

1  
- Surgery to Correct  
Astigmatism  
- Patients' Commonly  
Asked Questions

2  
- Dry Eye Update

3  
- Crossword Puzzle

4  
- Where has Dr.  
Grabow been?  
- Puzzle Answers



# Better Vision News

Volume 19, Issue 1

Published by Sarasota Cataract & Laser Institute

## Surgery to Correct Astigmatism

### What is astigmatism?

Astigmatism is a form of vision distortion due to curvature of either the very front of the eyeball, the cornea, or of the focusing lens inside the eye. The curvature of these structures in the normal eye is spherical, like a basketball. In eyes with astigmatism, the curvature is not round but is oval, like a football. This non-round curvature may be congenital or hereditary in families or can be the result of an eye injury or eye surgery. The non-round curvature results in distorted or blurred vision.

### How is astigmatism treated?

Astigmatism had been traditionally treated with eyeglasses or contact lenses. In recent years, several surgical techniques have been developed to treat corneal astigmatism, which is by far the most common form of astigmatism. All surgical methods are designed to round-up the cornea, thereby eliminating the distortion in vision. One method involves small incisions on the front surface of the cornea that cause the cornea to become round; this procedure is called astigmatic keratotomy (AK). The same result can be achieved with a laser on the corneal surface, photorefractive



continued on page 3

## Patients' Commonly Asked Questions

### About Cataract Surgery

- Q. Will it be difficult for me to keep my eye open during cataract surgery?**
- A.** No. Dr. Grabow uses an instrument called a lid speculum that holds the eyelids open.
- Q. What happens to my eyeglasses when I'm getting only one eye done? What do I do between operations?**
- A.** We suggest that you do what is comfortable for you. You can either not use your glasses and use the eye that had surgery, or you can go to your optometrist and have one eye-glass lens removed or replaced. For those who wear contact lenses, you can still wear a contact lens on the non-operated eye.
- Q. Can I have cataract surgery on one eye and wait to have my second eye done?**
- A.** Yes. Cataract surgery is usually not emergency surgery. It is usually elective surgery that is performed to improve quality of life. Most patients have both eyes done within a few

continued on page 4

# Dry Eye Update

By David M. Rubin, O.D., Board Certified Optometrist

Dry Eye Syndrome affects over 10 million Americans and 75% of people over age 65. Symptoms include burning, itching, irritation, or scratchiness. Dry eye sufferers often report the feeling of something foreign in the eye, eyestrain, and blurred vision especially when reading for a while.

Dry eye cannot be cured but can usually be controlled. The mainstay treatment is the use of **artificial tears** eye drops instilled multiple times every day. Lubricating gels and ointments are also useful at bedtime. In more severe cases, **punctal plugs** are inserted into the tiny openings of the tear drainage ducts on the lid margin to allow the tear film to remain on the eye longer before eventually evaporating. This is a simple, painless, in-office procedure.

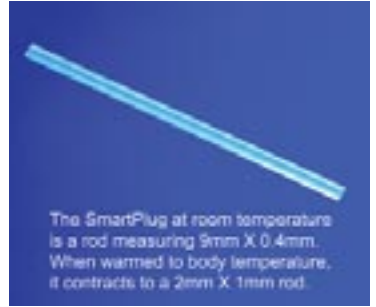
## What's New?

The FDA has recently approved **Restasis™** (Allergan, Inc.), the first and only **prescription eye drop** for the treatment of dry eye. Restasis™ is indicated to increase tear production in patients whose tear production is suppressed due to inflammation associated with dry eye. While the routine daily use of artificial tears provides symptomatic relief, Restasis™ addresses the cause of the condition. By fighting inflammation, Restasis™ is the first drug proven to effectively treat dry eye rather than only temporarily alleviating symptoms.

The other new addition to our arsenal to fight dry eye is the **SmartPLUG™** (Medennium). The SmartPLUG™ is an innovative device used to occlude the “punctum”, or opening to the tear duct, and conserve the eye’s natural tears. What’s so smart about the SmartPLUG™?

It is made of a flexible heat sensitive acrylic material that adjusts to the exact shape and size of the punctum. At room temperature, the SmartPLUG™ is a rigid rod about 0.4 mm in diameter and 9 mm long. As the material warms to body temperature, it shortens and expands in diameter, turning from a rigid rod into a gel-like plug, conforming to the size and shape of the punctum. When the transition is complete, the SmartPLUG™ is totally contained inside the lower vertical punctum.

Unlike conventional silicone plugs, the SmartPLUG™



doesn't protrude from the punctum to potentially irritate the cornea. Once inserted, the SmartPLUG™ has an extremely high retention rate and is nearly impossible to rub out.

I would be very happy to discuss these and other treatment options used to treat dry eye and to see if they are right for you.



## Did You Know?

Your eyes water when cutting an onion because a chemical called suberin is released. This irritates the eyes and causes watering. This chemical becomes less potent if near heat — therefore, if you cut onions near a hot stove or oven, the irritation may be less.

# Crossword Puzzle

## ACROSS

- 1 Newt
- 4 Cleo's serpent
- 7 Where 22 across forms
- 11 Southern St.
- 12 School Org.
- 13 Deceives
- 14 The only one who can treat 22 across
- 16 Angry
- 17 Caesar's sixty one
- 18 Corrida cheer
- 19 Folklore giant
- 22 This puts the "C" in SCLI
- 27 Frolic
- 28 Took the bait
- 29 Grant's nemesis
- 30 Label
- 31 44 across is one, 50 down is another
- 33 Vegas or Cruces
- 34 Raw find
- 35 Cut the dead wood
- 36 None better
- 37 This has a part A & part B
- 40 The focus of Sarasota Cataract & Laser Institute
- 41 Unit of electrical resistance
- 42 By way of
- 44 One of the five
- 47 Up close and on your face
- 51 Puff up
- 52 Hostel
- 53 That which binds
- 54 Covers for 40 Across
- 55 Visitors to S.C.L.I.
- 56 Candle count

## DOWN

- 1 Letters of the alphabet
- 2 Winter's woe
- 3 Pitch
- 4 High point
- 5 Keeps a stiff upper lip
- 6 Bad review
- 7 Tempting one
- 8 Govt. agency
- 9 The bottom line
- 10 Away from NNW
- 13 Enlarge the pupil
- 15 Gray clay
- 18 Elevator man
- 19 Part of the eye care team, with 14 across (for short)
- 20 Made worse by 22 across
- 21 Had a fit
- 23 Dogpatch denizen
- 24 Bowling locale
- 25 Desist
- 26 These are conducted during 32 down
- 31 Keeps clothes easy on the nose
- 32 Needed to diagnose 22 across
- 36 Necklace unit
- 38 Little bits
- 39 Happening
- 43 Flemming and McKellen
- 44 Data formtd. in rows and cols.
- 45 The Greatest
- 46 Lawn filler
- 47 Rend
- 48 Sched. concern
- 49 18 wheeler
- 50 Can't do this well with 22 across

## Did You Know?

About 15,300 ophthalmologists are in practice in the U.S.

### SURGERY TO CORRECT ASTIGMATISM from page 1

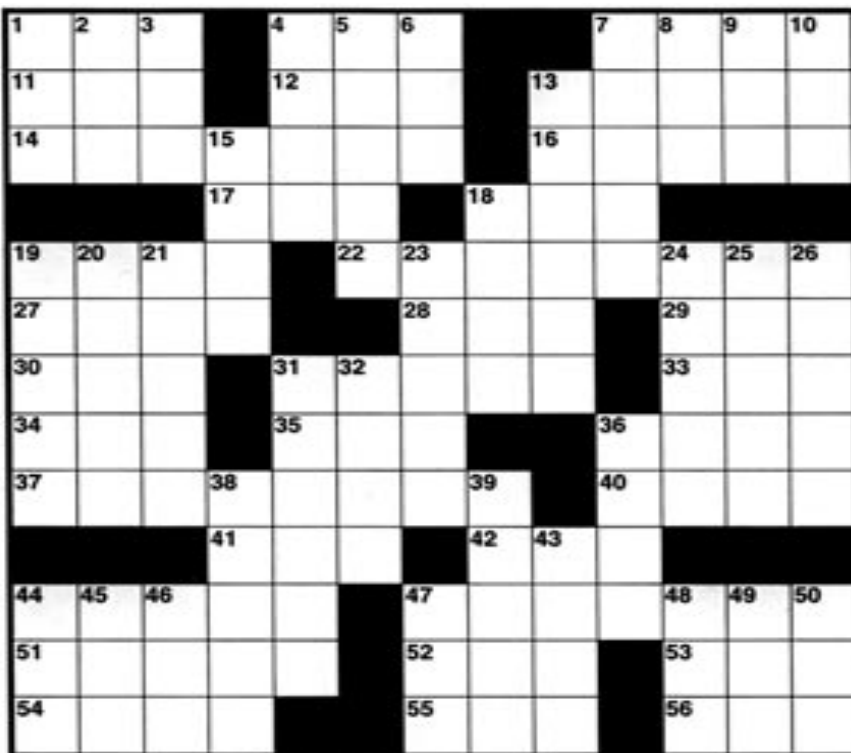
keratectomy (PRK), or just under the corneal surface, laser-assisted sub-epithelial keratectomy (LASEK), or under a half-thickness corneal flap, laser-assisted in-situ keratomileusis (LASIK).



**Implantation of soft foldable toric IOL to correct astigmatism.**

Another method of surgically treating astigmatism is to implant a soft lens inside the eye (intraocular lens, IOL). These types of lenses have been used inside eyes since 1949 to replace cataracts and since 1986 to also treat near-sightedness and farsightedness. Lens implants are now available that also correct astigmatism; these are called toric intraocular lenses. This procedure can be used for eyes with or without cataracts, using eye drops for anesthesia, and takes less than 10 minutes.

More and more people are taking advantage of these new techniques to improve their vision and, in many cases, eliminate the need for eyeglasses or contact lenses.





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

Harry B. Grabow, M.D.

Dr. Grabow will be attending the **American Academy of Ophthalmology** (AAO) 107th annual meeting in Anaheim, CA in November. Dr. Grabow has been invited to assist in wet labs training physicians in the surgical correction of astigmatism.

AAO is the largest national membership association of ophthalmologists. More than 90 percent of practicing U.S. ophthalmologists (16,000) are Academy members, and the Academy has more than 6,000 international members. The mission of the American Academy of Ophthalmology is to advance the lifelong learning and professional interests of ophthalmologists to ensure that the public can obtain the best possible eye care. Dr. Grabow has been a member of AAO since 1978.

Dr. Grabow has contributed chapters in over 20 textbooks documenting his surgical techniques, including one in Spanish and another in Italian. At the AAO meeting, a book titled *"A Complete Surgical Guide for Correcting Astigmatism"* (Slack, Inc., Thorofare, NJ) will be released with contributions by Dr. Grabow.

Better Vision News is a publication of 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](http://www.sarasotacataract.com)

### PATIENTS' COMMONLY ASKED QUESTIONS from page 1

weeks for convenience and to produce balance between the two eyes.

**Q: Can I travel by car or by air after cataract surgery?**

**A:** Yes. However, on the day of your cataract surgery, it is not recommended to drive a car. Once the doctor examines your eye the day after surgery and gives you the okay, then you can drive. Air travel is also okay at that time.

**Q. After my cataract surgery, how soon can I get my hair colored or have a "permanent"?**

**A.** You should be careful not to get any chemicals or heat near your eyes for 8-10 days after surgery.

CROSSWORD PUZZLE ANSWERS

