

More to Vision Than Meets The Eye

Produced for the Patients of the Boxer Wachler Vision Institute

In the Thick of Winter 2012

www.boxerwachler.com

The battle is officially on: Cornealius vs. Dr. Brian. Yes, war is declared. True that Cornealius is cute and cuddly for patients having procedures, but afterhours he is reminding me of those old "Chuckie" movies from the 1980s where the possessed doll wreaks havoc at night. (I hope there is NEVER a sequel "Bride of Cornealius" nor "Seed of Cornealius" like there was for Chuckie). Cornealius takes every opportunity to break into my office and mess with my computer. A recent security camera caught him repelling "Mission Impossible" style through the ceiling tile into my office. I just have to wonder if he's got someone "working on the inside" to pull this off. We are actively investigating his methods and possible accomplices and will keep you posted....



Cornealius breaking into Dr Brian's office.

We cover a wide range of topics in this issue from my shocking experience rowing in Henley in

England to mainstream media coverage for Keratoconus to eating your way to lower cholesterol. Remember to take your vitamin D supplement during Winter to lower your risk of getting sick!

Stay warm out there!

Brian

Dr. Brian

TOPICS

- Our Daughters Jordanna and Micaela Start Kindergarten
- Young Keratoconus Patients Widely Covered on National TV and in Newspapers
- Late Night TV Host Jimmy Fallon Has LASIK to be Free of Contact Lenses
- This Quarter's Patient Referral Winner is...
- **My Story:** Preparing for and Rowing in England at the Henley Masters Regatta
- **Optimal Health in the News:** Can Eating Right Lower Your Cholesterol More than Statins?
- A Call to All Parents with Keratoconus
- For Those Suffering with Chronic Bloodshot, Yellow, or Brown Spots on Eyes
- Our Fans

Our Daughters Jordanna and Micaela Start Kindergarten

I SIMPLY STILL CANNOT BELIEVE our "babies" (now 5 1/2 years old) started kindergarten! They are already "miniature adults" in some ways, the way they talk and act sometimes. Selina and I wish we could just "bottle them" at this stage. But we know in the past when we said that, it only got better when they got older. I take Monday afternoons off from work to pick them up from school. I'll never forget the first day I picked them up from kindergarten with them shrieking of "Daddy, daddy!" as they came running into my arms. I know I need to spend as much time with them as possible since reality is one day that opportunity won't be there. I would love to hear any "words of parenting wisdom." Please drop me a note at the office: 465 N. Roxbury Drive, Suite 902, Beverly Hills, CA 90210.



Micaela and Jordanna start kindergarten

For Those Suffering with Chronic Bloodshot, Yellow, or Brown Spots on Eyes



Blood shot eye makes people look like smoking pot.

YEARS OF SUN DAMAGE not only affects the skin, but also the whites of the eyes making them permanently blood shot, yellow, or with brown spots. By listening to patients over the years who come for the I-Brite procedure, this is NOT about having whiter eyes for cosmetic purposes, like it is for teeth whitening. **The reasons for having I-Brite are much deeper, akin to having a deformity on one's face like missing front teeth.** When people see someone with chronically discolored eyes, people naturally think many negative thoughts: 1) not getting enough sleep and tired, 2) partying a lot, being on drugs, like pot, or 3) not being healthy. In the beginning the comments are cute, but after years it begins to crush self-esteem and confidence. For example, people with red eyes avoid eye contact with others, stop socially going out at night, change careers, etc. It's a serious problem. Worst of all, eye doctors tell them, "you're eyes are healthy, you just have to live with it." Just like with Keratoconus, misinformation is pervasive in the medical community. I-Brite can whiten the eyes, effectively removing the stigma, and give people their self-confidence and their lives back. To learn more, please visit [www. boxerwachler.com/whiteeyes](http://www.boxerwachler.com/whiteeyes)

Young Keratoconus Patients Widely Covered on National TV and Print

It still breaks my heart when I meet patients, after they often have flown great distances to come to our Institute, to hear them tell their stories about their local doctor who told them, "Nothing can be done—you just need to wait until your Keratoconus gets bad enough to have a cornea transplant." **In the year 2012 to tell a patient this, is in my opinion, 100% misinformation.** I've witnessed all too many times the emotions of patients who were wrongly given this depressing life sentence. It is for this reason that I have long been an advocate for EDUCATION of doctors and the public through the media. If our books, articles, and presentations are not getting through to many in the medical community, we can DIRECTLY educate and EMPOWER patients through the mainstream media. Recently, millions of people were enlightened with the help of Dr. Drew's *LifeChangers*, Dr. Bruce Hensel with *NBC News*, and *Forbes magazine*.



Brianna and Dr Brian with Dr Drew on LifeChangers.

Dr. Drew's LifeChangers

Bright 13 year old Brianna Hulce from Michigan was painstakingly having Keratoconus destroy her life little by little—grades were suffering and had to drop out of cheerleading. **She was given the surprise of her life when Dr. Drew sent her to me to fix her Keratoconus.** She had Holcomb C3-R and Intacs in each eye. The result: going from 20/100 to 20/20 vision! Words cannot describe what the show captured. Please go to **www.YouTube.com** and search '**Dr. Drew keratoconus**' to watch the episode.



Ivan Quinones on NBC News

Dr. Bruce Hensel, NBC News

Ivan Quinones was newly enlisted in the Navy. **Unfortunately, they diagnosed him with Keratoconus and he was discharged therefore wiping out his dream of serving our country.** Not only that, he had no job and no future due to his failing eyesight. We performed Visian ICL lens implants to treat his myopia and stabilized his Keratoconus with Holcomb C3-R. Dr. Bruce Hensel aired Ivan's story on NBC News. The video can be watched on **www.YouTube.com** by searching '**military vet keratoconus**'.



John Allen featured in Forbes

Forbes Magazine

Keratoconus occurs in Down syndrome patients at a much higher rate than the general population. **John Allen's story was covered in Forbes magazine as Holcomb C3-R was used to stabilize his Keratoconus.** His mother reported that he also was seeing better as well evidence by this activities at his job. To read the article, please go to our Facebook page at **www.facebook.com/media/albums/?id=53657739737**

If your eye doctor tells you the only option is wait for a cornea transplant, you might want to politely suggest he/she buys the book *Modern Management of Keratoconus* (available on Amazon.com) so they will STOP giving patients this inaccurate advice that can throw patients into sleepless nights and even clinical depression. **Together we can change the way medicine looks at Keratoconus!**

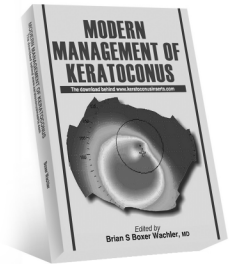
Who Won a Brand New IPOD?

We are always so appreciative of our 'family of patients' who entrust us to care for those most important in their lives: their family, friends, and co-workers. Our referral winner this quarter is Kaily Smith. Thank you SO MUCH for all the confidence you have in all of us here at BWVI! Enjoy your new Ipod!

Can Eating Right Lower Your Bad Cholesterol More than Statins?

A RECENT STUDY in the Journal of the American Medical Association found that eating soy and nuts reduced “bad” LDL cholesterol more than a diet with reduced saturated fats. **The authors also found a diet inclusive of soy and nuts reduced LDL cholesterol MORE than the class of medications called statins (eg Lipitor, Crestor, or Zocor).** No one is suggesting if you’re taking a statin to stop it in favor of soy and nuts, but good to incorporate this diet change. I am suggesting you consider stopping your statins in favor of a safer, natural supplement called Triplichol which does NOT have the liver risk that statins do. Please discuss this with your regular medical doctor. Our staff can discuss Triplichol with you at **310-860-1900**.

Get your copy of
Dr. Brian’s book
**Modern
Management
of Keratoconus**



now available on
Amazon.com

Preparing for and Rowing in England at the Henley Masters Regatta

IN THE LAST NEWSLETTER, I ran out of room to describe my roller coaster experience rowing in England in the Summer. **“Roller coaster” and “rowing” are not supposed to be in the same sentence!** After a 21 year hiatus from rowing on the crew team in college, a year ago I began back on the water in the form of sculling (rowing with two oars) which allows one to row alone (which makes rowing immensely less complicated when you don’t have to

MY STORY

coordinate 7 other rowers!). I had been training intently for 9 months in preparation for racing in England at the Henley Masters Regatta in July last summer. This location had special significance to me since this it is where I had my last college crew race 22 years earlier. My family was there to cheer for me with their chants, “Go Daddy Go!” on the race course. After my warm up and on my way to the starting line, the winds were near gale force. **Unfortunately a massive wind gust blew my boat into a thick wooden pole in the River Thames which disabled my boat.** I didn’t quit, but struggled to get to the starting line and raced as best I could with the damaged boat. In the end, it was no real race since I just couldn’t get the boat to move fast after banging against the pole. Was I disappointed? Of course, especially after training for 9 months.

Trying to make lemonade out of lemons, I regrouped and decided to race at the United States Masters Nationals Rowing Championships the following month in Oklahoma City. This was quite intense, since the races were 6 lanes across with a qualifying heat, semi-final, and final race ALL ON THE SAME DAY! In college, we had one race a day and that was it. Additionally, the heat in Oklahoma in August was in the high 90s with high humidity. Once again with family at the river bank, I powered through the qualifying heat to a second place finish. The semi-final was one hour later, giving me just enough time to down Gatorade and get back on the water which saw me

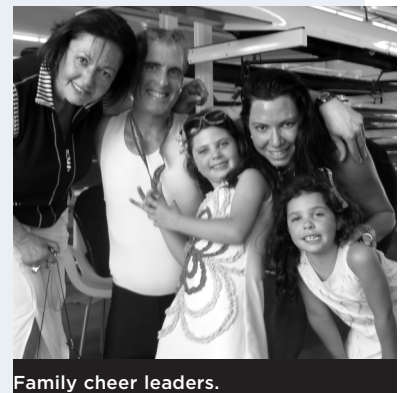
finish first. The final was a few hours later. For the first half of the race, it was neck-and-neck with three of us racers leaving the rest of the field far behind. The years of experience of the other two scullers began to emerge as they slipped past my boat as I won the bronze medal. I was thrilled to be a medalist. It was definitely the lemonade after the lemons at Henley. My wife Selina and daughters Micaela and Jordanna were so supportive and I couldn’t have done it without them! For many more photos with the cheerleaders, please go to our Facebook page at **www.facebook.com/media/albums/?id=53657739737**



Pedal to the metal.



On medal stand.



Family cheer leaders.

“Our Fans”

“Thank you so much for fixing my eyes with your I-Brite™ procedure. I felt so confident on my wedding day (May 7, 2011). Even though it was only eight weeks after the procedure, my eyes looked beautiful. You are some kind of special doctor. I can’t thank you enough!”

—Veronica Hatcher-Garrison,
Commercial Tax Assessor
Nassau County, New York
I-Brite™ Patient



Veronica with white eyes, white teeth and white wedding dress!

“Your I-Brite™ procedure has changed my life. I could not have asked for a better result. I am humbled by the attitude and skill that you bring to the people who really need help. I found it with everyone there at your office.... I’ve had comment about how much younger and rested I now look. I landed a new job about 3 months ago after I-Brite™, probably due to renewed confidence and looking people in the eye. THANK YOU!”



Gary’s very pleased with I-Brite results

—Gary Franchi, Engineer, Woodstock, IL
I-Brite™ Patient

“I think it is magic! I spent a few pleasant hours with Dr. Brian’s ‘DREAM TEAM’. Surgery with Dr. Brian was easy and comfortable and to ice the cake—I CAN SEE!

Thanks to all—you’re the best”

—Dr. Marilyn Ohanian, Psychologist, Fresno, CA
LASIK Patient

“One of the best decisions I ever made—to see Dr. Brian! The entire experience was a joy. The staff were not only extremely friendly, but professional and thorough too.”

—David Craig, Senior Account Executive, Los Angeles
LASIK Patient



Carolyn thrilled after Holcomb C3-R.

“I walked into Dr. Brian’s office on Wed, 6/15/11 being a little anxious and at the same time excited. I walked out on Fri 6/17/11 just being excited and feeling blessed. Remembering proverbs:3:5-6 ‘God Will Direct Thy Paths’. I saw Dr. Brian on TV and God knew that ‘He would direct my path to Dr. Brian in Beverly Hills, CA’. I travelled not alone, but with God & a photograph of my parents. That was all that I needed! Now I realize we must ALL be proactive about our health care. Dr. Brian I am SO GLAD that you are a pioneer and that you were not afraid of being a pioneer. The Webinar was such an amazing teaching tool. I was glued to every word. Just fantastic!!”

—From Carolyn Reed, Retired General Manager,
Indianapolis, IN
Holcomb C3-R for Keratoconus Patient

“I wanted to update you about my son Robert, Jr. Today he went for his followup appointment with the doctor here in New Jersey. All is well! His vision is improved—right eye is 20/30 and left eye is 20/15! Thank you again for everything. You don’t know how much we truly appreciate your skill and abilities!”

—Robert DeSanctis, Executive Vice President,
Red Bank, New Jersey
Holcomb C3-R; Intacs® and CK for Keratoconus Patient



Jimmy fallon gets LASIK.

Late Night TV Host Jimmy Fallon Has LASIK to be Free of Contact Lenses

Jimmy Fallon, the face of late night television, felt his nearsightedness had been a problem for years. Without lenses he could only see up close. He didn’t wear glasses and just couldn’t bring himself to put contact lenses in his eyes—Jimmy was afraid of falling during a funny bit in a scene and the lens breaking “into a million trillion pieces into my retina” as he put it. In the end, Jimmy trusted science and the technology and confidently had LASIK with great results. He trusted the LASIK technology just like millions of other people before him had!



BOXER WACHLER
VISION INSTITUTE

465 N. Roxbury Drive, Suite 902
Beverly Hills, CA 90210

310.860.1900 • www.boxerwachler.com

©Boxer Wachler Vision Institute, Inc, Medical Associates