

# Eye Care in the

## Ocala Eye Delivers the Latest

Some of the area's most noted specialists in ophthalmology are bringing advanced eye care directly to the Heart of Florida. The 12 physicians of Ocala Eye are a single source for the entire range of ophthalmic services, from routine screenings to state-of-the-art surgery.

"Excellent eye care is best when it's delivered in a comprehensive setting," explains fellowship-trained glaucoma surgeon Michael Morris, M.D., F.A.C.S. "Fragmented eye care is a particular problem for patients with more than one eye condition."

Since 1971, Ocala Eye has delivered the broadest range of eye care, from primary vision evaluations to the most sophisticated treatment of complex eye diseases. Its collegiate practice model creates a "mini-academic" environment so patients can access cutting-edge care without having to leave the area or travel to large, impersonal university settings.

The distinguished staff of ophthalmologists, many of whom have undergone fellowship training at prestigious institutions, gather regularly to discuss challenging cases. In addition to comprehensive ophthalmology and cataract surgery, they each pursue special areas of interest. These doctors bring a large

collective experience in diseases and surgery of the anterior segment, refractive surgery, ophthalmic plastic surgery, glaucoma surgery, diseases and surgery of the retina and vitreous, and cornea surgery.

### Introducing the Next Generation of Care

At Ocala Eye, technological breakthroughs are changing the way many common conditions are being managed and treated.

"Our size allows us to make the investments necessary to stay on the very leading edge of technology," explains Peter J. Polack, M.D., F.A.C.S., who is a fellowship-trained specialist in refractive surgery, cornea and external diseases. "We continually search out the newest advances and introduce those we are confident offer the best hope for our patients."

Dr. Polack, a second-generation cornea specialist, is particularly excited about a revolution in cornea surgery. "Cornea surgery was relatively unchanged from before the time my father practiced," he explains. "Recently, a new option for cornea transplant has been introduced here called DSAEK. It is a no-stitch transplant that results in



Dr. Peter J. Polack demonstrates the tiny ReSTOR® presbyopia correcting implant.

quicker visual recovery, a smaller incision, and much less astigmatism than the standard corneal transplant technique."

Other exciting advances are occurring throughout ophthalmology, from next-generation cataract lens implants that also enhance reading vision, to injectable medications that treat vision-robbing blood vessel growth seen in macular degeneration.

### Leaders in Advanced Cataract and Lens Implant Surgery

As eyes age, cataracts form when the lens gradually stiffens and becomes cloudy. Clear vision can be restored by replacing the cloudy lens with a lens implant. Patients can undergo clear-cornea cataract surgery, a safe and effective small-incision surgery that requires no injections, no stitches and no patches. Most see better very quickly and return to normal activities immediately. "When the surgeon's skill is coupled with the appropriate lens implant selection, the results can be extraordinary," says Dr. Morris.



Ocala Eye Surgery Center, the newest and most advanced facility of its kind in the area.

Gordon C. Schwenk, M.D., F.A.C.S.  
Mark A. Jank, M.D.  
John S. Deaton, D.O.  
Richard C. Warren, M.D.  
Michael Morris, M.D., F.A.C.S.  
Chander N. Samy, M.D., F.A.C.S.

Peter J. Polack, M.D., F.A.C.S.  
Hina N. Ahmed, M.D.  
Jodie A. Armstrong, M.D.  
Robert J. Kraut, M.D.  
Charles F. Paglia, O.D.  
Julie-Ann Beckwitt, O.D.

# Heart of Florida



## Advancements in Ophthalmology

Vision can be divided into five zones ranging from fine print reading vision (Zone 1) to sharp distance and night vision (Zone 5). Other activities such as computer use, cooking and golf fall within Zone 2 through Zone 4.

"Currently, the only lens that is capable of functioning well in all five zones is the one we are born with," reports Dr. Morris. "However, with innovative lens technologies and a custom surgical plan we can deliver up to four zones of visual acuity without the need for glasses."

There are three predominant lens technologies: monofocal, multifocal and accommodating. The monofocal lens implant has been used for years and works quite well at providing clear vision at a specific distance. With Ocala Eye's customized approach, a patient can opt to have the powers of the monofocal lenses balanced to give a combination of near and distance vision. This technique is referred to as myopic defocus and provides three to four zones of vision without the need for spectacles.

The two latest lens designs are specifically developed to give patients a great deal of independence from glasses. Changes in Medicare now allow a portion of these lenses and surgery to be covered. The ReSTOR® is a multifocal lens implant that splits light into several focus points to allow for sharp distance and reading vision with good intermediate vision. The Crystalens® is an accommodating lens that responds to the focusing muscles of the eye. The Crystalens provides sharp distance and intermediate vision, with good reading vision.



Dr. Michael Morris discusses customized patient care with a medical assistant.

### Baby Boomers Demanding Freedom from Reading Glasses

A fact of life for many over the age of 45, presbyopia is a condition where the lens of the eye gradually loses its flexibility, necessitating the use of reading glasses. For many people who are looking ahead to active lifestyles as they approach retirement, the "on again-off again" headache of reading glasses is not in their plans. However, baby boomers don't have to wait for cataracts to develop before enjoying the benefits of corrected vision. Elective refractive surgery includes such options as presbyopia-correcting lens implants as well as cornea treatments to bring near vision back into focus.

The same ReSTOR and Crystalens implants used in vision-correcting cataract surgery can be used for treating presbyopia and refractive errors. Cataracts precipitate a steady decline in vision

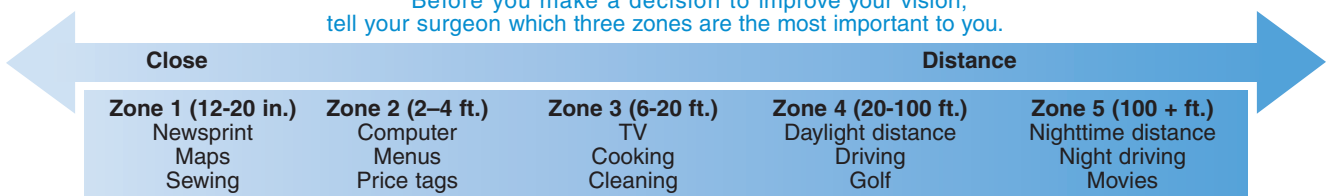
quality that can take years before they qualify for surgical removal. There are some advantages to having presbyopia-correcting implants rather than waiting for cataracts to emerge. Since patients are electing to have their lens replaced with a vision enhancement implant, they will not have to be concerned with cataract formation in the future.

NearVision<sup>SM</sup> CK® is another exciting development for Baby Boomers. CK involves no lasers or corneal incisions, instead relying on radio frequency (RF) energy to alter the shape of the cornea. "We're often approached by patients who have had good vision until they reach their mid-40s and aren't happy about needing reading glasses," explains Dr. Polack. "They wonder if they're a candidate for LASIK. Sometimes they are, but for the majority of cases they need presbyopia-specific treatment. With CK, we can 'roll the clock back' a few years by increasing the near vision focusing power of their cornea. This is not a permanent correction as the lens will continue to age, but patients are quite pleased with being able to leave their reading glasses in the drawer."

Dr. Morris adds, "Patients have more choices today than they did a few years ago. They demand access to a wide variety of options, the most recent advancements and knowledgeable physicians who take time to answer questions. These elective surgeries all offer tremendous advantages, but it's very important to understand the strength and weaknesses of each approach before making a surgical decision. That's why customized care is at the heart of what makes Ocala Eye so unique."

### The 5 Zones of Vision

Before you make a decision to improve your vision, tell your surgeon which three zones are the most important to you.



352-622-5183 • [www.ocalaeye.com](http://www.ocalaeye.com)  
Offices in Ocala, The Villages and Spruce Creek