



# infocus

www.focuseye.com

FOCUS EYE CENTRE NEWSLETTER — FALL 2005

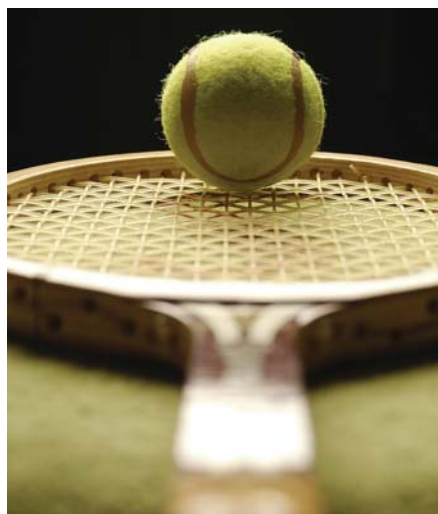
## Bigger and Brighter Vision

**Laser vision correction means freedom — and better tennis strokes — for Focus consultant.**

By David Napier

For years now I have worked with Focus Eye Centre as a Communications consultant, but it was only recently that I decided to undergo laser vision correction. My lengthy hesitation was due to good old fashioned doubt. Not that LVC *could* work wonders (I had interviewed dozens of people who raved about their post-operative vision). Rather, that it would work wonders *for me*.

The scales tipped slowly, but eventually enough solid information passed before my bespectacled eyes that the merits of LVC (and WGA, in particular) became impossible to ignore. There were the good-news stories patients told about seeing the street signs, the shampoo bottle, etc. (pick your ‘Eureka’ moment). The professionalism of the Focus surgeons and staff also took a positive toll. And then there was my wife. A family physician, she couldn’t understand why I was hesitant. One day last spring she asked again why I was holding off and I couldn’t think of one good reason. I got up from my living room chair and called Focus.



### Surprise and Relief

The consultation process — highlighted by an assessment with Focus Medical Director, Dr. David Edmison — addressed all the queries my wife and I posed.

A week later, I arrived at Focus for my Wavefront PRK procedure. The minutes preceding my surgery were spent sitting in the waiting area trying to remain calm. My wife and I engaged in idle chit-chat as I silently worried that something could go wrong, effectively leaving me with a degree of vision significantly worse than I had at that moment (i.e., using glasses for everything from reading the alarm clock to driving the car).

Soon, Dr. Edmison emerged from the surgery theatre and eased himself into the chair next to me. “You really should have been here this morning,” he said. “We had a woman who was so happy with her results that she actually wept after her surgery. It was really some-

*continued on page 3*

## Eye Wonder

Questions when considering laser vision correction

By David Harrison

**Wavefront sounds good. Is it suitable for me?**

Wavefront is a diagnostic technique that can greatly improve the results patients get when undergoing what is sometimes referred to as “customized laser vision correction”. Introduced more than three years ago, Wavefront is suitable for many, but not all patients; a small number of people whose corneal shape or thickness means that they are not candidates for Wavefront. Your surgeon will advise you.

**Will my vision be monitored after the procedure?**

Focus Eye Centre provides unrivalled after-care service, starting with a check-up on the day following the procedure, and a full complement of other check-ups for each and every patient. You won’t be left alone, and can call us anytime you have concerns or questions.

**If I have severe astigmatism am I still a candidate?**

LVC can correct relatively severe astigmatism, with very good results up to around 4 diopters and acceptable outcomes from 4 to 6 diopters. Wavefront improves these results even further.

**Can I play hockey after laser vision correction?**

There is no problem with playing contact sports like hockey or football after the initial recovery period,

*continued on page 3*

### IN THIS ISSUE

- FEATURE: Bigger and Brighter Vision ..... 1
- PATIENT PROFILE: Mother Knows Best ..... 2
- WEB UPDATE: Focus’s new IntraNet for ODs ..... 2
- OPEN LETTER: Kingston News Anchor Julie Brown ..... 3
- PATIENT CARE: Eye Drops Equal Comfort ..... 4
- IN THE NEWS: Focus Meeting ISO 9001 ..... 4

# Mother Knows Best

Louise Johnston's decade-old decision to have laser vision correction has her son lining up for his own LVC procedure.

By JoAnn Napier

It was a little over a decade ago, but Louise Johnston of Pembroke, Ont., can still recall how excited she was. Her eyesight was poor and, as a result, she'd had a constant companion that she was more than a little eager to shake: her thick spectacles.

The eye glasses that Louise had worn most of her life were a nuisance and she was excited to leave them behind. The lenses were heavy enough that the glasses left marks behind her ears and, when she was without them, she was literally lost. She recalls years ago going to the beach with her three young sons and finding that, as she emerged from the water, she was unable to see a thing, including her kids.



Photo: GW Stables

Home on the Range: Working the Johnston family farm (a.k.a., Greenwood Stables)

"I was always in a bit of a fog if I didn't have the glasses on," she admits, recalling how, if she heard a child cry out "Mamma" on the beach, she'd "just head over in the direction the voice came from, in case it was one of mine. I really couldn't tell much from any sort of distance; without my glasses, one little kid looked pretty much like another!"

For years, Louise was interested in having laser vision correction. However, in the early 1990s when she expressed her initial interest, her optometrist was not so keen on the procedure. "This was a while ago, and back then the services that are available today just did not exist," Louise explains.

Her eye doctor followed the progress made in LVC surgery and technology over the years, as well as the expertise being amassed by Dr. David Edmison at the staff at Focus Eye Centre. "He followed the developments in general, and the work

of Dr. Edmison in particular" she says. "And one day [in 1995] he decided that the time was right, the procedure was right and that I was a good candidate. Needless to say, my optometrist had developed a lot of confidence in Dr. Edmison and the work he'd been doing."

*"Without my glasses, one little kid looked pretty much like another!"*

Louise recalls visiting the Focus Eye Centre clinic and being shown a video about the LVC procedure. To say she was eager to have the LVC surgery "would be an understatement," she says of that initial visit to Focus, back in the days of over-sized frames and under-sized expectations.

"I remember saying to the staff at the clinic, "Thanks for showing me the video, but I'm here to book an appointment!" She did, and a short time later had a PRK procedure.

Children tend to follow the example set by their parents and, these days, one of Louise's sons, Brad, is eager to have LVC surgery as well. Small wonder given that a decade after having had the procedure, Louise is remains thrilled with her LVC results.

"It sounds funny, but I still get excited about coming in from the outside on a cold day and not having to deal with glasses that are fogged up," she says. Other situations also spring to mind: a lifetime spent riding horses became considerably easier, and, says the 48-year-old outdoorswoman, "I love it when I'm going for a swim and I don't having to hunt for glasses to see things around me."

Louise knows these are all small things — little details in her everyday, active life. "But they're big things if you can't do them. And now I can," she says, a smile in her voice.

"It's simple, but it's great. And I'm just so glad I did it!" ■

## Alumni News

*In Focus* checks in with past patients to see how they are doing these days.

"My experience with Focus Eye Centre can be described in one word: Incredible! The staff was incredible, and my eyesight is incredible. I still can't believe that I don't need to put on my contact lenses each morning. It is one of the best decisions that I have ever made. Again, incredible!

— Mike Kosavic  
Wavefront PRK on June 17, 2005

"My vision is excellent these days. The recovery period was a little longer than I expected, but the follow-up care was great. Dr. Noel was very patient and professional. I was very impressed.

— Stephen Larkin  
Wavefront PRK on July 13, 2005

"I [now] have 20/20 vision. It's perfect. I play a lot of sports, and it is amazing to not have to put in contact lenses anymore."

— Benoit Deschênes  
Wavefront PRK on July 7, 2005

## WEB UPDATE

### Focus Launches IntraNet for ODs

Focus Eye Centre is launching an interactive online service for members of eastern Ontario's optometric community. Launching this fall, the IntraNet for ODs will keep affiliated optometrists abreast of news and events at Focus's Ottawa and Kingston clinics, as well as advances in laser vision correction, including emerging treatments and procedures.

The 100-plus optometrists in the Ottawa, Outaouais, Kingston and Belleville areas who participate in the Co-management System will be able to log into the Resource Center that allows for a virtual tour of the Ottawa clinic. Area eye docs will also receive free access to Fast Facts pages delivering OD/LVC-specific news, as well as electronic forms and documents designed to assist in their communication with patients interested in LVC and Focus.

— Staff ■

thing to see,” he beamed. The effect of these few words was better than any capsule of Valium; I had the sensation of shrugging a particularly heavy pack from my shoulders.

We entered the surgery theatre at noon sharp. I reclined and a few preparatory freezing drops were administered while the surgical assistant, Christine, delivered a reassuring verbal run-down of what would take place. Then, with the laser programmed to treat the unique optical imperfections of my eyes, Dr. Edmison calmly went to work using a brush to gently remove a microscopic amount of the epithelial layer of my eye, after which the cool beam of the VISX laser was allowed to reshape the cornea. It was a painless process that lasted only minutes and officially drew to a close when Christine announced, “And we’re done.” Surprised and relieved, I was raised to the seated position and asked if I could see the clock on the far wall. “Yes,” I said excitedly. “It is 12:15.”

### Freedom Road

That initial high was followed by a recovery period fraught with difficult moments. I had, however, been cautioned that healing is an individual matter; whether its eye surgery or heart surgery, patients recover at different rates and in different ways. Mindful of this, I remained as patient as possible, and welcomed the pampering heaped upon me by a doting wife. Within days my vision showed signs of significant improvement and, over

*“I am enjoying the best tennis season of my life...the ball seems bigger and ...brighter.”*

— David Napier



the next few weeks, as I arrived for follow-up visits designed to gauge my progress, the staff at Focus welcomed me like a lost son.

Most people are back to work within just a few days, but it took me a little longer. These days — three months after my LVC — a recent eye exam has shown that my vision has improved dramatically: I am seeing 20/25 in my left eye, 20/20 in my right eye, and enjoy a combined vision of almost 20/15. This is better than I ever had with glasses or contacts, and has translated into a number of personal pluses.

For instance, I am enjoying the best tennis season of my life. Playing without eye glasses has made me more mobile and more confident. The ball seems bigger and, at night, brighter. However, at least once a match, I will press my index finger to the space between my eyes expecting to find a pair of glasses to push up the bridge of my nose. Invariably, at these moments, I smile at the sense of freedom I enjoy without eyewear.

And that, in a word, sums up laser vision correction: freedom. Whether it is on the

### Questions

 (continued from page 1)

at least with PRK. Dr. Edmison does not recommend Lasik to patients who plan on playing contact sports because of the risk that the flap created during a Lasik procedure will become dislodged.

#### I wear contact lenses. How far in advance of surgery must they be taken out?

Soft contacts must be removed at least 24 hours prior to your treatment. Hard contacts change the shape of the eye and we need to make sure that these changes are reversed before we can treat, which typically takes around eight weeks (although can be longer in certain cases). You can wear glasses during this time. Severe astigmatism often don't see well with glasses, so an option is Toric soft lenses, designed for astigmatism.

tennis court or in the swimming pool, riding the waves in a friend's speedboat or just waking up and rolling over to read the digits on the alarm clock, my life has been infused with a sense of freedom that wasn't there before. Glasses were never something that stopped me from doing things that I love, but they were a hindrance — a hassle I doubted I'd ever be free of.

These days, I'm pleased to report, the only glasses I wear are a comfy pair of sunglasses. ■

### OPEN LETTER



Julie Brown

## 'The results were instantaneous'

Kingston news anchor, Julie Brown, was back 'on air' just five days after her Wavefront procedure.

It has been almost six months since I have worn a pair of corrective lenses, and I can honestly say life has never looked better!

I had worn glasses and contact lenses since I was 13, when reading math equations on the chalkboard was too difficult from my third-row seat.

As the years went on, I grew more and more dependent on my glasses, and more and more resentful of the inconvenience. I needed to remember my glasses every time I went to class, drove my car, or watched television. The switch to contact lenses helped a bit, but long days often resulted in sore and tired eyes.

When I spoke with Focus Eye Centre about laser vision correction, I was apprehensive. I didn't know many people my age who had undergone the procedure, and I was

worried it might not work. I turned to family, friends and my ophthalmologist for advice. The staff at Focus took the time to explain in detail all aspects of the procedure and answered all my questions. (As a journalist, I had many!)

I decided to undergo Wavefront PRK surgery — the latest in laser vision correction — which would allow me to continue my active lifestyle.

As the date of the surgery approached, I decided to use the teleprompter I rely on to deliver the nightly news as a way to gauge the success of my surgery.

The surgery was quick and relatively painless. The results were instantaneous!

After the procedure, I was advised to rest and allow the healing process to begin. I did suffer some discomfort several hours after the surgery, but it was nothing a cold compress and a few Advil couldn't fix.

The staff at Focus called me nightly to make sure I was comfortable, and scheduled appointments every day to ensure everything was healing properly. Five days later I was back at work, and once again, staring into the teleprompter. I was amazed at how clear the type was! My vision continued to improve over the coming weeks. When I attended one of my follow up appointments, I was ecstatic to learn I had 20/20 vision — 20/15 in my right eye.

I continue to enjoy life without contact lenses and glasses and the staff at Focus Eye Centre still checks in regularly to make sure I'm happy and that my eyes are healthy.

I must admit, sometimes I still reach for my glasses first thing in the morning only to quickly realize I can read the alarm clock just fine without them.

I have recommended laser vision correction to family, friends and colleagues.

I am so glad I underwent the procedure... it has been one of the best decisions of my life.

Sincerely

Julie Brown  
6 & 11pm News Anchor, CKWS TV, Kingston

## 'As Comfortable as Possible'

### Eye drops a helpful stop on the road to recovery

To the average patient, the eye drops that doctors dispense after an LVC procedure can be a curious, sometimes even confusing part of the healing process. But to the medical staff at Focus these small bottles of carefully measured solutions are a crucial step to ensuring that a patient's recovery goes as smoothly as possible.

Lubricating drops are a familiar friend to every patient, while antibiotics (Zymar), anti-inflammatories (Acular), and anesthetics (Tetracaine) can be used to modulate additional discomfort that people might experience. The former, Zymar, is an excellent new generation antibiotic used solely to prevent infections, while Acular provides major decrease in post-operative light sensitivity and pain that can arise due to decreased ocular inflammation (mostly in the iris). As for Tetracaine, it is used to promote optimal comfort and relief during the initial 24 to 72 hours.



Dr. Edmison, Focus Medical Director, has introduced diluted drops

While this set of pharmaceuticals was doing a good job for patients, Focus's medical staff, under the direction of Dr. David Edmison, thought more could be done. For that reason Focus recently introduced a diluted version of the Tetracaine (0.05%), which can be used up to every half-hour as needed. "Sometimes patients can feel the bandage contact lens underneath their eyelids and the diluted Tetracaine drops help alleviate this sensation, making them more comfortable and relaxed," explains staff optometrist Dr. Thomas Noel.

"Tetracaine has become crucial in decreasing the discomfort patients feel with PRK," adds Dr. Alan Franzman, another member of Focus's medical staff. "It has been shown that the diluted Tetracaine when used every one to two hours can help to eliminate most discomfort with no delay in healing time."

The drops have, quite simply, been Focus's most important pharmaceutical change in terms of ensuring that patients recover as quickly and comfortably as possible.

"We are always looking at ways to better improve our patients care, comfort, and recovery time by using the latest medications on the market," adds Dr. Noel. "The goal is always to make the patient as comfortable as possible."

— Staff

## Focus Meeting ISO 9001

### International standards mean better business



In any market it can be difficult for consumers to differentiate between companies, especially when competitors make broad statements peppered with catch words such as "best", "excellence" and "quality". The ISO designation is one easy way to separate the wheat from the chafe when it comes to laser vision correction centers.

Since the early 2000s, Focus has voluntarily met or exceeded the exceptional high standards set by the International Organization for Standardization (ISO), a network of national standards institutes based in Geneva, Switzerland, with participating organizations in 153 countries.

"Our goal is to maintain and strengthen our reputation as Eastern Ontario's most experienced and trusted laser vision correction centre," says Operations Manager, Jennifer Kearns, RN. "As a Centre of Excellence for LVC, Focus is committed to providing outstanding, personalized medical care and achieving the best possible clinical results."

In terms of day-to-day operations, ISO means using controlled documents, frequent customer surveys and other means of maintaining a quality system that allows the organization to grow while strengthen its customer-service component.

"It's about doing things better administratively," explains Kearns. "It's about taking care

## Did You Know?

Health Canada offers people a valuable assessment of LVC and the latest procedures available to Canadians. The government website ([www.hc-sc.gc.ca/iyh-vsv/med/surgery-chirurgie\\_e.html](http://www.hc-sc.gc.ca/iyh-vsv/med/surgery-chirurgie_e.html)) refers to LVC in the following terms:

"Thousands of Canadians are turning to laser eye surgery to correct their vision and replace their glasses or contact lenses... Laser eye surgery is performed by highly trained specialists, and in most cases the results range from satisfactory to excellent. Some patients feel their lives are vastly improved if they no longer have to deal with prescription glasses or contact lenses.


The Health Canada site explains PRK and Lasik procedures, and advises, "You are more likely to have a successful outcome with laser eye surgery if you: Choose your eye surgeon carefully — a referral from your own eye care professional to an eye surgeon is the traditional approach.



of business in ways that allow us to give our patients the best possible care."

According to the ISO, its 9001: 2000 designation, which Focus maintains, is concerned with "quality management" that is reflected in what the organization does to "enhance customer satisfaction by meeting customer and applicable regulatory requirements and continually striving to improve its performance in this regard".

— Mark Thompson

**Correction:** In the *In Focus Special Edition on Wavefront LVC*, the article titled "Wavefront: It Just Makes Sense" by David Harrison, made reference to "...the prescription from your optician..." In Canada, opticians are not licensed to perform eye exams. In Focus apologizes for the error and any inconvenience it caused.



CANADA		POSTES
POST		CANADA
Postage paid		Port payé
Publications Mail		Poste-publications
40017424		

Return undeliverable Canadian addresses to:

**Ottawa:** 1565 Carling Avenue, Suite 100, Ottawa, ON K1Z 8R1  
 telephone: 1-800-IN-FOCUS (1-800-463-6287) or

**Kingston:** Hotel Dieu Hospital, 166 Brock Street, Suite 325, Kingston, ON K7L 5G2  
 telephone: 1-877-460-6029 or (613) 542-5000

[www.focuseye.com](http://www.focuseye.com)

