

# IN FOCUS

A Publication of Dougherty Laser Vision – Southern California’s Premiere Source for Advanced Vision Correction

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## SURGICAL SPOTLIGHT

# Crystalens Restores Distance and Near Vision to Aging Eyes

### First FDA-approved accommodating lens implant reduces the need for reading glasses

**B**y the time most people hit their early 40s, they begin to experience difficulty with close-up vision. Those who have gone through this middle age right of passage will recall feeling suddenly much older the moment they tried on their first pair of reading glasses or bifocals.

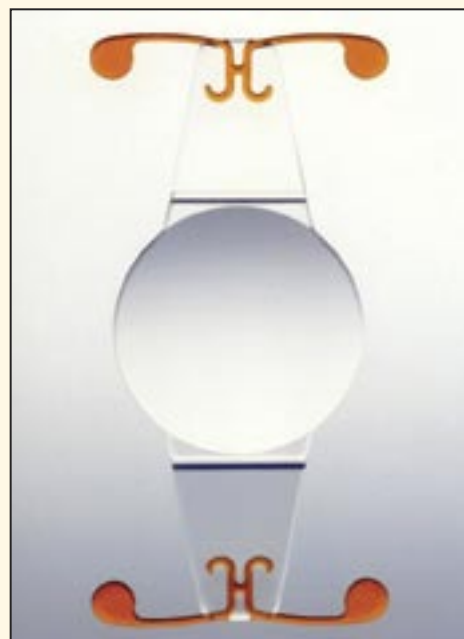
Often confused with farsightedness, this age-related condition is called presbyopia, and is defined as the loss of the eye’s flexibility to change focus.

In addition to presbyopia, another vision-related milestone of middle age happens sometime after we turn 50, when most of us also begin to develop cataracts. This occurs when the eye’s natural lens becomes cloudy and thus unable to focus and produce sharp images.

Unfortunately, neither of these common vision problems are particularly well suited for treatment with LASIK or other surgeries that reshape the eye.

The good news is that they can now be treated effectively with a new generation of implantable intraocular lenses (IOLs) that help restore seamless all-distance vision to aging eyes.

The first such IOL approved by the FDA is



*The Crystalens employs tiny hinges that allow the lens to shift within the eye to provide clear, all-distance vision.*

called the Crystalens. This remarkable new lens enables aging eyes to see like they could when they were younger by restoring accommodation (i.e., zooming power).

The Crystalens is ideal for boomers who want to discard their bifocals, as well as for anyone who requires cataract surgery.

*(continued on page 2)*

## MESSAGE FROM DR. DOUGHERTY



Today is an exciting time in the field of vision correction surgery.

Recent advances, including several researched here at Dougherty Laser Vision, are making it possible to provide clear vision to patients who were not good

candidates for surgery just a few years ago.

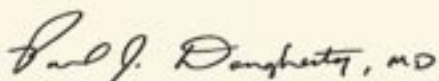
At Dougherty Laser Vision we treat patients with a wide range of vision correction needs. Our goal is to provide the information they need to make an informed decision, and then treat them with the best, most appropriate care possible.

That's why we have launched the *In-Focus* newsletter. Each issue will report on new treatment options, techniques and technology. We'll also cover the latest news here at Dougherty Laser Vision.

I personally know what it's like to experience vision correction from the patient's point of view. In January 1997, I had LASIK performed on my own eyes. Since then, I've had perfect vision without the need for glasses or contacts.

This very personal experience has helped define my approach to patient care. Perhaps more than most doctors, I can truly relate to each patient's concerns and address their unique needs.

We appreciate your comments to this newsletter, and as always, look forward to answering your questions about how we can help you, your family and friends achieve the life changing freedom that comes from being able to see clearly.



Paul J. Dougherty, M.D.  
Medical Director  
Dougherty Laser Vision

## FIRST LOOK

# Dougherty Expands L.A. Surgery Center



*Larchmont office waiting room*

Dougherty Laser Vision recently transformed its Los Angeles surgery center with a complete makeover. The remodeled center now occupies the entire 10<sup>th</sup> floor penthouse of the Larchmont Medical Plaza, and boasts 10 full-time staff members. The floor plan includes separate suites for general ophthalmology and refractive surgery, as well as new consultation rooms and administrative offices. Panoramic north and south views offer patients an opportunity to test their newly corrected vision on such L.A. landmarks as the Hollywood sign and Catalina Island. The styling is contemporary yet soothing, and reflects Dougherty Laser Vision's status as a leader in advanced vision care. Dougherty's Los Angeles office is located at 321 North Larchmont Blvd. in Larchmont Village.

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What makes the Crystalens unique is how it emulates the function of the eye's natural lens. It is designed with tiny "hinges" that allow the implanted lens to move mechanically forward and backward in response to the eye's natural focusing muscles.

The Crystalens replaces the eye's old, hardened lens, and provides clearer vision for objects that are near, far and every distance in between. The implant procedure takes just minutes, and the results are permanent.

Dougherty Laser Vision was one of the first vision correction centers in the nation to offer this exciting new treatment option, and Dr. Dougherty has performed more Crystalens procedures than just about any other surgeon in the Los Angeles area. Call Dougherty Laser Vision to see if the Crystalens is right for you.

# Protecting Eyes from Harmful UV Exposure

While most people are aware of the damage too much sun exposure can cause to their skin, few take the damage it can cause to their eyes seriously. During the summer, the risk of damage from UV (ultraviolet) exposure is especially severe. That's why when it comes to preserving your vision, sunglasses are not just a fashion accessory — they are essential protection from irritation and even permanent vision damage including cataracts and macular degeneration (both of which are leading causes of vision loss).

To make sure you are prepared this summer, Dougherty Laser Vision has developed the following 10 tips for selecting a pair of sunglasses and protecting eyes from damaging UV exposure.

1. Make sure the label says "100 percent UV protection" or "UV absorption up to 400 nm." Both terms mean that the lenses block damaging UV rays. Wearing sunglasses that do not filter out UV light can actually cause more damage to your eyes than not wearing sunglasses at all. This is because a darkened lens causes the eyes to dilate, letting in more potentially harmful UV rays.
2. Don't be misguided by price. Higher prices usually signal fashion or durability, not necessarily protection.
3. Don't settle for lenses that are just "polarized." While they may do a good job reducing glare, they do not by themselves provide adequate UV protection.
4. Don't be fooled by lens color or darkness. A special chemical coating is what gives a lens its ability to block UV rays. That said, brown, amber and gray lenses tend to provide the best comfort and relief.
5. Select frames with wrap-around lenses that are close-fitting. This will prevent UV rays from filtering in around the sides.
6. Don't let your guard down when it's cloudy. UV rays can pass through haze and thin clouds.
7. Contact lenses that boast UV protection are not enough. Everyone, including people with UV filtering contact lenses, should wear sunglasses when they are exposed to UV light.
8. Use lubricating eye drops to maintain moisture and reduce temporary irritation if your eyes are subjected to prolonged UV exposure.
9. High quality plastic lenses are more durable and provide better protection than glass lenses.
10. In addition to sunglasses, it's a good idea to wear a wide-brimmed hat if you're planning to be outdoors for long periods of time.

## TLC's "10 Years Younger" Taps Dr. Dougherty to Serve as LASIK Expert



Dr. Dougherty was recently selected to serve as lead ophthalmologist and refractive surgeon on "10 Years Younger" — the new makeover reality show airing on The Learning Channel (TLC) network.

Adapted from a popular British series with the same name, the show helps people from all walks of life look 10 years younger in just 10 days. It began airing in the U.S. in January, and has become a makeover show favorite due to its fun and creative format. The focus is on demonstrating how anyone can shed years off their look with minimally-invasive treatments.

Dr. Dougherty has been featured on several episodes performing surgery on makeover participants. The program airs weekdays on TLC. Check the TLC website ([tlc.discovery.com](http://tlc.discovery.com)) or your local cable TV listings for more information.

### Publications & Conferences

Dr. Dougherty racked up some serious frequent flyer miles in recent months traveling the world as a lecturer and guest faculty member at major ophthalmology conferences in Dubai, United Arab Emirates (UAE) and Beijing, China. He was also asked by the prestigious *Journal of Refractive Surgery* to serve as guest Editor-in-Chief of its upcoming special section on new research presented at the Nidek World Refractive Surgery Symposia. The Journal is published by the International Society of Refractive Surgery and the American Academy of Ophthalmology, and is considered the field's premiere peer-reviewed scientific publication. The invitation to serve as editor is an honor reserved for a very select group of internationally renown refractive surgeons.

## ABOUT DOUGHERTY LASER VISION

For more than a decade, Dougherty Laser Vision has brought the benefits of LASIK and other advanced vision correction procedures to patients who demand the absolute highest quality care.

We serve an expansive three county area, with offices in Los Angeles, Camarillo, Santa Barbara and Thousand Oaks. We're one of the few LASIK providers in the nation to offer three cutting edge laser technologies, as well as a full range of treatment options – from custom LASIK to intraocular lens (IOL) implants.

Dougherty Laser Vision is also a leading center for clinical research. Dr. Dougherty has served as a principal investigator on numerous FDA clinical trials, and his published research has helped advance the field of refractive surgery.

Such experience breeds trust, and medical professionals from a myriad of specialties (including other LASIK surgeons) have made Dougherty Laser Vision their choice when it comes to correcting their own eyesight. More information about Dougherty Laser Vision is available at [www.doughertylaservision.com](http://www.doughertylaservision.com) or by calling (888) 89-LASIK.

**IN  FOCUS**

**Published by Dougherty Laser Vision**  
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## MARK YOUR CALENDER

*June 18-19*

*Cosmetic Enhancement Expo 2005*

*10:00 a.m. – 6:00 p.m.*

*Los Angeles Convention Center*

Dougherty Laser Vision will exhibit and provide free consultations. In addition, Dr. Dougherty will host a presentation on Saturday (6/18) at 3:45 p.m. highlighting new advances in vision correction technologies.

For more information, please email us at [info@doughertylaservision.com](mailto:info@doughertylaservision.com) or call (888) 89-LASIK.



LOS ANGELES - CAMARILLO - SANTA BARBARA - THOUSAND OAKS

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