

If the goal is great vision...

...two professional hockey coaches say players would 'definitely benefit' from Wavefront — just as they did.

By David Napier

When one professional hockey team entered their league playoffs this past spring they did so with a subtle advantage not evident to their on-ice opponents. Due to laser vision correction (LVC), two members of the coaching staff were performing without the contact lenses that had, for so many seasons before, been such a hindrance.

"I'm a guy that didn't wear glasses enough," says Randy Lee, a strength and conditioning coach. "But I did need them for certain things. During the game, part of my responsibilities is scouting for the head coach up in the press-box, and sometimes you're quite far away. If you forget your glasses, or they're all dirty... it makes it awkward," adds Lee, who has been with the club since their inaugural season, 11 years ago.



Tim Pattyson, Video Coach

For video coach Tim Pattyson, who joined the club just a few seasons ago, LVC and the freedom it affords, made perfect sense in light of the rigours of professional sport.

"With how much we travel, the hours we spend at the rink, and waking up early...



Randy Lee, Strength and Conditioning Coach

it's [a positive] lifestyle change," explains Pattyson. "It's so much better to wake up now and not have to worry about putting in contacts, or going to sleep on an airplane or a bus. Just to be able to wake up and go all the time, it makes life so much easier."

But for all the happiness that LVC would afford, getting comfortable with the procedure isn't something that happened overnight. Both men gave LVC a long, hard stare before deciding to go ahead.

In Pattyson's case, his mother had undergone a LASIK procedure in Winnipeg approximately ten years ago and the outcome was less than stellar, but he didn't rule out the idea that good work done by a good surgeon in a good centre could, like a well-coached and disciplined hockey team, deliver great results.



Tim Pattyson and Randy Lee in the dressing room

"I could see a player with an eye issue having this done in the off-season."

"I was skeptical for a while... but success stories out of Focus spurred [me] along." Then, after Pattyson landed his dream job with a nightmarish travel schedule, he started to think seriously about a Wavefront procedure at Focus.

Pattyson had plenty to gain. In terms of uncorrected vision, he was minus nine (-9) diopters, which meant his vision was seriously impaired without the aid of glasses or contact lenses. It had been this way for more than half his lifetime.

"Back when I first got glasses, I was a kid wearing sport goggles underneath his helmet. I had to cut the foam out of the side of the helmet [in order just to see]," says Pattyson, grimacing at the memory. "That was just

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awful — a traumatizing experience. So, coming full-circle to this is just fantastic.”

Pattysyn’s procedure and outcome amounted to an unofficial test-run for Randy Lee, who, with vision loss that was much less severe than his co-worker, was less inclined to leap at LVC. Lee waited and watched, and listened to the visual assessment of Pattysyn, a guy who deals with reams of video each and every week.

For his part, Pattysyn didn’t have an immediate ‘wow moment’. Rather, his recovery was a more gradual thing until one day, just a few weeks post-op, he realized that he wasn’t squinting to read road signs on the way to work and could see clearly from one side of the rink to the other. “It was a sort of delayed wow factor,” he says of his transition from Coke-bottle correction to 20/20 acuity.

Just a few weeks after his surgery, Pattysyn was urging Lee to make an appointment with Focus. It was an easy decision. “I witnessed

his recovery,” says Lee, “and I saw how he progressed. I had no apprehension after that.”

Lee made an appointment for consultation and went in to see about correcting a single eye for reading vision.

“The biggest thing I found was that the staff at Focus educated you. I had questions and concerns, but they addressed every issue.

On the day he drove from his west-end home to Focus for surgery, Lee was as eager as a player skating toward Lord Stanley’s cup. “I was excited going into it.”

His enthusiasm was warranted: Lee’s vision soared from 20/70 pre-op to an enviable 20/15 after his Wavefront procedure. “For me it’s just complete freedom,” he says. “If you’re in the weight room working with players, going over testing or training reports... you can’t be flipping glasses on and off.

“It’s never a problem now.”

So were Lee’s results impressive enough to recommend Focus and Wavefront to other members of their club?

“In fact, I’ve recommended it to our head coach,” he says, referring to a bespectacled bench boss. “A lot of people in this business have glasses and are very frustrated with them, and [these are] people who need [laser vision correction] more than I do.”

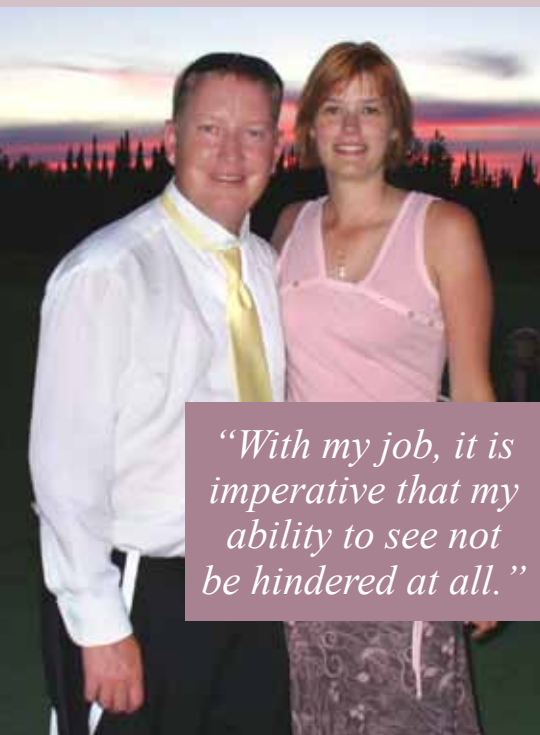
As for the players whose health is often, and quite literally, in Lee’s hands, he feels that laser vision correction could be an asset on, as well as behind, professional hockey association benches.

“I could see a player with an eye issue having this done in the off-season. I would definitely recommend it if [excellent vision] is essential to your livelihood. [Tim and I] have had so much positive experience with it ourselves... we know it would improve their play.”

KINGSTON UPDATE

He Said, She Said

A few weeks ago I contacted Dr. Ryan Fitzpatrick, a co-managing optometrist here in the Kingston-Belleville area, and asked him about his wife Christal’s decision to have laser vision correction (LVC) in September 2006. I was pleasantly surprised when they *both* wrote back to me. Here, in their own words, is why they chose LVC and Focus.



“With my job, it is imperative that my ability to see not be hindered at all.”

Ryan

My wife Christal has been wearing glasses since the age of 13 [and had] successfully worn glasses and contacts for more than ten years. She is moderately near sighted and does not function well without her correction. Although she is near sighted, she prefers to wear her glasses for reading, as well.

Christal works as an operating room nurse at Kingston General Hospital and had been complaining of decreased tolerance to contact lens wear with the abnormally stale and dry environment. While assisting with surgeries in the O.R., it was becoming increasingly more difficult to keep her glasses clean.

We had been contemplating having her eyes laser corrected for the past couple of years, however, her prescription had not yet stabilized. Last fall (2006) her prescription had been consistent for more than two visits and a decision was made to pursue laser surgery.

After being a first-hand witness to all forms of laser vision correction, I decided that the only procedure that we would consider was PRK. That being said, Focus Eye Centre was my first choice knowing that they were Eastern Ontario’s leading laser correction clinic. I have also been an affiliate O.D. with Focus for the past seven years and refer all my patients who are contemplating this life-changing event.

My biggest concern was that Christal’s best-corrected vision was better than 20/15, and I knew that she had high expectations. I advised Christal to book one week off from work for the healing process... and carefully explained to Christal that her vision would fluctuate a little during the first three months (which it did). However, once we finished her drop therapy, her

vision tightened right up and was even better than that with her glasses/contacts.

How relieved I was when she finally broke down and told me this was the best thing she could have done for herself. Christal continues to see well and work well with her new set of eyes.

My only complaint was that I had to make all of Christal’s eyewear into sunglasses.

Christal

I have been nearsighted since the end of public school [and have been] wearing my glasses or contacts full-time [since then].

When I chose to work at Kingston General Hospital, I found the environment to be very irritating for my contact lenses. I was waiting for Ryan to tell me when it was time to have laser vision correction. I always found it frustrating to wake up and not be able to see anything. I was constantly reaching for my glasses which eventually became a nuisance.

I was a little leery of have eye surgery because, despite the nuisance of glasses/contacts, my vision was excellent. With my job, it is imperative that my ability to see not be hindered at all.

Ryan finally referred me to Focus when my eyes stabilized last fall. Although my vision did fluctuate a little in the first few months following surgery, it has now stabilized and is equally good or better than my pre-surgical results. I can’t explain how much better my eyes feel when I am at work, let alone how well I see and function.

By far, it was the best birthday present I have ever received. I am not sure how Ryan will top it next year.

Michelle Owen, Manager, Focus Eye Centre, Kingston



Everything You Always Wanted to Know About 'Eyelid Surgery'

Focus Eye Centre has started offering Eyelid Rejuvenation Surgery (Blepharoplasty) to new and existing patients interested in ridding themselves of puffy or tired-looking eyes. The procedure is performed by Dr. Kevin Smith, oculoplastic specialist and Team Ophthalmologist for the Ottawa Senators, in as few as 45 minutes.



Korey Kealey, already happy with her 'brighter eyes' only 1 week after her eyelid rejuvenation procedure.

Korey Kealey is a busy 38-year-old mother of three who runs her own food communications company in Ottawa, (Food Thought — www.foodthought.com — think: food stylist for print and television, recipe and product development). She was also among the first patients to come to Focus for Eyelid Rejuvenation Surgery. Korey joined the multitude of people in North America who have undergone a procedure that is among the most popular cosmetic surgeries on the continent.

InFocus asked Korey to tell us about her thinking going in and feeling coming out.

Q. What was your motivation for coming to Focus for Eyelid Rejuvenation Surgery?

A. I was curious to see if I was a candidate for Blepharoplasty and what the doctor would say or suggest. I had seen an article in *O* [Oprah Winfrey's] magazine about it and the before-and-after photos were incredible.

Q. What were your expectations going in?

A. To be honest, I didn't know what to expect. I assumed the extra skin would be removed and my eyes would be more visible. I was more than busy leading up to the procedure, so I didn't put much thought into it.

Q. How did you hear about Eyelid Rejuvenation or Blepharoplasty?

A. It was relatively new — I never knew it existed until I read *O* magazine I thought an eye lift meant raising the eyebrow any tampering with many areas of the face and scalp. To simply remove the excess tissue and fat deposits only made sense to me. Rather than changing your entire appearance, just accentuate what is already there.

Q. Did you have any hesitation prior to your surgery?

A. I wasn't scared... a little nervous for sure, but once I had decided to go ahead with it I didn't think about it. I just made the arrangements. The consultation, staff, and Dr. Smith were all great; very professional, caring and very accurate in their descriptions of the procedure and what to expect. Everything was exactly as they had said it would be. There was never any discomfort and I never took even one painkiller, which is amazing.

Q. How have your results been?

A. I have received more than I could have hoped for! Immediately after the procedure, even when my eyes were swollen and a little bruised, I couldn't get over how relaxed my forehead was. I had spent 20 years holding my eyes extra open by wrinkling my forehead. To have a more relaxed face is something I never thought of. Now that everything is healed, I'm excited to wake up everyday with fresh eyes. I used to wake up at 5:00am, go to yoga or exercise, shower and hope that by 8:00am my eyes wouldn't be puffy and sleepy looking (they usually were).

"I'm excited to wake up everyday with fresh eyes"

I can't explain what a difference this makes — I still do my routine but it's not in an effort to look awake. I can also wear eyeliner and different shades of eye shadow to accentuate my eyes where before that just made them sunken and dark. The results more than justify the expense.

Q. Would you recommend the procedure to family or friends?

A. I would recommend it to everyone.

Q. How has Eyelid Rejuvenation changed you or your day-to-day living?

A. It has sped up my morning routine for sure. I feel like my eyes are brighter and now show the way I am feeling. There were many times that I felt great and full of energy and then I'd see a picture that had just been taken and feel defeated that my eyes looked so tired even though they weren't. Now, people say my eyes are brighter and the colour stands out now. It's been fun, and very worthwhile. ■



A Birder's Eye View

LETTER TO THE EDITOR

Dear Editor:

I have always had one near-sighted eye and one far-sighted eye. The two have been fighting each other as long as I can remember. A professional and amateur ornithologist, it is important that I see birds clearly through binoculars and a spotting scope.

During my 20s, I started using glasses. Apart from the regular hassle of glasses, I had the additional disadvantage that one eye looked noticeably larger than the other when people looked at my eyes — this was because one of the lenses magnified the size of one eye, while the other lens made the other eye look smaller.

I used glasses until I almost got to the point in my 40s of requiring reading glasses. Then I met with Dr. James Cameron who suggested that I speak to the folks at Focus Eye Centre. They told me that laser [vision] correction on the weaker, far-sighted eye might allow me to see well without glasses. I went for the surgery and am now able to see well without glasses because the far-sighted eye is less far-sighted than before, thus reducing the conflict between both eyes. I see distant objects (e.g. while I'm driving) better than before.

The near-sighted eye was left untouched by my surgeon, Dr. Menard, and allows me to see close objects. This strategy of having each eye do a different job is called "Monovision". I believe that the surgery has also allowed me to get by without reading glasses for a few more years because the corrected eye is now helping with reading, as well. The average age for requiring reading glasses is 43. I am now 48 and still have no trouble reading.

Robert Alvo
Author of "Being a Bird in North America"
Gatineau, QC

If you have a story about laser vision correction, *InFocus* wants to hear it.

Send your e-mails or letters (including your name and daytime contact information) to: The Editor, *In Focus*, 1565 Carling Ave., Suite 110, Ottawa, ON K1Z 8R1 or to info@focuseye.com

IN THE NEWS

Blooming Good Day

Focus backs Blossom Event in support of Harmony House



Focus staff, Nancy Bast and Nicole Loveless

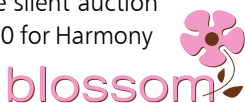
(Ottawa) — On the first Sunday in May, Focus Eye threw its support behind the *Blossom Lifestyle Spring 2007*, an event for women interested in the latest in health and wellness, as well as fashion, beauty, and lifestyle trends.

"It was the perfect day out," says organizer Beth Johnson of Blossom Lifestyle. "The event allowed attendees to take advantage of all the unique services [on display], and connect with local businesses and exhibitors."

Focus joined the almost 50 small, medium and large companies in supporting the one-day event which, in turn, threw its financial support behind the Harmony House Women's Shelter.

"It was a great way for Focus Eye Centre to connect with many former patients and prospective new ones excited about Laser Vision Correction and our latest offering, Blepharoplasty (Eyelid Rejuvenation Surgery)," said Nancy Bast, Co-management Coordinator.

Focus Eye had a booth at the event and participated in the silent auction which raised \$3500 for Harmony House.



PATIENT PROFILE

Focus Eye to the Rescue

Toronto area paramedic, Benôit Deschênes, writes about shedding his 'troublesome contact lenses' and achieving 20/15 vision.

Better than perfect vision, what else can you ask for?

In June 2005, I made the excellent decision to trade in my contact lenses and glasses for better vision and less hassle. Being a paramedic student at the time and getting ready for those long nights of dry contact lenses, I made my best investment to date: LVC at Focus Eye Centre.

After undergoing consultations with different clinics offering different types of procedures, Focus Eye Centre was the place to do it. Great, knowledgeable staff, excellent customer service, great price, value and experience — all were all very convincing factors in favour of Focus Eye.

Currently, being a paramedic, scuba diver and outdoors enthusiast, and not having contact lenses to switch or take off depending on the activity is a joy that is hard to describe. The "halos" that are a concern for some undergoing other types of procedures were never present following my surgery. Additionally, having better vision than with those troublesome contact lenses makes life that much more enjoyable.

Personally, I had very mild post-op complications but staff was always present for follow-ups and very understanding. Even with those complications, my vision was better, instantly, following the surgery.

The benefits are so great that I would go through the whole procedure again... no doubt about it. To this day, I recommend Focus Eye Centre to everyone that wears contact lenses and/or glasses [telling them] to at least schedule a consultation with the experts at Focus. Many of my friends underwent the surgery and don't regret a single bit of the process. In fact, the surgery opened up career options that required better vision than they had before their laser vision correction.



Benôit Deschênes

All in all, I trusted my precious eyes to the experts and was rewarded for it. So could you. I have no regrets and perfect vision. Better than perfect vision, actually; I am seeing 20/15.

— Benôit Deschênes, Primary Care Paramedic



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