

MEDICAL



FROMER
Eye Centers
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continued from last week...

WHAT IS NEARSIGHTEDNESS?

The normal eye is a perfect sphere, where the cornea and lens focus light to form an image on the back of the interior surface of the eye, known as the retina. With nearsightedness, the cornea's curvature is too steep for the shape of the eye. The light is focused in front of the retina, causing images of distant objects to appear blurry.

WHAT IS FARSIGHTEDNESS?

In farsightedness, the image focuses beyond the retina. In our youth, the innate accommodating (focusing) power of the eye often compensates for farsightedness. But as we age, our eyes become less able to accommodate. For this reason, farsightedness most commonly becomes a problem later in life. Many farsighted eyes do not need correction until the individuals reach their forties or fifties. Farsightedness can be corrected by any method that increases the total refractive power of the eye. Eyeglasses and contact lenses do this by putting in front of the eye "positive" lenses that are thicker in the center than at the edge. PRK does it by making the central part of the cornea more steeply curved.

WHAT IS ASTIGMATISM?

The front of the astigmatic eye has an irregular shape, more oval than spherical, like a football. Incoming light focuses at multiple points instead of one. Astigmatism can make wearing contact lenses difficult or even impossible. Laser vision correction with an excimer laser is now an option for people with astigmatism who want clear, comfortable vision.

HOW DOES LASER VISION CORRECTION IMPROVE THESE DIFFERENT CONDITIONS?

The cool beam of light gently reshapes the surface of the cornea, making it more like a normal eye. Light can then focus at the back of the eye, on the retina, making images on the retina clear, thereby improving your vision.

WHAT SHOULD I DO BEFORE HAVING LASER VISION CORRECTION?

Have a complete eye exam and discuss the benefits and risks of laser vision correction with us. Make sure you read the materials in your patient education packet and have us answer any and all questions you may have.

DO I HAVE TO WAIT FOR MY REGULAR EYE EXAM?

No. You can have laser vision correction as soon as you're ready and eligible to do it. You can ask us about laser vision correction at any time.

WHAT HAPPENS BEFORE THE TREATMENT?

We will conduct a thorough examination to determine whether your eyes are healthy and suitable for the laser procedure. Your eye will be photographed and a computerized map made, called corneal topography. This will assess the shape of your cornea, and is one of the many diagnostic tests that we use to help ensure precise results.

WHAT CAN I EXPECT ON THE DAY OF TREATMENT?

This is an outpatient procedure. The laser treatment takes less than one minute for most

patients. The entire procedure usually takes fifteen minutes, and your visit should be complete in less than an hour. First, you will relax in a reclining chair. We will then place anesthetic drops in your eye and position your head under the laser. We will place a retainer to gently and comfortably hold your eyelids open during treatment. The treatment begins when you focus on a blinking light. Microscopic amounts of tissue, less than the thickness of a human hair, will then be removed from your cornea by the gently pulsing light. Afterwards, some drops or ointment will be placed in your eye for your protection and comfort. You'll visit us for follow-up exams periodically during the first year.

HOW WELL WILL I SEE AFTER LASER VISION CORRECTION?

Results vary with each individual. In a recent study, 98% of patients treated for nearsightedness, farsightedness, and/or astigmatism with an excimer laser saw well enough to pass a driver's test without glasses. Your vision should be improved immediately after treatment. Some patients may experience small vision changes during the first several months, which is a normal occurrence.

HOW SOON CAN I RETURN TO WORK?

Many people go back the day after treatment.

HOW DO I KNOW IF I CAN HAVE LASER VISION CORRECTION?

We can tell you if laser vision correction is right for you. Schedule a free consultation with our patient care coordinator to discuss your eligibility. Some general guidelines are:

*You must have healthy eyes and be at least 18 years old for nearsightedness or farsightedness, and at least 21 years old for astigmatism.
*Your vision must be stable for at least one year before the laser procedure.

*You are not a good candidate if you have degenerative or autoimmune diseases, or if you're pregnant or nursing, or if you have a condition that makes healing difficult.

HOW MUCH WILL IT COST?

This depends on your particular vision. There are different types of laser correction procedures available, and not all of them may be right for you. Therefore, we cannot give you a reliable estimate of the cost until your free consultation with the inpatient care coordinator. Consider the laser vision correction as cost-effective, compared to what you would have to spend on glasses, contact lenses, and lens care over the course of twenty years. The difference is you'll have clear, natural vision and reduced or eliminated your dependence on glasses and contact lenses.

WHAT IS INCLUDED IN THE COST OF THE PROCEDURE?

Our laser surgery procedure prices include all costs associated with your care and treatment. There are no hidden costs. Our procedure prices include the following services: a comprehensive evaluation of your eyes, the laser procedure itself, post-operative care for a year, and enhancements (if necessary) during the first year.

For more information, please visit
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Ashim Malhotra, PhD
NYU School of Medicine

Being the mirror, the barometer of an individual's health, skin is the clue to one's Ayurvedic constitution. This can be understood by the types of skin that one has. Example: If vata is predominant the skin of a person is dry, rough, cold, thin with fine pores and wrinkled. In case of pitta constitution, the skin is delicate, fair and red toned with freckles, moles or acne and burns easily. If the constitution is of kapha dosha the skin of a person is oily, smooth, moist and thick with a tendency towards large pores. If the skin is not cared properly and neglected it suffers from premature aging, becomes dull and blemished. Regular consumption of milk, honey and yogurt are good nourishment for skin and prevents premature aging.

Following are some common skin problems and ayurvedic remedy for preventing and curing the same.

ACNE AND PIMPLES

The aggravation of tridosha or the three energies of the body results in the occurrence of acne, pimples and blackheads. In all pitta dosha is effected the most and it happens so due to the excessive intake of alcohol, tea, coffee, spicy, oily and fried foods.

Stress, tension, pollution and chemicals are also among the major causes that aggravates Pitta dosha and result in acne, boils, pimples and rashes.

REMEDIES

■ A paste made from one teaspoon each of sandalwood powder and turmeric mixed with milk, is very good. A paste of nutmeg and water is also beneficial.

■ Half a cup of Aloe Vera pulp can be taken internally (Do not take internally if pregnant) or applied externally to the skin. Dosage: Twice a day.

■ Before going to bed, wash the face thoroughly and then apply a paste of 1 Tsp. coriander juice mixed with a pinch of turmeric powder.

■ For pimples, apply a paste made from one teaspoon of cumin seeds. Remove after one hour.

■ A paste of fresh fenugreek leaves, applied and washed off with warm water before going to bed prevents pimples.

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