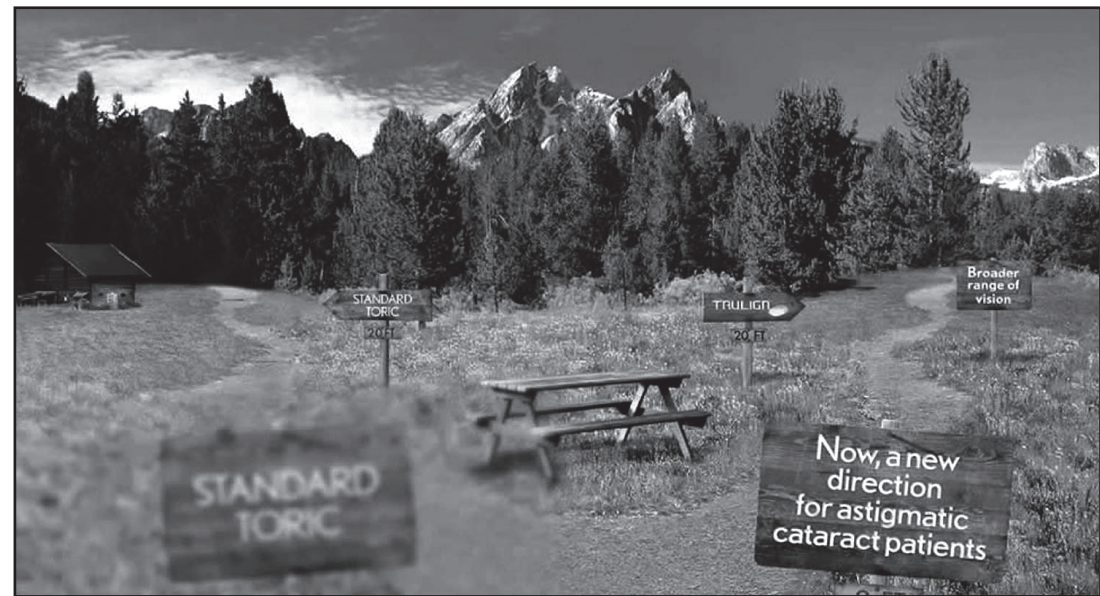


COMMENTARY | Eye, eye doc



SHARP EYES—Signs at left and right show vision before and after treatment for astigmatism.

New procedure can correct astigmatism

By Dr. Rajesh Khanna
Special to the Acorn

We are going to talk about a revolutionary new technology in the field of cataract surgery and how this can benefit you or your parents who are considering cataract surgery.

For the first time the FDA has approved accommodative lenses with built-in astigmatism correction. This can allow a person with astigmatism to see clearly at all distances.

You may have read that accommodative lenses are a type of Pi (presbyopic implant). The other type of Pi is a multifocal lens, like ReStor and Tecnis.

A multifocal lens is an accommodative lens with a unique shape and movement ability that can give depth of field, allowing a person to see at various distances.

This should not be confused with monovision, which is one eye for far and the other for near. With a multifocal lens, each eye is able to see at various distances.

To clear up the confusion some people might face when hearing different names of lenses, here's a quick review. The only other FDA-approved accommodative lens is Crystalens Trulign.

Some lenses—like Nanoflex—even though they have the word “flex” in them, are monofocal lenses and are not approved for accommodation by the FDA.

The FDA has not approved accommodative lenses like Tetraflex.

There are monofocal lenses with built-in astigmatism correction like the ones from Alcon and AMO. These give great distance vision but cannot give near vision capability.

Multifocals like ReStor and Tecnis do not have approval for built-in astigmatism correction.

A person with Trulign lenses will be able

Until now, a person with astigmatism had to make a choice between toric or multifocal/ accommodative lenses

to see better at night while driving. Enhanced vision will allow better results with tennis, golf and other sports.

Eye strain will be less as vision will be sharper. Overall it would be a great option for many people.

To know if you suffer from astigmatism you would have to undergo a test called color corneal topography. This painless test gives a color-coded map which shows astigmatism and other corneal abnormalities. Glasses or contact lens power are not enough to determine the presence of astigmatism.

Until now, a person with astigmatism had to make a choice between toric or multifocal/ accommodative lenses. With the latter, astigmatism had to be corrected with limbal relaxing incisions or LASIK, requiring a two-step approach.

With the advent of Trulign lenses they can have one-step treatment. Of course, the surgical skill level required is higher for this lens.

The openings made in the eye are more precise and almost artistic. The lens has to be rotated, and orientation marks on the lens have to be aligned with the steep axis of astigmatism. Further care has to be taken to prevent the rotation of the lens after surgery, as that decreases the efficacy exponentially.

Therefore not all cataract surgeons are able to include this lens in their practice. The extra effort pays off in the smile of patients.

To summarize, the first and only FDA-approved lens which can correct astigmatism as well as allow a person to see at all distances is the Crystalens Toric lens called Trulign.

Khanna's new show, "Medical Magic," can be seen on www.FirstRun.TV. His office is in Thousand Oaks. He is also the author of "The Miracle of Pi in Eye," available on Amazon.

BRIEFS

Course teaches infant, child CPR

■ Simi Valley Hospital will offer a course in CPR for Family and Friends: Infant and Child from 6 to 7:30 p.m. Tues., March 18 at the Simi Valley Hospital North Campus, North Campus Education Classroom, 3015 N. Sycamore Drive, across the street from the hospital.

This American Heart Association course will have information on how to perform basic CPR skills and how to help a child or infant who is choking.

This course is for anyone who wants to learn infant and child CPR but does not need a course completion card.

The cost is \$30 per person.

For more information, call the education department at (805) 955-6890.

Resource fair for brain injury victims

■ The Life After Brain Injury nonprofit organization will sponsor a Brain Injury Resource Fair from 10 a.m. to 2 p.m. Sat., March 15 at the Camarillo Community Center, 1605 Burnley St., Camarillo.

Former UCLA linebacker Patrick Larimore will speak.

In addition, more than 20 social services agencies will be on hand to discuss resources available in Ventura County.

There will be free refreshments and a drawing.

For more information, email Cherie Phoenix, executive director for LABI, at LifeAfterBI@gmail.com.

Pilates for fitness, rehabilitation

■ Recently opened in the Thousand Oaks area close to the 101 Freeway and The Oaks mall, Fountain of Youth Pilates offers body conditioning and healing.

Owner Jillian Dijak believes in doing Pilates to keep strong and flexible, both for fitness and rehabilitation.


She has worked in the physical therapy field for more than a decade, helping people from ages 8 to 92 to heal.

She has experience working with patients who have scoliosis, cerebral palsy, osteoporosis, multiple sclerosis, muscular dystrophy, and low back pain. She also works with stroke victims and women before and after pregnancy.

Pilates builds stamina and reduces stress and fatigue. Pilates focuses on a deep, mindful pattern of breathing that is said to relax the body and mind. Pilates also corrects muscles imbalances due to poor posture.

Fountain of Youth Pilates offers private and duo sessions at a special introductory rate for new clients.

To book a session, call Dijak at (805) 704-2996.



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