



INSIGHT

Enjoying Crystal Clear Vision Near and Far

Bob Morgan started wearing glasses in the fifth grade, and has worn them nearly all his life. That was until recently, when he had cataract surgery performed by Dr. Lee Wan at Coastal Eye Specialists with the revolutionary Crystalens® lens implants.

Now Mr. Morgan can see clearly without glasses near and far.

'Crystalens are Fantastic'

"The Crystalens implants are just fantastic," says Mr. Morgan. "For the first time in my life, I can sit down and read the morning newspaper without glasses. All I had to do was buy a pair of nonprescription sunglasses for riding my bicycle. I can see clearly off in the distance and look down and see the altimeter, the speed and my little bicycle computer. It's really great."

Mr. Morgan's experience reflects what the Crystalens is designed to do. Modeled after the natural human lens, the Crystalens is an accommodating intraocular lens (IOL) implant. That is, it uses the eye muscles to flex and accommodate in order to focus on objects in the environment at all distances.

Surgical outcomes tracked by Bausch and Lomb, the Crystalens manufacturer, have found that Dr. Wan's results with the Crystalens are consistently above average in restoring uncorrected (no glasses) vision for distance, intermediate and close. His results have been ahead of the curve on nearly every important parameter.

Bob Morgan became acquainted with Coastal Eye in

the mid-1990s. His sister-in-law, Jean Rosolek, has been a popular fixture at the reception desk there for years. Ms. Rosolek told him about the skills of Coastal's doc-

tors, and Mr. Morgan decided to drive down to Oxnard from his east San Francisco Bay area home for laser vision correction. He has been a Coastal Eye patient ever since, coordinating his annual eye exams with visits to relatives living in the area.

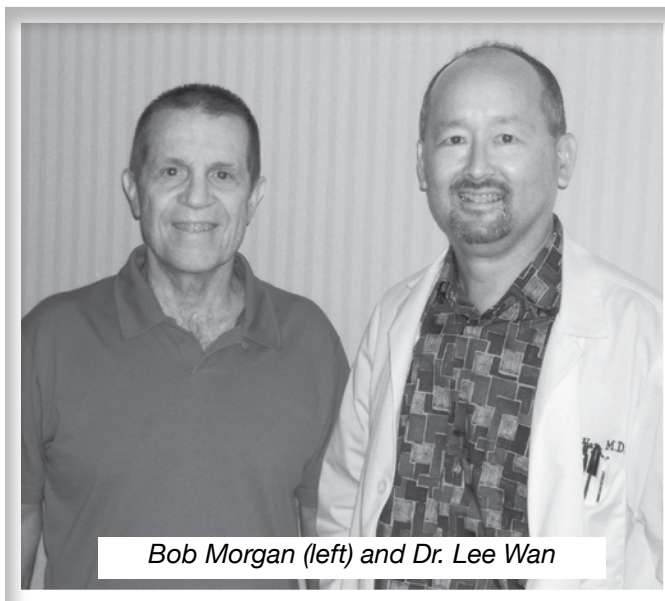
After his laser, he wore glasses for reading only. But eventually, he needed them again for distance as well. Over the last year or so, Mr. Morgan was finding it increasingly difficult to see clearly, even with regularly updated glasses. "It was getting harder

and harder to make out those highway signs at a distance. That was from the cataracts," he recalls.

Confidence in Dr. Wan

At Mr. Morgan's annual checkup, Dr. Wan found that his cataracts had advanced to the point that they needed to be removed. Told he was a good candidate for Crystalens, Mr. Morgan liked the option. He first sought out a surgeon in the Bay area, closer to home. However, after consulting with several surgeons there and not finding one who could match the confidence he had in Dr. Wan, he decided to make the trek to Oxnard for his surgery. Dr. Wan performed his cataract surgery with the Crystalens on each eye three weeks apart.

(continued inside)



CRYSTAL CLEAR VISION (continued from first page)

Mr. Morgan was impressed with how easy the pre-op, post-op and surgeries turned out to be. "It was amazing," he says. "Each time, I was about ten minutes in the operating room and right afterwards I could see clearly. Everything was so bright."


Mr. Morgan is grateful to Dr. Wan and admires his skills. "The care here has been fantastic," he says. "Dr. Wan has just been great. He tells you everything you need to know and he answers all your questions. Members of the staff really go out of their way. There have been a lot of trips this year because of the surgeries, but they were well worth it."

Dr. Wan notes that Mr. Morgan was an excellent candidate for surgery with the Bausch & Lomb's Crystalens HD, one of the newest additions to the menu of presbyopic (for correction of near and distance vision) IOLs. However, it is not the best IOL for everyone. Other patients may be better candidates for other presbyopic IOL technology, which include Alcon's ReStor lens, as well as AMO's ReZoom and Tecnis IOLs. Still other patients may do better with one of the toric IOLs (for correction of astigmatism). Dr. Wan believes it is important to educate patients about their best options, but notes that there is a complex art and science involved in choosing the best IOL for each patient. "It depends on the patient's vision needs, the health and shape of their eyes, what they are used to, and to a certain extent even their personality. It is my job to try to understand all this, and to recommend what I think is the best IOL for them," he concludes.

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When Bob Morgan was a student majoring in English at Loyola University of Los Angeles (now Loyola Marymount University) in the 1960s, he got a part-time job delivering printouts for a computer company. Although he didn't realize it at the time, this was his first step toward a career as a computer programmer. Since 2001, he has been an applications programmer at Bay Area Rapid


Transit (BART) in Oakland, working on the maintenance and repair system.

He usually rides his bicycle between 75 and 150 miles a week; a lot more than that when he goes on challenging, weeklong bicycle camping trips conducted by cycling associations. Mr. Morgan and his wife are the parents of two sons and have three grandchildren. The Morgans recently took the entire family on a cruise to Alaska, where Mr. Morgan could view the wonders of nature as never before with his new eyes. 

Editor's Note: Eyes which have had previous refractive surgery such as LASIK present some special challenges for the surgeon, according to Dr. Wan. But with precise measurements and calculations as well as careful surgical planning, the results can be gratifying. As with any surgical procedure, cataract surgery results cannot be guaranteed, and individual results may vary.

In the News...

Pursuing Coastal Eye Specialists' commitment to continuing professional education, **Dr. Lee Wan**, Medical Director, led a group of staff members to the recent annual meeting of the American Society of Cataract and Refractive Surgery (ASCRS). The Coastal Eye delegation included **Dr. Ruth Marquez**, optometrist; **Lisa Lopez**, Administrator; and **Araceli Perez**, Billing and Insurance coordinator. They took continuing education courses pertinent to their areas of responsibility.

Dr. Meiya Liao, Coastal Eye optometrist, continues to volunteer her time to perform eye screenings at the free clinic for diabetic patients sponsored by St. John's Regional Medical Center. Regular eye exams are vital for patients with diabetes. 

Notice: Coastal Eye Specialists distributes this newsletter to educate our patients about eye health and care, and the services we provide. It is normally mailed to patients who have had a recent appointment in our office. If you wish to be added to or removed from our mailing list, or receive a copy of our Notice of Privacy Practices, please call (805) 983-0700 or send an e-mail to info@coastaleye.net.

A Prescription for Lush, Luxuriant Eyelashes

A drug that has been used successfully for several years to treat glaucoma has been adapted for a cosmetic purpose: to increase eyelash growth, including length, thickness and darkness.

Latisse® was recently approved by the FDA for stimulating growth of eyelashes, and is now available by prescription. With nightly applications of Latisse to the margins of the upper eyelids, the majority of patients see significant eyelash growth by about two months.

Latisse is no mere cosmetic. It is a prescription drug and should be treated as such, observes Dr. Meiya Liao, Coastal Eye optometrist. Before a patient starts using Latisse, a thorough eye exam is essential, and regular exams at intervals recommended by the eye doctor are also strongly recommended.

One reason for caution and monitoring is that Latisse, like its parent glaucoma drug, Lumigan, can lower the intraocular pressure (the internal pressure of the eye) because a small amount can potentially get into the eye, even though Latisse is applied to the eyelid and not directly to the eye.

“It’s important to conduct an examination in which we determine a baseline intraocular pressure, establishing what is normal for the individual before initiating treatment with Latisse,” says Dr. Liao. “We need to know what’s normal so that we can more closely monitor any change in pressure. This becomes especially important if a person ever develops glaucoma or suspected glaucoma.”

Glaucoma is an insidious disease associated with high intraocular pressures that can lead to blindness. It shows no symptoms in its early stages. Glaucoma can usually be treated successfully if it is detected early, hence the importance of regular eye examinations.


Other side effects of Latisse have been reported. One is darkening of the eyelid skin, which may be reversible upon discontinuing the drug. There is also some potential

for increased brown coloring of the iris, which would likely be permanent. However, because Latisse should be applied to the upper eyelid only and not directly to the eye, the incidence of iris pigmentation should be minimal if used properly, says Dr. Liao.

“Latisse should be used only in patients with healthy eyes,” she says. “Certain pre-existing conditions can lead some patients to experience side effects more markedly than others.”

Latisse is applied similarly to the way eyeliner is applied. A one-month supply of the Latisse kit contains a bottle of the medication and 60 single-use applicators. A drop of Latisse is placed on an applicator, which is drawn across the skin of the upper eyelid margin at the base of the eyelashes. The single-use applicators are used for the left and right eye individually. The applicators should not be shared or re-used. Patients should see their eye doctor immediately if they experience any sudden redness, irritation, pain or decrease in vision.

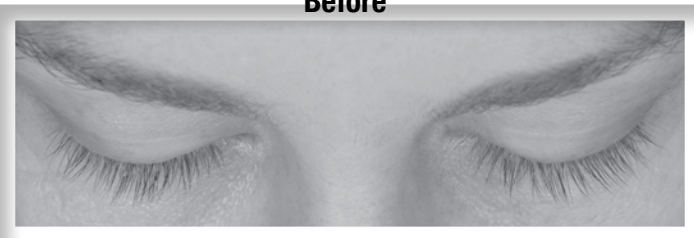
Latisse is available from most pharmacies with a doctor’s prescription. It may be prescribed by non-eye doctors, such as primary care physicians, spa doctors or plastic surgeons. However, patients who obtain prescriptions from these sources are still advised to have initial and regular eye examinations by an eye doctor, to establish a glaucoma baseline and monitor for complications in the eye, Dr. Liao says.

When patients on Latisse discontinue using it, their eyelashes will return to their previous appearance in several weeks to months. 

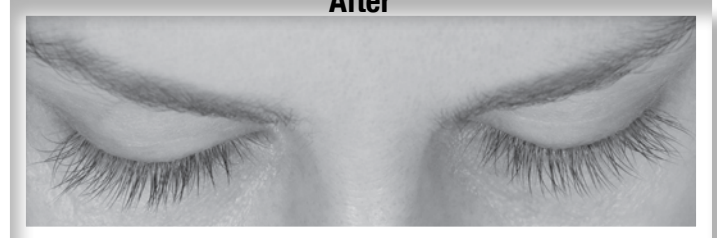


Dr. Meiya Liao

Before



After



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For Some Dry Eye Patients, Restasis® is Highly Effective

Commercials for Restasis® — broadcast frequently on television — have made this medication for dry eyes practically a household word. Some viewers might instantly conclude “That’s what I need.”

As with any prescription drug, however, expert diagnosis and clinical judgment are required to determine the best use of the many tools available to doctors today. The first step toward effective treatment of dry eyes is a thorough eye exam and a determination of the nature and severity of the condition, according to Dr. Ruth Marquez, Coastal Eye optometrist. Varying types of dry eye conditions require different treatment plans.

“Restasis is a very good drug for people who need it,” she says. “It’s a safe drug, and a lot of patients do very well on it. But I would say that diagnosis is the main component here. Sometimes people come in thinking they need Restasis based on a TV ad, when in reality they may have other readily treatable forms of dry eye. Especially if you have chronic, inflammatory dry eye, Restasis may be an important part of your treatment. However there are lots of other things we can do as well.”

Dr. Marquez says patients should know the following about Restasis:

- ◆ At present, Restasis is the only prescription medication of its kind approved by the FDA for treatment of chronic, inflammatory dry eye.
- ◆ The indications for prescribing Restasis include severe dryness with depleted natural production of tears and/or inflammation — a chronic condition.
- ◆ Restasis works by increasing the production of the eyes’ natural tears, and reducing inflammation.

◆ For the majority of patients with chronic, inflammatory dry eye, Restasis is effective. However, individual results may vary.

◆ Restasis has an excellent safety profile. In clinical studies, the drug showed no evidence of interaction with other medications, no detectable absorption of cyclosporine (its main ingredient) in the blood of patients, and no changes in intraocular pressure.

◆ Restasis should not be used by patients with eye infections or by patients with known or suspected allergies to its ingredients.

◆ Restasis takes some time to become effective. From the start of treatment, it can take three months for the patient to notice a significant improvement; about six months for the drug to achieve full efficacy.

◆ The most common side effect of Restasis is a stinging sensation in the eyes when first using it. This generally improves with time.

◆ Most patients will have to stay on Restasis indefinitely to continue experiencing its benefits.

◆ Patients on Restasis typically still need to use artificial tears to supplement their own lubrication.

◆ Patients on Restasis need to adhere to a regular schedule of follow-up visits as recommended by their eye doctor.



Dr. Ruth Marquez

