

## MEDICAL



**Dr. Mark D. Fromer is a board-certified ophthalmologist since 1988**

*continued from last week...*

### Outpatient Surgery

**LASIK** is performed on an outpatient basis using an "eye drop" anesthetic to numb the eye for painless surgery.

**LASIK** normally takes less than 30 minutes and the patient leaves shortly after the procedure. An eye patch may be placed on the eye for temporary protection and to keep you from rubbing your eye in your sleep. Medication drops are used for pain relief, to prevent infection and promote healing. After **LASIK**, patients usually return to their normal lifestyle quickly with very few restrictions during the short healing period.

### Is LASIK for Everyone?

To be eligible for **LASIK** the eye must be in good health and vision must be stable. However, some people are better candidates than others and consultation with the doctor prior to surgery is important to determine estimated benefits and possible complications.

### Reading Glasses after Age 40

As the body matures, about the age of 40, the normally soft, flexible, focusing lens becomes hard and has difficulty focusing on close objects. Reading vision becomes blurred and difficult. Called presbyopia, bifocals and reading glasses, which aid the eye in focusing on close objects, are used to treat this condition. Since the laser has no effect on the lens of the eye and cannot improve vision due to presbyopia, people who have had **LASIK** and have or develop presbyopia will need reading glasses for small print. However, a procedure called **MONOVISION** may be used for people with presbyopia that corrects one eye for distance and leaves the other eye corrected for reading.

### What is laser vision correction?

It is an outpatient treatment that uses a cool beam of light to gently reshape the cornea - the surface of the eye - to improve vision. The light gently pulses to remove a microscopic amount of tissue, flattening the curvature of the cornea, allowing images to become more sharply focused on the retina - the back of the eye.

Laser surgery has been approved by the FDA for use in treating nearsightedness, farsightedness, and astigmatism. This approval means that the FDA has recognized that laser vision correction is a safe and effective procedure.

### What are the benefits of laser vision correction?

Laser vision correction for nearsightedness, farsightedness, and astigmatism is designed to be a one-time treatment that should reduce the condition overall, while also reducing or eliminating your dependence on glasses and contact lenses.

### What is the difference between RK, PRK, and LASIK?

You may have heard about **PRK**, which stands for Photorefractive Keratectomy. **PRK** and **LASIK** (Laser in-situ Keratomileusis) both utilize a Laser System to remove corneal tissue in order to flatten the cornea. In **PRK**, the laser works on the surface of the cornea. With **LASIK**, we first create a flap on the cornea and then use the laser for treatment below the corneal surface. **RK** (Radial Keratotomy) is a non-laser procedure where we use a knife to make a series of radial cuts into the corneal surface. These cuts are intended to produce a bulging effect in order to flatten the corneal surface. Both **PRK** and **LASIK** have now been approved by the FDA. Because of increased patient comfort, less chance of haze, and faster recovery times, most of our patients choose **LASIK**.

### Is laser vision correction safe?

Yes. Over four million patients worldwide have had this treatment performed on them successfully. The FDA has recognized laser vision correction for nearsightedness, farsightedness, and astigmatism, and found the treatment safe and effective for eligible patients.

### Does laser vision correction hurt?

No. The treatment itself is painless. Some patients may experience discomfort for one to three days after treatment. Many patients compare this to a sensation of sand in the eye. We can prescribe pain medication to alleviate discomfort during the recovery.

### Are there any risks?

There are risks with any procedure. However, because laser vision correction uses a cool beam of light that is computer controlled, there is little room for error. In a recent study, all patients experienced better uncorrected vision following laser vision correction.

*to be continued...*

For more information, please visit  
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### How can Acidity be avoided?

A proper dietary pattern is the best thing in order to avoid acidity. The following tips must be followed:-

Avoid foods that are rich in oils and fats. These foods are difficult to digest, so they may make the stomach release more acids.

The diet should contain a proper blend of all the tastes. Spicy foods must be just one dish rather than the whole meal.

Fibers are necessary in the diet as they help in the digestion.

Red meats must be eaten only occasionally, if at all.

After a meal, the body must be given some sort of exercise. This could be as simple as going for a stroll.

Too much addition to strong foods such as tea and coffee may cause acidity. This is also true for other addictions such as smoking and alcohol.

Do not consume sour foods as they already have acidic contents. Acidic foods to avoid are pickles, curds, tamarinds, vinegar, etc.

### How can Acidity be controlled with Simple Home Remedies?

There are several simple household tips to keep acidity under control. The following are some of them:-

Eat two plantains early in the morning and down them with a glass of milk.

Taking two tablespoonfuls of Isabgol (psyllium seed husks) in milk after every meal is beneficial for elimination of acidity.

Squeeze the juice of a whole orange and mix it with roasted cumin seeds. Add some rock salt to flavor it. This solution gives immediate relief from acidity.

Eat equal portions of ginger and coriander. This pacifies the digestive fire.

Mix equal amounts of ginger extract and mint extract. Having this two to four times a day provides relief.

Alternatively, the extract of a ginger can be mixed with equal amount of honey. This is to be put on the tongue every dawn and dusk.

Two teaspoonfuls of powder of amla (Indian gooseberry) taken twice a day is also helpful.

If the acidity continues for a long time, then try adhering to a milk diet. Milk may initially be troublesome to the digestive system, but the indigestible curds it would form in the body would generally be vomited out.

Mixing two teaspoonfuls of ghee in a glassful of milk and taking this once a day acts as a laxative, which would flush out the excess toxins from the body.

Coconut water is good for reducing acidity in the stomach.

If using rice, make sure it is at least two years old. Wheat flour can also be beneficially used to reduce acidity.

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