



**Coastal Eye  
Specialists**  
Medical Group, Inc.

# INSIGHT

## Patients Can Choose How They Will See After Cataract Surgery

Paul Rockenstein of Camarillo hoped that cataract surgery would free him from glasses as much as possible. His wife, Michael Ann, chose the ability to read and do close work without glasses, but didn't mind wearing them to drive.

Cataract surgery performed on them by Dr. Lee Wan of Coastal Eye Specialists gave them both what they wanted, and they're very pleased.

The Rockensteins' story illustrates the ability of eye surgeons today to customize post-cataract vision to a significant extent. This is possible partly because of advances in intraocular lens technology and surgical techniques — and partly by the surgeon knowing the patient and paying close attention to individual needs and desires.

The pre-surgery characteristics of the Rockensteins' eyes and their needs were very different, and presented Dr. Wan specific surgical planning challenges.

In addition to cataracts, Mrs. Rockenstein had astigmatism in both eyes, most severe in the left. Dr. Wan used a toric lens implant, which corrected the astigmatism in that eye. In the right eye, he implanted an aspheric lens, an advanced "standard" implant, to provide the most optically correct focus possible.

"I chose to stay the same as I was, that is, to be able to read without glasses," says Mrs. Rockenstein. "I've been used to that for so many years, I decided why bother changing it? But now, my eyesight is better without the astigmatism. Driving at night is easier because there's less glare. I can see the colors of my roses much more vividly. For me, the whole process



Paul and Michael Ann Rockenstein

was very easy. I'd recommend it to anybody who has cataracts that obstruct their vision."

For Mr. Rockenstein, Dr. Wan used standard lens implants, maximizing the correction, with the goal of making him glasses-free except for reading.

Before cataract surgery, Mr. Rockenstein had some astigmatism and wore very strong glasses for farsightedness. After age 40, he also needed a correction for reading. "Before surgery, I wore glasses all the time. I tried bifocals a couple of times and didn't adjust well to those, so I was dealing with two pairs of glasses. After surgery, it was amazing. Without my glasses, I could look out and see everything in the backyard. Now I just wear (nonprescription) sunglasses outside and to drive, and my reading glasses are much thinner than the thick ones I needed before. It's pretty miraculous, because I

*(continued on page 2)*

**Hot options for sun protection: see pages 2 & 3.**

# Know the Potential Hazards of Fun in the Sun

A severe sunburn is a painful reminder of how powerful the sun’s ultraviolet (UV) rays are in damaging the skin. The public may be less aware of the damage that the same UV radiation can do to the eyes, short-term and long-term, externally and internally.

Acute over-exposure — a single outing on a very bright day — can cause a sunburn of the cornea (the clear front “window” of the eye), which is potentially more painful than a skin sunburn.

Ultimately more alarming, UV damage is cumulative. The negative impacts of UV exposure might not appear until years later. The year-after-year chronic insult of UV rays can bring about changes on the surface of the eye, causing pterygiums and pinguecula, which are growths on the cornea and white of the eye.

Cataracts also appear to develop quicker in patients who have significant chronic exposure to the sun.

Long term exposure to UV radiation is damaging to the retina and may contribute to the development of age-related macular degeneration, the leading cause of vision loss among older Americans. Scientists speculate that the sun’s visible “blue light” might also be implicated.

## PATIENTS CAN CHOOSE (continued from page 1)

had worn glasses since the age of 6.”


(Editor’s note: Mr. Rockenstein’s surgery was several years ago. Today, newer presbyopia-correcting lens implants can correct close as well as distance vision in selected patients.)


The Rockensteins are grateful for the care they receive from Dr. Wan and are complimentary about the Coastal Eye staff. “Dr. Wan is very conscientious and thorough, and he cares about his patients,” says Mr. Rockenstein. “I’ve been very pleased,” Mrs. Rockenstein says. “Like Paul, I’ve recommended Dr. Wan to others. I trust him. I wouldn’t have him operate on my eyes if I didn’t trust him, because eyes are so precious.”

Skin cancers around the eyes or on the eyelids are also tied to UV exposure.

You probably would not even consider staying out in the sun without applying a sunscreen lotion to exposed skin. Remember, you need to protect your eyes, too, by wearing sunglasses with lenses that absorb at least 99 to 100 percent of UV-A and UV-B rays, and by wearing a broad-brimmed hat or a cap with a visor to further shade your eyes.

### Keep in mind:

- ◆ UV exposure is greater on the snow, sand and pavement, as well as on the water.
- ◆ UV radiation levels rise in high altitudes (in the mountains).
- ◆ UV radiation permeates through overcast conditions, such as haze and clouds. (At high altitudes or on the water or sand, even cloudy days are dangerous.)
- ◆ People with light-colored eyes and skin are at greatest risk.
- ◆ UV radiation is highest between 10 a.m. and 4 p.m.
- ◆ “Photosensitizing” medications, such as tetracycline and others, increase your skin and eye sensitivity to light. 

Retired after 36 years in marketing with the Xerox Corporation, Mr. Rockenstein is an active volunteer in the community. He is a director of the local park district and is also a commissioner for county parks. He served for 12 years on the St. John’s Regional Medical Center-St. John’s Pleasant Valley Hospital Foundation Board and is now on the hospitals’ Community Board. He has been recognized with the Jefferson Award for Public Service. Mrs. Rockenstein, a former educator for 30 years, also holds a law degree. She retired four years ago from a career as a victim advocate for battered adults and abused children with the Ventura County District Attorney’s Office. Both are active in their church. 

## Protect Your Eyes with the Right Sunglasses

From bling to sporty, sunglasses are a fashion statement today. That's why the Coastal Eye optical department offers a wide selection of the latest frames from many of the hottest designers in the business — Coach, Fendi, Valentino, Lulu Guinness, Calvin Klein, Gucci and Maui Jim, among others.

Appearance is certainly an important consideration in sunglass selection, but there are many other factors to think about in order to meet your sun protection and outdoor vision needs as precisely and effectively as possible. Not surprisingly, patients are grateful for the expertise of the opticians at Coastal Eye Specialists. They spend the time to determine each patient's wants and needs and how they will use their sunglasses. They also work closely with the prescribing doctors to ensure patient satisfaction.

The basic considerations in choosing sunglasses are adequate protection of the eyes from the sun's ultraviolet rays, comfort and fit as well as appearance, says Certified Optician Claudia Umeda.

"We want to be sure to give patients something that's appropriate for their prescription, and for what their needs are in sunglasses," says Ms. Umeda. "But we also want those sunglasses to look good and reflect their own personality and image. We want to customize each pair of sunglasses for the patient's individual needs."

In choosing sunwear, these considerations are important:

◆ **Eye protection:** All sunglasses sold at Coastal Eye have 100 percent protection against the sun's damaging ultraviolet (UV-A and UV-B) rays. Sunglasses can also be made with protection against visible "blue light." These are recommended especially for patients at risk for macular degeneration and other light-sensitive conditions.

◆ **Tints:** Tints have their own unique characteristics. For example, greens offer some color contrast with little color distortion. A brown tint is particularly good at light

absorption, and offers high visual contrast and depth perception. Very dark brown lenses offer additional protection against blue light. A gray tint is a neutral color offering no contrast or color distortion, and is excellent at blocking glare. For some patients, the ideal solution is to make a blended tint of brown and gray. "If a patient uses sunglasses regularly for golfing, for instance, I would suggest a brown tint, which would enable them to see the ball and the course better," says Ms. Umeda. "Some people need two pairs of sunglasses, perhaps one for golf, and the other for general wear."

◆ **Polarized lenses:** These are unsurpassed at blocking glare. Ms. Umeda recommends them especially for fishermen or water sports enthusiasts who must contend with extremely bright glare coming off the water. However, they are also an excellent choice for anyone who finds themselves bothered by glare. They are also very comfortable for driving.

◆ **Frames:** Coastal Eye's opticians strive to be sure that frames fit comfortably, are large enough to provide adequate protection from the sun, and compliment the shape of the patient's face. With particularly large sunglass frames and lenses, trendy now among women, there may be some distortion in the periphery. "I warn patients that at first, they're going

*(continued on page 4)*





W. Lee Wan, M.D.  
 Lucille Loignon, M.D.  
 Neda Karimi, M.D.  
 Meiya Liao, O.D.

PRSR STD  
 U.S. POSTAGE PAID  
 OXNARD, CA  
 PERMIT NO. 1691

info@coastaleye.net

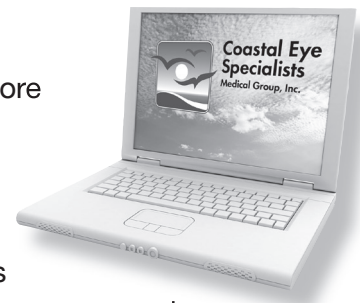
www.coastaleye.net

1700 North Rose Avenue, Suite 200  
 Oxnard, CA 93030 • (805) 983-0700

## Welcome to Our New Web Site

We hope that you will find our new, updated web site at [www.coastaleye.net](http://www.coastaleye.net) to be more comprehensive and user-friendly.

Along with being an educational tool, we hope our new site will serve as a suggestion box for our patients. Look for the “Contact Us” link on the site. Please e-mail us with feedback on how we’re doing – suggestions about our practice and our services are always welcome. If you have general questions about eye care that you’d like to see answered on the site or covered in future issues of Coastal Eye’s newsletter, InSight, please let us know. (Please do not use the site to communicate personal health information, appointment requests, prescription refills, or other urgent needs.) We value highly the relationships we have with our patients, and we hope you will enjoy visiting [www.coastaleye.net](http://www.coastaleye.net).



### PROTECT YOUR EYES (continued from page 3)



to feel somewhat different because of the effect of these large lenses on their peripheral vision,” says Ms. Umeda. “Eventually the brain does adjust to it for the most part. We try to make sure that patients have clear expectations about their sunglasses. Every individual tolerates things differently, so it’s very subjective.” Wraparounds (called “shields”), which are good at protecting your eyes from all angles, continue to be popular, especially among active sports enthusiasts. Most wraparounds cannot be made with prescription lenses because of unavoidable distortion in the peripheral lens; however, a few come with inserts that will accommodate prescriptions inside the shield.

◆ **Mirror and AR coatings:** Reflecting light away, mirror coatings reduce glare. Varying degrees of mirror coating

can be applied. Anti-reflective (AR) coatings can also be applied to the back side of the lenses to reduce glare and reflections from behind and the side.

◆ **Photochromic or Transition™ lenses:** Depending on the amount of light they are exposed to, these lenses will change from light to dark and back. The convenience of using one set of glasses for bright and dark conditions makes them very popular with many patients. For patients who are very light sensitive, however, they may not get dark enough. They may also not be sufficient for driving, as these lenses do not darken inside the car.

The vast majority of sunglass options noted are available at the Coastal Eye optical department in prescription and non-prescription lenses, and Coastal’s opticians are eager to help select the best sunwear for you.

*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](mailto:info@coastaleye.net).*