



## DOCTOR THROWS AWAY SPECTACLES: I CAN SEE BETTER NOW

**T**wenty-four year old Anamika is a doctor who offers free advice. Having spent her entire adult life hiding behind thick spectacles, she now tells everyone wearing glasses her story.

"Without their even asking me, I fell them to go in for Lasik," she says. "Before getting rid of spectacles through the Intralase technique, I was very scared of the surgery. I can understand the fear of most people with spectacles when it comes to going in for any kind of eye surgery. So whenever I meet anyone who I think can benefit from Intralase, I tell them to go for it without their even asking me!" she says.

With a high myopia of -9.25 and -9.50, the first thing Dr Anamika needed every morning was her spectacles. "Without my glasses I could not see anything. Unlike someone with a lower myopia who can manage without spectacles at parties or other social occasions, I could not see without my spectacles. Not only was it very irritating, it was also affecting my confidence. Whenever I got ready to go out, I would have to look at my feet."

"When I spoke to my parents about wanting to get my eye-sight improved surgically, my Mother was supportive but my father was worried about possible complications. But when we came to Centre for Sight, all our fears were put to rest."

**When I spoke to my parents about wanting to get my eye-sight improved surgically, my Mother was supportive but my father was worried about possible complications. But when we came to Centre for Sight, all our fears were put to rest.**

my power was stable. I was worried that they may reject me because of any of these factors," she says.

When Dr Anamika came for the pre-operative check-ups, the doctors explained the procedure to her. Seeing to rest her father's fears of complications was the latest blade-free technique, Intralase. For people who are seeking an alternative to traditional LASIK

incision (with blades) or who may be afraid to have a blade cut their cornea, this new technique is a boon.

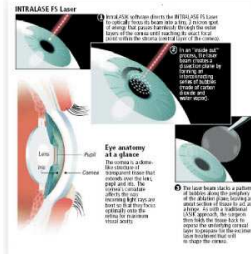
Unlike traditional Lasik, the Intralase machine cuts the corneal flap with a computerized laser light before reshaping the corneal surface for easy surgery and recovery. Intralase uses femtosecond laser to make the corneal flap uniform and smoother than the flap created by a microkeratome.

What the Intralase Lasik Eye surgery did to Dr Anamika was that it corrected and reshaped the surface of the cornea by delivering a pulsed laser beam of a quadrillionth of a second each. Doctors had already programmed the depth and position within the cornea according to her vision defect. A distinctive beveled-edge watery bubble flap was created to allow for smooth surgery and precise repositioning, alignment and seating of the corneal flap after Lasik.

The result was that Dr Anamika was able to leave the surgery within 10 minutes of stepping inside. "It was a little upset that I did not have perfect vision immediately after the surgery. Everything was blurred. But by the next morning, not only was the blurring gone, but I could see better than I had ever seen with my spectacles," she says.

The only post-operative care she had to take was that for six weeks after the surgery she had to protect her eyes from water, cleaning them with a sponge. And today, almost a year after her surgery, she is telling everyone with spectacles to throw them away and go in for Intralase.

### WHY INTRALASE?



- 1 Time taken is under 30 minutes
- 2 Suitable for patients with steep, flat or thin corneas
- 3 Safer because the corneal flaps are not made by a hand-held mechanical instrument
- 4 Over a million procedures have been performed safely worldwide by this method

### HOW SAFE IS IT?

- 1 Laser vision correction is suitable for people suffering from mild-to-severe nearsightedness, farsightedness and all types of astigmatism.
- 2 Clinical studies showed that one year after treatment 100 percent of nearsighted patients and more than 95 percent of all clinical study patients could see 20/20 or better without glasses or contact lenses.
- 3 98 percent of mild-to-moderate nearsighted patients and almost three-quarters of all clinical study patients were very satisfied with their night vision after treatment compared to their night vision before treatment with glasses or contact.
- 4 Four times as many mild-to-moderately nearsighted participants were very satisfied with their night vision after treatment with glasses or contact.

### WIN FOR YOUR EYES

ANSWER THE FOLLOWING QUESTION CORRECTLY AND WIN A FREE EYE-EXAM.

Q. Can people with thin, flat or steep corneas get Intralase done?  
Send in your answer via sms to XXXX. Winners will be decided through a lucky draw.



### HOW THE DOCTOR PREPARES?

- 1 Mapping the eyes  
Before any Lasik procedure begins, the patient is put through a series of tests to find out the individual characteristics of his vision. Using the Wave Scan technology, a three dimensional map is made of the eyes. This information is processed by the Advanced CustomVue to design the treatment for each eye.
- 2 Making the Incision  
The Intralase "blade-free" technique is used to make a flap on the cornea.
- 3 Correcting the Vision  
Following this, the Lasik is done to correct the vision aberrations in accordance to the pre-set parameters based on the Wave Scan and using the CustomVue process.

