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Better Vision News

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Cataract: Myth vs. Fact

Test your cataract knowledge; see if you can tell the difference between a myth and a fact. Check out the following statements and see how you do:

Myth or Fact: Cataracts are removed using a laser.

MYTH. Cataract surgery is performed using a suction instrument that vibrates in the ultrasonic and sonic frequencies, pulverizing the cataract so it can be suctioned out through a small incision, a procedure called "phacoemulsification."

Myth or Fact: A cataract is a film that grows over the eye.

MYTH. A cataract is not a growth or a film that covers the eye. With aging, the naturally soft, transparent, clear lens inside the eye becomes less transparent and more opaque and is then called a cataract.

Myth or Fact: After having cataract surgery, my cataract can grow back.

MYTH. Once a cataract is removed, it cannot grow back. In a certain percent-

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Dr. Harry B. Grabow Integrity and Artistry in Life and in Practice

You may already know that Dr. Harry B. Grabow, Founder, Medical Director, and Chief Surgeon of the Sarasota Cataract & Laser Institute, is a pioneer in cataract, implant, and refractive surgery. Here's a chance to get to know Dr. Grabow better. Learn why he became an eye surgeon and what motivates him to be the best doctor he can be.

BVN = Better Vision News HBG = Harry B. Grabow

BVN. *Dr. Grabow, did you always know that you wanted to go into the field of ophthalmology?*

HBG. In high school, I thought I would follow in the footsteps of all the male members of my family and become a lawyer. In college I took a summer job as a surgical assistant in a hospital operating room. That's when I decided that I wanted to be a surgeon. In medical school, I thought at first that I wanted to be an obstetrician, but I didn't care for the hours and the fact that I couldn't organize my life. I considered heart surgery and orthopedic surgery, but I chose eye surgery during my internship because it is very precise. I am able to see rapid results, and it is a great service for people: being able to restore their vision.

BVN. *Name some things that people wouldn't know about you.*

HBG. I used to be a gymnast, which motivates me to achieve excellence in physical endeavors such as the "gymnastics" of performing microscopic eye surgery. I also was an artist. I come from a family of artists (my mother and her sister). I like to combine that artistic ability with the physical gymnastic skill when performing surgery. Another item of trivia that most people wouldn't know about me is that, unlike many physicians, my writing is legible!

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BVN. *What is your favorite part of your work?*

HBG. I enjoy doing surgery and seeing the results the next day. I also enjoy participating in the research and development of new techniques and devices that advance our surgical technology.

BVN. *You built the Sarasota Cataract & Laser Institute and have been successfully providing the latest in cataract and refractive surgery technology to thousands of patients every year. To what do you attribute this success?*

HBG. I attribute our success to personal qualities and influences from my family and from educational programs I have taken that relate to human life. My grandfather was a member of the clergy. He and my grandmother lived lives of service. Their love and tolerance of all peoples served as examples and inspirations for me.

Our success is based on performing quality surgery that produces good results for patients. If a surgeon doesn't have a high rate of good results, he will not have a large following of happy patients. Producing good results depends on skill, technology, and the support of a technically competent and caring staff. At our Institute, we have been able to combine all of these factors.

BVN. *Can you tell us about a certain patient or situation with a patient that truly touched you?*

HBG. There are two situations that stand out in my career. I had a patient who was blind in each eye and had painful eyes. I tried to restore her sight in one eye by performing a corneal transplant, cataract removal, and lens implantation (called a triple procedure), the first of it's kind performed here in Sarasota back in the 1970's. She was able to see her face in the mirror and she was able to see her grandchildren, but only for a short time because she went blind again.

The second situation that really touched me was when I removed a cataract from a man who had been blind in one of his eyes since childhood. He was so grateful that he wanted to go to the hospital chapel to thank God for his new sight, but discovered the hospital, at that time, had no chapel. He promptly made a donation to the hospital so they could make a room into a chapel, and dedicate it in my name. He then brought me a check for \$25,000 to establish the Sarasota Cataract Foundation which eventually became the International Cataract Foundation.

BVN. *What are some of your greatest accomplishments?*

HBG. Developing my surgical skill to a level that allowed me to be elected by other eye surgeons to two organizations:

1- **Best Doctors in America** - Each year, thousands of leading specialists are surveyed - What doctors they themselves would go to for treatment in their specialties. It's an honor to be chosen by other eye surgeons who know my work.

2- **International Intraocular Implant Club** - This is a group of less than 200 eye implant surgeons from all over the world. Included as one of its members was the late Mr. Ridley from England, who invented and implanted the first eye implant in 1949.

BVN. *Do you have a motto or saying that you live by?*

HBG. If I had to pick a word to live by on a daily basis it would be **integrity**. I also believe in the words of John Stewart Mill in a poem titled *On the Training of Men*:

*Men are men
Before they are lawyers
Or physicians
Or manufacturers;
And if you make them
Capable and sensible men
They will make themselves
Capable and sensible
Lawyers and physicians.*

DID YOU KNOW?

Nearly half of all the blind people in the world (approx. 20 million) are blind because of cataracts. A cataract is one of the most curable causes of vision loss.

Where Has Dr. Grabow Been... And Where Is He Going?

DID YOU KNOW?

On our new web site (www.sarasotacataract.com) you can view eye surgery videos. Dr. Grabow explains step-by-step procedures of three different kinds of implant surgery that are quickly and easily uploaded for your viewing interest.

Dr. Grabow will be speaking at the American Academy of Ophthalmology (AAO) annual convention in Orlando in October. He will be speaking on several topics including managing toric (astigmatic) intraocular lenses (IOLs), new techniques in small incision cataract surgery, current and future IOL technology, and accommodating (focusing) IOLs. Dr. Grabow will also be assisting in wet labs training physicians in the various techniques of cataract surgical procedures.



The Sarasota Cataract & Laser Institute staff also takes part in continuing education programs throughout the year, including the AAO conference in Orlando. Staff members will attend courses to improve and maintain their knowledge and skills in order to continue to provide the patients of the Institute with the most up-to-date eye care.

Dr. Grabow is a frequent speaker and faculty member at professional meetings and courses locally and internationally, as well as a consultant to manufacturers of surgical instruments and medical devices. Locally, Dr. Grabow takes part in training optometric physicians by keeping them up-to-date on the latest cataract and refractive surgical developments.

Dr. Grabow has contributed chapters in 20 textbooks documenting his surgical techniques, including one in Spanish and another in Italian. Most recently Dr. Grabow added to this list of textbook contributions when he supplied chapters for two new textbooks on the surgical correction of astigmatism. One text is expected to be released at the October AAO meeting, and the other in 2003.

RESEARCH UPDATE:

Implantable Contact Lenses Open a Window to a World Without Eyeglasses!



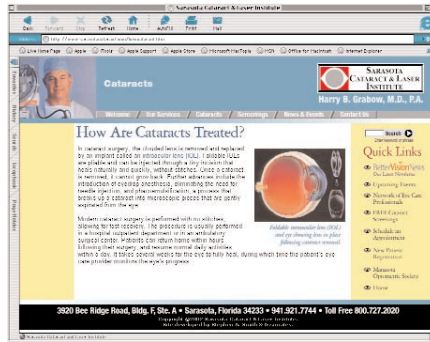
Dr. Grabow is one of a handful of ophthalmologists nationwide selected to participate in FDA clinical trials of the Implantable Contact Lens (ICL). This lens is placed inside the eye surgically without laser removal of corneal tissue or removal of the natural lens. By not removing the natural lens,

the eye can still focus from far to near without the need for reading glasses or a reading contact lens. The ICL can correct nearsightedness, farsightedness, and astigmatism, and allows for vision without glasses or contact lenses. If you are between 21 and 45 years of age and have a spectacle or contact lens prescription of -3.00 or $+3.00$ or higher, you may be a good candidate for ICLs. FDA approval and release is expected within the next year.

In addition to the ICL, which is placed behind the pupil, there are two other styles of implants, also under FDA study, which are placed in front of the pupil. The advantages of implants over laser procedures include the fact that no tissue is permanently removed from the eye and that implants can be removed or replaced if necessary.

Our New Web Site Is The Place For Eye Health Information

The Sarasota Cataract & Laser Institute's new web site was created to be an extension of our core practice and to be a valuable source of information for consumers regarding common vision disorders, cataract surgery, cataract-related research studies, and more. The new web site is easy to navigate and offers a plethora of eye care information including eye surgery videos, dates of free cataract screenings, a network of eye care professionals in the Sarasota/Manatee area, and a highly informative section on refractive surgery options.



Patients visiting the site will find the ability to schedule an appointment on-line using forms that are processed instantaneously. New patients will also be able to save time by filling out a Patient Registration Form and Medical History Form prior to their first appointments, using a highly secured encrypted page ensuring the privacy of their medical information. From a thorough list of cataract "FAQs" and a research section of the latest procedures and developments, to pre-registration forms and appointment request forms, www.sarasotacataract.com is a convenient resource to learn more about cataracts and other refractive procedures.

Meet Our Newest Staff Members



TERRI FERGUSON
Medical Secretary



TAMARA BRALLEY
Medical Receptionist

Better Vision News is published quarterly by The Sarasota Cataract & Laser Institute.

Harry B. Grabow, M.D. - Founder, Medical Director & Chief Surgeon, Sarasota Cataract & Laser Institute and Center for Advanced Eye Surgery
Murray A. Golden, C.O.E. - Executive Director
Victoria Kitsos - Practice Development Coordinator



3920 Bee Ridge Road, Bldg. F, Suite A
Sarasota, Florida 34233-1282 • 941-921-7744
www.sarasotacataract.com

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age of patients, the back cataract capsule that is left in the eye becomes opacified months after the cataract is removed, clouding the vision. A "YAG" laser is then used to open the cloudy capsule and restore clear vision.

Myth or Fact: There's more than one type of cataract.

FACT. There are several types of cataracts. Most cataracts are related to aging and are called "age-related cataracts." Some babies are born with cataracts called "congenital cataracts," or develop them in childhood, "infantile cataracts."

Cataracts may develop in people who have certain health problems, such as diabetes and arthritis, and also from steroid use. Cataracts can also develop after an eye injury, called "traumatic cataracts."

Myth or Fact: After cataract surgery, I will not need glasses at all.

MYTH. Many patients can drive and watch TV without glasses; however, they may still need glasses for reading.

Myth or Fact: I can just change my eyeglass prescription rather than having cataract surgery.

MYTH/FACT. Yes, if the cataract is at an early stage. No, if the cataract is advanced. A different eyeglass prescription has no effect on the cloudy lens of the eye when there is an advanced cataract.