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N E W S L E T T E R

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Laser Vision Correction (LVC) and Yearly Exams

“Dr. Mandel, I see clearly after my laser vision correction, so why do I have to get my eyes checked every year?” I have often heard this question, so I wanted to address it to all previous and potential laser vision correction patients. Even if you have had laser vision correction and your vision is corrected to 20/20, you need to get yearly eye exams. Of course it is great to see well but don't confuse your good sight with good health of your eyes. There are eye conditions that are painless and unrelated to your procedure that can develop years after your procedure but could easily be picked up on a routine exam.

Glaucoma is one of these conditions. Glaucoma is a painless eye disease that can be diagnosed and treated if it is caught early on. Excellent central vision can be maintained for years as glaucoma slowly decreases your peripheral vision and the patient is unaware until it is too late. A yearly eye exam is critical to check your intraocular pressure and view your optic nerves. These are two of the most important yearly screening tests all patients should have. After laser vision correction the intraocular pressure reading is artificially lower. This does not affect your risk for glaucoma but needs to be noted by your eye doctor. If you are seeing another doctor please tell them that you have had LVC because it may not be noticed during the eye exam.

Many patients who have had successful LVC were previously moderately to highly near sighted. These patients have an anatomically elongated eye that increases their chance for **retinal tears** and **detachments** which is unrelated to having had a successful laser vision correction procedure. All patients who have flashes or floaters that are new or different should be examined with a dilated exam of your retina.

Expanded office Hours for Routine Exams and Contact Lens Patients

Dr. Karen Perekalsky, our highly skilled optometrist, is available for exams during extended hours on weeknights. So, if scheduling is a problem for a routine check or for a contact lens visit you now have no excuse not to keep your eyes in good health.

Blepharitis

Blepharitis is one of the most under-diagnosed conditions of the eye. Blepharitis is an inflammation of the eyelid margins and glands that can cause many familiar symptoms patients experience. Lets first start with some anatomy. Behind your eyelashes are many small meibomian or oil glands that are a vital part of your tears. Healthy tears are required for both vision and comfort. Inflammation and blockages of the lid margins and glands can go on for years with few symptoms. When symptoms do occur they are often attributed to other causes. Symptoms of blepharitis may include crusty eyelids, red eyelid margins, chronically red eyes, gritty sensations, dry eye symptoms, light sensitivity and contact lens intolerance. Treatment options include hot compresses, eyelid scrubs, Doxycycline pills, Restasis eye drops and medicated lid ointments.

Meet our Staff

We at Mandel Vision pride ourselves in our state of the art facility. We are continually updating our equipment for both general ophthalmology and laser vision correction so that we are always on the cutting edge of technology. We take the same pride in the high caliber of our office staff.

Danielle Hayden is our incredibly efficient front office manager. She is your “go to” person for questions related to billing and scheduling. Danielle is from Ohio and is the proud mother of a 16 year old son, Andre. She is also an extremely talented singer and sings weekly with her church choir.

Here at Mandel Vision, we have a superior laser vision correction team comprised of **Maribelle Pacheco** and **Gabrielle Suh**.

Maribelle is one of our experienced laser vision technicians. Maribelle has been a LVC technician for many years and adds so much to our happy family. Maribelle is a native of New York. She enjoys reading and spending time with her family. Gabrielle is our other technician in our experienced laser vision correction team. Gabrielle loves animals, especially Dr. Mandel's dog Scooter. Gabrielle lives in and loves NYC and plays the violin. Patients who have had laser vision correction know Maribelle or Gabrielle because they are the ones who escort you to the laser room, make you feel comfortable and assist Dr. Mandel during your procedure.

Dr. Mandel in the News

Dr. Mandel has been asked to write **the feature story for the January 2007 issue of Cataract and Refractive Surgery Today**. The article is titled The Pentacam versus Topographical Analysis and is on the latest developments in screening patients for laser vision correction. The Pentacam Analyzer is an important advancement in the world of Laser Vision Correction. The Pentacam measures 50,000 spots on the cornea in two seconds and measures elevations on the front and back surface of the cornea to the level of a micron. The analysis that it generates significantly impacts our decision of which patients to accept or reject for LVC.

AT&T internet spent three days in November 2006 following a Mandel Vision LASIK patient thru their pre-operative, laser procedure, and post-operative visits. We will let you know when it airs and attach it to our web site.