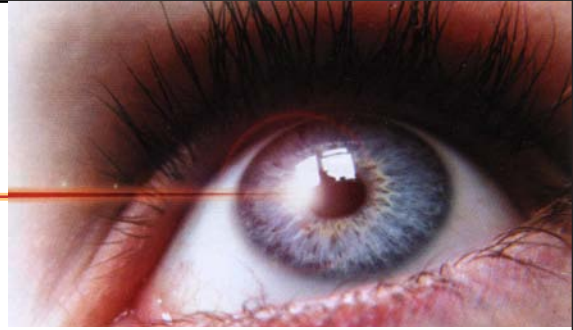


# Clear View

Thanks to new laser developments, LASIK vision correction is safer and available to more patients



Most people today know that LASIK is a laser procedure that corrects vision. But not many understand how it works and even fewer have heard that recent breakthroughs, such as IntraLASIK, have finetuned the procedure, making it available to more patients. With beach season upon us—don the sunglasses and ogle the skimpy beachwear—it's time to take a fresh look at LASIK.

But first, a biology refresher: Myopia (nearsightedness), hyperopia (farsightedness) and astigmatism occur when the cornea (the clear front surface of the eye is shaped irregularly,) resulting in blurred images being focused on the retina (the back of the eye) and transmitted to the brain.

In LASIK, or Laser-Assisted In-Situ Keratomileusis, a thin circular flap about the thickness of tissue paper is made on the outer surface of the cornea and folded back. Next, a cool beam of light reshapes the cornea by evaporating part of the tissue, then the flap is replaced and heals. (Before the flap process was developed about 10 years ago, refractive procedures were done directly on the eye.) In most instances today, doctors create the flap with a thin surgical blade called a micro-keratome. A year and a half ago,

a new development was approved: IntraLASIK uses a laser and computer to calibrate and create the shape of the flap, resulting in smoother, thinner, more precise and consistent flaps. Many patients who were unable to have LASIK—because their vision was too poor or their corneas too thin, for example; may now be candidates for vision correction (the FDA has approved IntraLASIK for up to negative-12 vision).

"The quality of vision is crisper with IntraLASIK," explains **Joseph Eviatar, MD,**

**"If you are HIV-positive  
and in good health,"**

**Dr. Joseph Eviatar says,**

**"you may still be an  
excellent LASIK candidate."**

of **Chelsea Eye & Cosmetic Surgery Associates,** adding that the new procedure is safer, too. He also notes that there are only a couple of the IntraLASIK lasers in the New York area and that only a handful of physicians in the United States specialize in the procedure. **Dr. Eviatar** says that he and his Chelsea Eye colleague **Dr. Christopher T. Coad** each perform 6-10 procedures a day, only a few days a week, compared with factory-like settings that turn out 20-30 procedures a day. [Full disclosure: I had IntraLASIK surgery in February; due to especially poor eyesight, LASIK was never an option. My vision

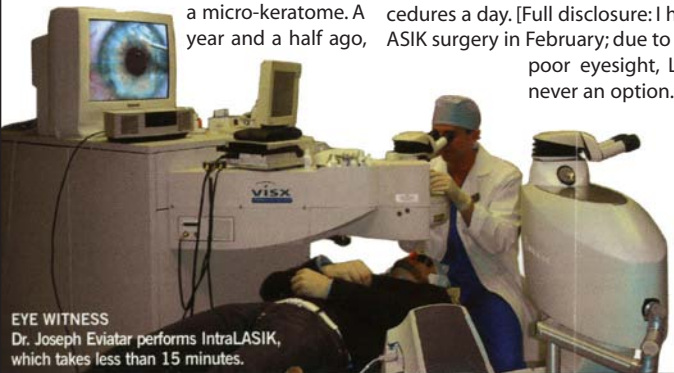
today is sharper than it has ever been in my lifetime—much better than with my glasses. I admit the procedure was scary, but it was painless and quick (less than 15 minutes). I could see well enough the next day to watch television, though I had trouble reading. Within three days, I could see perfectly. The only side effect was a mild dryness that lasted a few weeks.]

Of course, **Chelsea Eye** patients first undergo several exams to determine whether LASIK is an option. Doctors test, for example, the thickness of the cornea, the general eye health and the prescription. At **Chelsea Eye**, most patients are also candidates for a "customized" corneal treatment using the VISX WavePrint System. A test is performed to create a detailed map of your visual system, similar to a fingerprint, and this information is used to perform the LASIK procedure. This custom treatment can provide for sharper vision than just measuring for the prescription. And after the surgery, patients stop by for three follow-up visits.

"Our's is a comprehensive eye care practice," **Dr. Eviatar** says. "We perform general eye exams, but my specialty is LASIK and cosmetic procedures." **Dr. Eviatar** is also experienced with HIV related eye disease. In fact, he presented one of the only published studies on LASIK in patients with HIV. "If you are HIV-positive and in good health," he explains, "you may still be an excellent candidate for LASIK."

One last bit of advice: If you're considering LASIK for beach season, don't delay. **Dr. Eviatar** advises no swimming for two weeks after the LASIK surgery.

For more information or a consultation, visit **Chelsea Eye & Cosmetic Surgery Associates,** 157 W 19th St, 212-727-3717, [www.chelseaeeye.com](http://www.chelseaeeye.com).



**EYE WITNESS**  
Dr. Joseph Eviatar performs IntraLASIK, which takes less than 15 minutes.