

More to Vision Than Meets The Eye

Produced for the Patients of the Boxer Wachler Vision Institute

End of Summer 2011

www.boxerwachler.com

I trust you are all enjoying the glorious Los Angeles summer and are taking advantage of all that our great city has to offer. We have all been busy here at the office treating our local patients and welcoming our out-of-towner's to Los Angeles. Many of our staff have taken some time off to spend with their family and friends.



Even Cornelius is now on hiatus taking a vacation basking in the sun on the beaches of the Mediterranean!

This issue has new and very interesting information to help you with your vision health. You will read about the NBC's Today Show segment on Keratoconus. **Even if you do not have Keratoconus, this is a very moving story to read.** You will also learn how and why to protect your children's eyes and how Vitamin D is important to our general and eye health.

Have a great end of Summer!

Brian

Dr. Brian

TOPICS

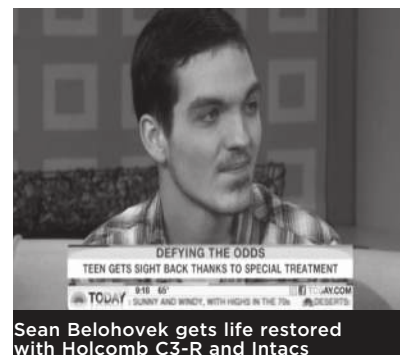
- NBC's Today Show Features High School Student's Amazing Triumph over Keratoconus
- United States Army's Honor of Dr. Brian on Display at BWVI
- A Call to All Parents—Sun Damage to Your Children's Eyes
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NBC's Today Show Features High School Student's Amazing Triumph over Keratoconus—A 'Must See', Even if You Don't Have Keratoconus

WORDS REALLY CANNOT EXPRESS the emotion one experiences when watching this thoughtfully put together Today Show segment. This story of our patient Sean is very moving and will surely move your emotions.

Sean was months away from graduating high school when his poor vision, afflicted from Keratoconus, forced him to drop out of school, leaving him with no future, just laying around at home staring at the ceiling. With both parents out of work and scrambling to buy food and essentials for their children, they had no medical insurance to connect Sean with eye doctors for treatment. After seeing coverage of Steve Holcomb during the Winter Olympics and how we were able to help him overcome his Keratoconus, Sean's father wrote me a heartfelt letter. **His last sentence in his letter was, "Just like they said in Star Wars, 'Obie Wan Kenobi, you are our only hope'"**.

Please visit www.KeratoconusInserts.com to watch this incredible segment. Have tissues handy to dab the tears of joy when you see what happens.



Sean Belohovek gets life restored with Holcomb C3-R and Intacs

United States Army's Honor of Dr. Brian on Display at BWVI

WHEN I GET UP in the morning and go to the office, I don't think that I'm doing anything particularly earth-shaking. I simply love helping people. Always have, always will!

To me, it is natural to be doing what I am doing. I am dedicated to finding solutions for eye problems. You can imagine how surprised I was when this honor showed up on my door step: a distinction from the United States Army on behalf of the Department of Defense for my scientific ophthalmology contributions that have, unbeknownst to me, greatly benefited the military. This was humbling to say the least. The next time you're in the office, please have a look at the beautiful display on the wall in the reception area.

A Call to All Parents—Sun Damage to Your Children’s Eyes Can Cause Problems Later in Life for Them



WE KNOW THAT TOO MUCH SUN causes wrinkles to the skin and increases the risk for skin cancer years down the road. Many parents lather on sunscreen on their reluctant children for this reason. **Few parents are aware of the sun damage occurring right now to their children’s eyes from not wearing**

sunglasses. I see these side effects multiple times a day in the office. *Cumulative ultraviolet light from the sun causes the whites of the eyes to become engorged with excessive blood vessels causing chronic red eyes.* Yellow spots also can occur. Black and Hispanic patients can develop brown spots on the whites of their eyes. Your children are at risk of growing up to be adults and being dependent on Visine and other ‘get-the-red-out’ eye drops. (NOTE: such drops only temporarily help red eyes, but do nothing for yellow and brown spots). Worse, some of your children will become resistant to these drops, so

they will be forced to endure the constant barrage of questions coming from co-workers to strangers: “are you tired?”, “are you doing drugs?”, etc. These comments at first are humorous, but over the years, people’s self-esteem is degraded often accompanied with a loss of confidence. **Ultimately affected people may avoid eye contact with others and withdraw socially to avoid people who will ask them about their eyes.** Like having no front teeth, people with chronic red and discolored eyes simply avoid being around other people.

How do I know this sequence starts in childhood? 100% of people having the I-Brite procedure with me describe the exact same background: never wore sunglasses outside as a child and teenager. You can save your children from experiencing this by simply having them wear 100% UV protective sunglasses outside. If your children are resistant, show them what their eyes can look like if they don’t wear sunglasses at www.boxerwachler.com/whiteeyes.

An ounce of prevention is certainly worth a few pounds of cure!

BWVI Administrator Receives Her Masters Degree after Many Years of Hard Work

MY PRACTICE ADMINISTRATOR Marie has been with me over 11 years, going back to when I was Director of the UCLA Laser Refractive Center. She is bright, talented, and hard-working. For years, I have supported her outside interest in obtaining a Masters Degree in Marriage and Family Therapy. This Summer I was very proud to attend her graduation ceremony when she received her diploma. Congratulations Marie!

I have long advocated for furthering personal development in our staff. Many of you may remember Jen our patient counselor who began at the front office reception desk 6 years ago. Others may recall that Janelle and Jesica, two of our technicians, both started at the front office reception desk initially 7 and 3 years prior to their promotions. Janelle is now the Head Technician. BTW, it just happens to be a coincidence that all their names start with letter “J” – that’s not a criteria for joining the BWVI family!



Preparing for and Rowing in England at the Henley Masters Regatta

MY STORY

You won’t believe what happened to me at the race after 8 months of training, six days a week. This full story will be in the next newsletter—I promise!

Low Vitamin D Increases Your Risk of Multiple Sclerosis and Catching “Mono”

BOTH MULTIPLE SCLEROSIS AND MONONUCLEOSIS are difficult diseases for people afflicted with them. A recent study shed insight into a risk factor: low amount of vitamin D. This study is consistent with other research that vitamin D blood levels are lower in Winter when there is less sunshine and there are more colds and flu. Vitamin D helps your immune system stay in proper balance. One way you can protect yourself is to take a separate vitamin D supplement—5000 IUs is generally safe. Plus taking it in Winter may help reduce the risk of you getting colds and flu.

Non-Surgical Treatment Improves Reading Vision in Those Just Starting to Lose It

WE HAVE MULTIFOCAL LASIK for those already in full-time reading glasses and bifocals. **But what about those who are just starting to squint or hold the reading material further away to read?** The condition is called Presbyopia. Scientists developed a revolutionary program that trains your brain to read more clearly again, restoring some of the youthfulness in your vision. I have completely reviewed all the research on this and it is for real, not merely some silly eye exercises of looking up/down/side to side. **Everyone knows we don't use most of our brain.** The recent hit movie *Limitless* with Bradley Cooper showed what can happen if you could use 100% of your brain (and it is a good movie too!).

The visual cortex of the brain can open up to use more and see better. It's like you are born with a 4 lane highway in your brain, but only use 2 lanes.

The program helps open up the other 2 lanes in the vision part of your brain. Best of all: you do not have to go to the doctor's office for the sessions—you do the program in the comfort of your own home on your computer. You can learn about it at www.RevitalVision.com or call our office to order @ 310-860-1900.

This Quarter's Patient Referral Winner is...

Julie Pomilia is our winner this quarter. A shiny new I-POD is coming your way!! We appreciate how patients have helped build our word-of-mouth practice over the years. I suppose you could say there is a culture of referrals behind our practice. Each quarter we randomly choose one patient who has referred at least one person to the practice to receive a new I-POD. Thank you all again for trusting us with your family and friends!



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BEVERLY HILLS

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(with extra lutein)
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(macular degeneration) **NEW!**
- Optimal Flax
(cold-pressed and organic)
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(mercury-free fish oil)
- Chewable Optimal Fish Oil
(berry flavored for kids and adults) **NEW!**
- Optimal Multivitamin
Basic and Packs
- Cardiovascular Support
- Osteoporosis Support
- Antioxidant Support
- Triplichol
(all natural, cholesterol lowering supplement, more effective than Lipitor-type drugs WITHOUT safety issues of those drugs too) **NEW!**

These supplements contain concentrated high quality ingredients that are not available in stores.

For more information and pricing, please call
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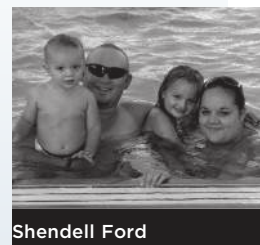
“Our Fans”

“Just wanted to let you know I’m doing well and my quality of life has greatly improved.”



Jeff Gagliotti

—Jeff Gagliotti, Owner & Operator—
Residential Construction Company, East Hampton, NY
Holcomb C3-R; Intacs® and CK Patient



Shendell Ford

“After crying for many hours, I Googled “Keratoconus” and found Dr. Brian. That was the **BEST DECISION I EVER MADE**. I had the Holcomb C3-R, but my case was too advanced for Intacs. I began seeing his expert optometrist Dr. Donna Weiss for Scleral contact lenses. I was hesitant at first because no other optometrist could fit me in contact lenses. **It took a few weeks to adjust, but now I can see with absolutely no pain.** For the first time in a long time people can see my eyes. **I’m a much happier person and my husband and children notice as well.** I can’t imagine where I’d be if I had a cornea transplant. You gave me my life back, Dr. Brian!”

—Shendell Ford, Bookkeeper, Blythe, CA
Holcomb C3-R® and Scleral Contact Lens Patient

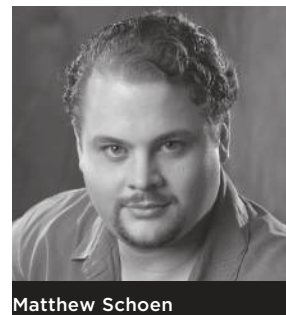


Doug Kufield

“RevitalVision does what it says it can do and it did that for me to help me read better without glasses. **I had RK in 1992 but results deteriorated and became farsighted.** Now with Dr. Brian’s PRK and RevitalVision, I’m seeing distance and reading nearly perfectly... **AGAIN.** Thank you!!

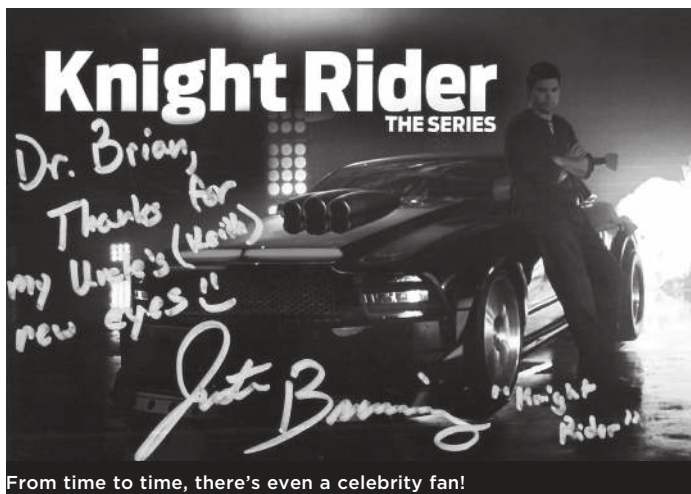
—Doug Kufield, Sheet Metal Worker, Loveland, CO
RevitalVision after PRK patient after RK procedure

“I wanted to take a moment to thank you and your staff for the amazing care, support, and attention during my visit for Keratoconus treatments with you. Every step, process, and procedure was explained clearly and thoughtfully. I was confident and comfortable with my decisions. Each person that I interacted with was incredibly kind, gentle, and supportive which makes an immense difference when someone is dealing with a medical situation.”



Matthew Schoen

—Matthew Schoen, Software Engineer, Seattle, WA
Holcomb C3-R; Intacs® and CK Patient



“Even 2 years after my I-Brite™ procedure I’m 100% satisfied with the results. I-Brite™ was quick and comfortable”

—Joyce Wambugu, Occupational Therapist, Fontana, CA
I-Brite™ Patient Patient

“I don’t know how to read your measurements, but there is pure amazement and astonishment at what that Dr. Brian has done to the right eye. I guess a 0.00 spherical is good considering where I came from before surgery. I have not seen that clearly out of the right eye in a very long time. But no, it gets better! My optometrist found a prescription in the left eye where I could clearly read the bottom line. And I mean read it, not just see the shapes and know what they are. **I could clearly see the definition of each letter: the middle line inside the letter “E”, the clear curve of a “C” versus a “G” and a “Z” doesn’t look like a “2”.** So ‘Dr. Miracle Worker’, let me tell you how wonderful my new daily disposable contact lenses are! You rock. End of story.

—Marc Russell, Courtroom Clerk, Seattle, WA
Holcomb C3-R; and CK Patient



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