recently saw a patient who was barely able to drive herself to the office of her longtime Virginia eye doctor, Dr. Robert Kling. Dr. Kling saw the patient and recognized her painful, blinding condition as an acute glaucoma attack. Dr. Kling then had his wife drive the patient's car back to her home and Dr. Kling himself drove the patient to see Dr. Howard Weiss, a glaucoma specialist at Washington Eye. Dr. Weiss found her eye nearly blind with the pressure four times normal and treated her immediately with a laser treatment to re-open the eye's drainage channel.

The following day, the patient was delighted to find her pain resolved, the pressure normal, and her

vision improved. She ultimately needed cataract extraction, which Dr. Weiss performed. She is now back in the care of her local ophthalmologist, discharged by Dr. Weiss with normal eye pressure and vision of nearly 20/20 without glasses.

Dr. Marwa Adi also answered the call to action when a neighbor called her one evening and told her that she had suddenly lost vision in one eye. Dr. Adi picked her up and brought her immediately to the office where she was able to ascertain that the patient had had an occlusion of a blood vessel in the back of the eye. With careful drainage of some fluid from the eye, Dr. Adi was able to restore blood flow to the back of the eye and prevent total vision loss (which often occurs in these cases).

Dr. Kenneth Schwartz travelled to Abancay, Peru earlier this summer as part of a Pan American Ophthalmologic Fellowship where he worked with a local ophthalmologist and a colleague from Bascom Palmer Eye Institute to address eye care needs of the very poor in rural communities in the Andes Mountains of Peru.



Machu Picchu, the lost city of the Incas, high in the Andes

The local children stop by to visit Dr. Kenneth Schwartz and the other American visitors



Dr. Dawn Gammon and Dr. Christine Burris

recently raised nearly \$10,000 to fight breast cancer by fundraising and participating in the 40 mile *Avon Walk for Breast Cancer*. The Avon Foundation provides funding for breast cancer medical research, education, early detection and care and support.

Dr. Roy Rubinfeld designed and patented an eye surgical instrument and donated proceeds to various charities which provided eye care to needy seniors in the US and to children in Haiti.



At the award gala (from left to right): Dr. Kenneth Schwartz, honoree Dr. Arthur Schwartz, his son Marc Schwartz's wife, Suze, Dr. Arthur Schwartz's wife, Linda, and Marc Schwartz.

Dr. Arthur Schwartz recently received the prestigious Professional Service Award from the Prevention of Blindness Society in recognition of his contributions as Director of the Glaucoma Service at the Washington Hospital Center. Over 350 people attended the gala in his honor. He has supervised the training of more than 110 residents and the medical and surgical care of thousands of indigent patients. During his career, he has provided the equivalent of years of full-time work without any monetary compensation.

Dr. David Berler has continuously served as head of the Training and Education Committee of the Washington National Eye Center since 1982.

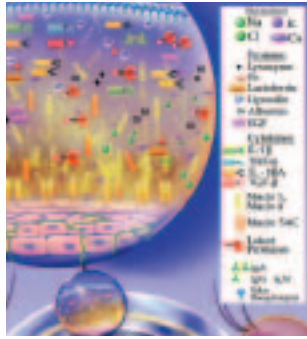
*The doctors have spent
2,178 days teaching residents,
given over 800 lectures,
trained almost 200 residents,
staffed over 3500 laser and
intraocular surgical procedures
performed by residents,
and serve on 23 various hospital
and professional committees.*

Dr. Todd Goodglick and **Dr. Neil Martin** teach and treat indigent patients at ophthalmology residency programs in the Washington, DC area. Dr. Goodglick has also travelled with medical groups throughout Asia as a visiting professor, teaching eye plastic surgery techniques in several countries as well as performing surgical procedures on patients in need.

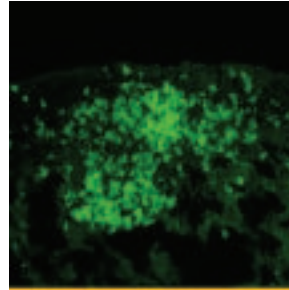
The employees of Washington Eye, not to be outdone by the doctors, have a long tradition of service as well. They have collected clothing, food and eyeglasses for people who need them. Many have volunteered at local schools and churches as classroom aides, sports team coaches, translators, health fair workers and fundraisers. They also have been collecting toys and supplies for holiday drives and for victims of natural disasters in the US and abroad.

New Help for Dry Eyes

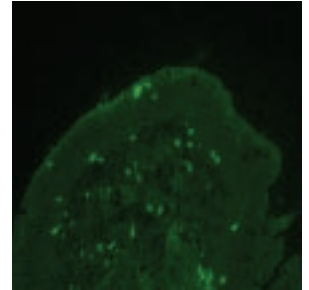
Restasis® is a new prescription eye drop which has been shown to actually increase a person's own natural tear production. It does so by reducing inflammatory cells in the outer eye membranes so the tear glands can secrete a more normal healthy tear film.



The normal tear film, illustrated at left, is a complex solution of soothing natural proteins, salts, lipids and enzymes.



Excessive number of inflammatory cells (stained green) present in mucous membranes of chronic dry eye patient



Greatly reduced inflammatory cells after Restasis® eye drops

If you are among the millions who suffer from dry eyes (especially during the drier months of the year), make an appointment today so your doctor can determine if Restasis® might help you.

A Love/Hate Relationship

“ Before, I barely knew my contacts were in my eyes but now I can only wear them for a little while before they drive me crazy.....what happened?
Are you telling me I'll need reading glasses on top of contacts just to see my computer? ”

These are some of the things we often hear about our patient's love/hate relationship with contact lenses. Some people can comfortably wear their contact lenses 18 hours a day while others can barely get them in their eyes before they become irritating. Many patients become frustrated because their lenses never bothered them until recently and they don't know why.

A feeling of scratchiness from lenses is often due to dry eye syndrome. Other causes of irritation and itching include allergies, sensitivities to lens solutions, eyelid conditions and deposits on your contact lenses. New contact lens materials such as **Acuvue Advance** with **Hydraclear®** can reduce deposits and allow more oxygen to reach your eyes. The good news is that most people who have problems with contact lenses can now be treated effectively to allow them



to wear their lenses more comfortably, safely and longer. Our eye doctors (especially Drs Gammon and Davis) as well as our contact lens staff are recognized experts in the diagnosis and treatment of contact lens problems. If your contacts have started to bother you, just call our office and make an appointment for a visit to either improve the comfort and safety of your contacts or to learn about other choices for correcting your vision.

The specialists at Washington Eye can often help their patients safely and comfortably wear contacts with:

- New Contact Lenses like Acuvue Advance®
- Restasis® Eye Drops (see above)
- Prescription Allergy Eye Drops
- Improved Eyelid Hygiene
- Punctal Plugs
- Non-Preserved Artificial Tears like Systane PF®

If All You Have is a Hammer...everything looks like a nail

The millions of Americans who have had LASIK frequently call it "a miracle" and "life changing." But LASIK (now capable of providing better than 20/20 vision without glasses for so many of our patients) is not the only remarkable development in vision correction over the past several years.

For most people under 50, LASIK [especially with the addition of custom or wavefront technology (see our last newsletter at www.washingtoneye.com)] remains the best option to reduce or eliminate the need for glasses or contact lenses. For most people over 50 (even those who've never needed glasses), focusing their eyes to read or to see a computer requires reading glasses. Monovision LASIK can often reduce the need for reading glasses greatly. For others over 50, there are excellent choices to improve their vision for distance, intermediate and near, without glasses or contacts.

Crystalens (see front page) might be the best option



for those over 50 who are starting to develop changes in the lens of the eye, which might progress to cataracts.

"If all you have is a hammer," the saying goes, "Everything looks like a nail." Most laser centers have only that "hammer." Trusted for over 50 years, Washington Eye Physicians and Surgeons, now with 10 doctors, each specializing in different areas, is not just a laser center. We don't have only a "hammer". We have the skills, expert experience and technology to choose the best ways to correct your vision, examine your eyes, and treat any condition which might threaten your precious sight. Only doctors with these qualifications can help you determine which treatment is the very best for your eyes. And now, with interest-free financing, these remarkable technologies have never been more, safe, predictable and affordable.

To schedule an appointment for a free LASIK consultation or a Crystalens evaluation call **301-654-5114**.

Botox?

Reducing the appearance of wrinkles with Botox has become very popular. In addition to eyelid lifts, laser facial resurfacing and reconstructive plastic surgery of the eyes, Washington Eye surgeon Dr. Todd Goodglick specializes in the safe and careful use of Botox.



Before Botox



Months after Botox

Patient Forum

Several longtime patients have sent us stories to help us commemorate our 50th anniversary. Here are two of them.

Congratulations to Washington Eye on its fiftieth birthday!

I must have been among Dr. Alper's firm's earliest patients, and I remember well the little office on K Street downtown fifty years ago. My recollection of visiting Dr. Alper is how long everything took! Seems to me I'd appear on time for a 10:30 or 11:00 o'clock appointment and wait and wait and wait to be seen, and then finally I'd get drops in my eyes and wait some more, and then be examined and, at last, be given a prescription for new lenses or be told that all was well and to come back next year. But by then it'd be 2:00 or 2:30, and I'd grumble about missing lunch and since my eyes were still dilated, I couldn't read those manuscripts back at the office anyway.

These days, I'm still a patient (now of Dr. Rubinfeld's), and am long since retired from my work as an editor but still active in the community as a volunteer. The waiting time at Washington Eye is now far less than what I remember at that original office, which is mildly ironic because now I have the time to wait.

Best wishes to Dr. Alper and to all the members of Washington Eye Physicians and Surgeons on this significant anniversary.

Richard Skinner



I moved to Washington in time to cover the 1960 Nixon/Kennedy presidential campaign as a correspondent for Westinghouse Broadcasting Company. Being a young and single journalist, my belongings were few. In my billfold was a prescription. "See Dr. Melvin Alper," it said. My ophthalmologist back in Ohio told me that he was turning me over to the best eye doctor in Washington, a real scholar.

So that's how I came to the little office on "Eye" street more than 40 years ago. Even then it was not easy to get a quick appointment with Alper. The office was usually jammed but Dr. Alper had time for small talk, asking what I was up to since the last visit. Eventually, when his scholarly interests increased, I guess, he turned me over to the young Dr. Berler, a fine, kindly physician. Many years after meeting Dr. Alper I was in Philadelphia about to deliver a lecture at The Bellvue Stratford Hotel when a commotion erupted in the adjacent meeting hall. We went to explore it. There was Dr. Alper being escorted into the hall surrounded by 70, maybe a hundred happy young people, medical students and others, I presumed. "He's my eye doctor," I proudly said to one of them. "He's the greatest professor," the young woman replied.

Sid Davis

If you would like to contribute a story or recollection about your experiences at Washington Eye, please send it to us.

True or False?

How much do you know about state-of-the-art laser vision correction?

- T F** 1. **The U.S. military has approved laser vision correction for active duty combat personnel.**
- T F** 2. **Serious complications occur in 5% of all LASIK procedures.**
- T F** 3. **Astigmatism cannot be eliminated by LASIK.**
- T F** 4. **LASIK costs more than a lifetime of contact lenses.**
- T F** 5. **Most LASIK patients have problems with nighttime glare and halos.**

ANSWERS

1. *True.* The US military has approved LASIK for active duty combat personnel. In fact, Washington Eye surgeons have performed laser vision correction on many members of our armed forces including F-18 jet fighter pilots and Navy SEALs.
2. *False.* In the hands of highly experienced laser surgeons, serious complications are rare with some estimates in the 1 in 1,000 range. The risk of having an auto accident in the US each year is 1 in 70 and the risk of having a potentially serious infection from wearing contact lenses for 10 years is 1 in 250. In the rare event a serious LASIK problem occurs, most can be resolved.
3. *False.* Astigmatism has been successfully treated with the excimer laser since 1997.
4. *False.* The total cost of wearing soft daily disposable contact lenses for 10 years is approximately \$5,000. After the 10 years of inconvenience and cost of contacts, you will still have poor vision without glasses.
5. *False.* According to FDA clinical data, most patients who had state of the art custom LASIK found their night vision actually improved.

To learn more about the answers to these questions, call, write, or e-mail us at yourdoctors@washingtoneye.com.

You can also learn what professional athletes and people like you have to say about their experiences with reducing or eliminating the need for contact lenses.

Online Eye Exams?

Well, not quite. But our new website CAN save you time, provide lots of medical information, download registration forms to speed your check in and visits with us and provide information on our doctors, office policies and services. With new streaming videos of Washington Eye doctors in the news, diagrams of how the eye works in health and disease, and interactive capabilities our updated site improves our ability to instantly serve you. Since 1998, www.washingtoneye.com has been cited by several magazines as an example of an informative, balanced, source of medical information.

Log on today or send us an email to learn about the latest developments in Botox treatments, early detection and treatment of glaucoma, cataracts, vision correction or contact lenses.



www.washingtoneye.com