

More to Vision Than Meets The Eye

Produced for the Patients of the Boxer Wachler Vision Institute

Spring 2010

www.boxerwachler.com

The last 3 months have been quite a whirlwind. I discuss below my experience at the Winter Olympics in Vancouver, but suffice to say, what U.S. Bobsled driver Steve Holcomb achieved and his journey from retirement to Gold medalist seems like a miracle. I do believe that often in life “things happen for a



reason”. Steve’s story has touched millions of lives through its inspirational message. After reading Steve’s story, please email me your feedback and comments at

info@boxerwachler.com. I plan on surprising Steve with a book containing of all the emails we receive from patients about his story. I know he’ll love it!

Have a great start to the Spring!!

Warm regards,

Brian

Brian S. Boxer Wachler, MD

TOPICS

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Steve Holcomb and his “Night Train” Win Olympic Gold

MY FAMILY AND I WENT UP TO VANCOUVER to support our patient Steve Holcomb who is the lead driver for the U.S. Bobsled team at the Winter Olympics in February. Words could not describe the elation we all felt as we watched Steve and his team drive their ominous sled called “Night Train” to the first U.S. Gold medal in the sport in 62 years! With tears streaming down my eyes, I was hugging everyone in sight...including Steve! Photos at www.BoxerWachler.com and videos are on our YouTube channel that can be found by searching “boxer wachler”.

Steve’s story is almost unbelievable—3 years ago he was forced to officially retire from the sport due to a degenerative eye disease called Keratoconus. As a result his vision deteriorated to 20/500 and he did not feel safe to drive the bobsled. The U.S. Olympic Committee and U.S. Bobsled and Skeleton Federation along with his coaches, team, and team doctor Scott Stoll didn’t want to lose their best driver. He had seen 12 eye doctors who either recommended an invasive cornea transplant or shrugged their shoulders with no solution. That’s when they found us at BWVI. I treated Steve with C3-R to strengthen the cornea and 3 months

later I performed Visian ICLs for myopia. Steve regained his eyesight to 20/20 and immediately came out of retirement. The rest is medical and Olympic history!

One April 26, 2010, I honored Steve by officially renaming C3-R as “Holcomb C3-R”. This marks the first time that a treatment for a disease was named after the Olympic athlete who made it world famous. Steve’s story has inspired millions of people around the world as everyone faces challenges of one kind or another in life. Steve’s story is the ultimate story of triumph over adversity. We are all so happy for Steve!! **Reminder:** please email your feedback about Steve’s story to us at info@boxerwachler.com so I can surprise him with a special book of everyone’s comments!



62 years in the making.



A big moment for both of us.



Having fun reenacting the medal ceremony.

Statins May Have Adverse Effects on the Eyes

MANY PEOPLE TAKE prescription drugs in the class called “statins” (such as Lipitor) to lower cholesterol. Since statins can cause muscle disorders, it’s interesting that a recent study found statins were also associated with eye muscle disorders. Some of these eye muscle problems included: droopy eyelid, loss of range of eye movement and, double vision. The good news is that when patients stopped taking the statin drugs, all the symptoms resolved. For patients interested in a natural, non-drug alternative to lower statins, we routinely provide an alternative supplement. Please call the office **310-860-1900** for more information about this supplement.

Early Research on Stem Cell Therapy for Blindness

HUMAN EMBRYONIC STEM CELLS are showing promise to help those with vision loss from macular degeneration. These stem cells come from fetuses in lieu of adult stem cells that are used for leukemia for example. While there is controversy over the use of embryonic stem cells, research is moving ahead. Once these cells are implanted in various areas of the body, they may be able to reconnect nerves whose connections were lost due to prior trauma or disease. For example Geron, a company based in Menlo Park, California, received approval to start an FDA study using embryonic stem cells to treat patients with acute spinal cord injury.

In a study of mice with macular degeneration, implanted embryonic stem cells were able to partially restore vision, according to the published study by researchers at University College London and London’s Moorefields Eye Hospital. Recently Advanced Cell Technology (ACT) is seeking to start an FDA trial for implantation of embryonic stem cells into the retina of patients with macular degeneration. While the data on stem cells and macular degeneration is very premature, it is very hopeful and we will provide updates on this exciting area of research.



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Working on Classic Muscle Cars

MY STORY

MY PARENTS WERE BOTH hair stylists, using their expert hands for hair cuts. To this day, my dad still cuts my hair! When I was young I helped out at my dad’s hair salon in Santa Monica, cleaning up here and there. One day I looked up at him and declared that I wanted to be a hair stylist like him. He said that I had the gift of using my hands and one day I’ll put them to good use, but not in his shop. As an eye surgeon, I suppose he was right, but I also love spending free time on my hobby of working on classic muscle cars. One of my favorite cars is the 1971 Dodge Charger with a 440 cubic inch engine. I tinker on it, doing minor engine work. While I’m not cleaning up after haircuts anymore, I do detail the Charger quite a bit too. I suppose my interest in muscle cars began in college when I used to buy them, fix them up, and sell them to earn spending money in college. If you’d like to see a bit of the Charger, check out “Behind the Lens” and “What do LASIK Lasers and Muscle Cars Have in Common”—both movies can be found at www.boxerwachler.com, then click on “Meet Dr. Brian”. There a few good screeching burnouts in those movies too!



My dad Stanley still cuts my hair...and our daughters too!



Tinkering with '71 cuda in background and '71 Charger in foreground. Too much testosterone!

Paradise Perfected!

We are thrilled to feature the FOUR SEASONS RESORTS in Bali for our patient perks this season! BWVI always wants to share ‘perks’ both medical and non-medical with our patients. Read on about the resorts and enter to win a luxurious stay for two!

Experience the magic, the drama and the mystique of Bali at the Four Seasons Resorts where you can enjoy the island of the gods’ from bedside to poolside to oceanside!

The Four Seasons Resort at Jimbaran Bay is a tropical paradise nestled amongst the lush foliage of a terraced hillside, with glorious private villas each surrounded by luxurious gardens and a an infinity-edge plunge pool. This oceanside resort truly offers a feast for the senses!

The Four Seasons Resort at Sayan is an architectural masterpiece that lies amidst the natural beauty of the

Ayung River Valley where rice terraces share the jungle with ancient shrines. The Resort is an exotic retreat of exquisitely appointed suites and secluded villas.

Whether you prefer the peaceful pace of the island, the art and culture of Ubud, the serenity of the mountains, the thrill of ocean sports or the culinary feasts of Bali, the Four Seasons Resorts, Jimbaran Bay and Sayan, will not only satisfy but also supercede your expectations!

Here, you will experience the “Island of the Gods” to its fullest!

Fill out the trivia quiz below to be entered in a drawing for one winner to receive a 2 nights stay at each Resort (4 nights in total) inclusive of a sumptuous cooking class to taste the food of the Spice Islands with Four Seasons’ flare and a decadent spa treatment for two persons. This offer has been graciously hosted by the Four Seasons Resorts in Bali, www.FourSeasons.com.



- What is the provincial capital of Bali?
- How many islands are there in Indonesia?
- What is the main religion practiced on the island of Bali?
- What is the largest industry in BALI?

Please email your answers to info@boxerwachler.com or send them to Boxer Wachler Vision Institute, 465 N Roxbury Dr., Suite 902, Beverly Hills, CA, 90210 by May 30, 2010, to be entered in the drawing. One entry per person please.



Jordanna and Micaela Take to the Pool!

FOR NEARLY 3 YEARS

I’ve been taking our twin daughters Jordanna and Micaela swimming on Monday mornings. It’s my special time with them. They have always been in “floaties”...until recently. Now with more strength than ever, they are starting to swim on their own. So many of you have told me that they will grow up so fast—it’s really true! If anyone has a way to slow it down, please let me know!



Micaela swimming without floaties!

Vote for Your Favorite LASIK Idol Today before Contest Closes

WE ARE DOWN TO

the two finalist videos—check out “Mr. Magoo” and “Piano Man” who sing about why they would like to win a Lasik procedure (valued at \$6800).



You’re sure to have a good laugh too. The deadline to vote is coming up May 30, so please check out www.LasikIdol.com and vote for your favorite video!



“Classic Quotes”

“We never dreamed that one touch could change our lives until you touched us! Thanks and lots of love!”

— **Gireesh Iyer, Student, Granite Bay, CA**
C3-R®, Intacs®, and Visian ICL patient

“Thank you so much for the cutest little Iris! I was so touched by your kindness and generosity. I sleep with her every night!”

— **Lin Sameshima-Rost, Altadena, CA**

“Amazing! I could wake up the next morning and could see everything!”

— **Taryn Band, Interior Designer, Los Angeles**
LASIK patient

“This was the last shot at preserving my vision with minimal risks, as well as preserving my well-being. I was anxious, but staff was 5-star in skill and compassion!”

— **Michael Robbins, Student, Ohio,**
Intacs and C3-R patient

“I’m really happy with the results of my surgery!!! Thanks for the cute stuffed DOG!!! I loved it!!! My eyes look great!! Thanks!”

— **Angela Jessop, Draper, Utah**
I-Brite™ patient



Nery Gomez spinning in his studio THE RIDE in Sherman Oaks a few days after LASIK.

“Dr. Brian and his staff are true professionals. Kind and gracious, they know exactly what to do. I couldn’t have had a better experience...my new vision is a miracle”

— **Nery Gomez, Sherman Oaks, CA**
LASIK patient

“It has now been 10 weeks since my Visian ICL procedure and my latest follow up here in the San Francisco, I have 20/15 vision. I am still in awe every morning and every night that I don’t have to do anything in regards to contact lenses. I could not have asked for a better experience! I’m looking forward to swimming and snorkeling in summer with my family and not to worry about glasses and contact lenses.”

— **Cristina Kelly, Alamo, CA**
Visian ICL patient

“Staff was warm and professional and the office was calm and orderly. The whole atmosphere was comforting. Dr. Brian was attentive and built my confidence in the entire procedure.”

— **Patty Gaddis, Realtor, Palm Desert**
Premium Cataract lens implant patient

Speaking Engagements/Media Coverage



On set of Good Day LA

After Steve Holcomb took home the historic gold, it’s been like a tornado swept both of us up—Steve more than me! We had the *Good Day LA* morning TV show, *CBS News*, and *The Doctors* where I announced “Holcomb C3-R.” It’s been fun to watch Steve become a bit of a celebrity—even TMZ was waiting for him outside Mastro’s steakhouse in Beverly Hills! Steve is very down-to-earth and is patient with everyone who wants to take a picture with him with his Gold medal. He actually refers to it as “America’s Medal”, which tells you about the unique type of person he is.

Even though I’m not a big golfer, I guess it didn’t stop the Fox Sports Radio show *Tee it Up* from inviting me to the studio for a radio interview and as a guest commentator. That was an early morning since they start broadcasting at 6 am—at least I think it started at 6 am. Honestly I can’t remember, it was too early! The Women’s radio show *Walking on Air* talked to me about Steve Holcomb’s journey and in another show we discussed I-Brite eye whitening. They were a lot of fun! You can find these interviews on our Facebook fan page that is accessible at www.BoxerWachler.com in the lower right corner of screen.



On set for The Doctors show taping



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Unretouched photos of LATISSE™ users in the clinical trial before starting treatment and at week 16. The onset of effect with LATISSE™ solution is gradual. In the clinical trial, the majority of users saw significant improvement by 2 months.¹ Individual results may vary.

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LATISSE™ use may cause darkening of the eyelid skin which may be reversible. Although not reported in clinical studies, LATISSE™ use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

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The most common side effects after using LATISSE™ solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. LATISSE™ solution may cause other less common side effects which typically occur on the skin close to where LATISSE™ is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

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I. LATISSE™ Prescribing Information.

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