

NEW, ADVANCED OPTIONS IN VISION CORRECTION SURGERY MAKE A LENS-FREE LIFESTYLE A POSSIBILITY FOR MORE PEOPLE THAN EVER BEFORE.



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eHealth
NEWSLETTER

Q & A

**Dr. Behler Answers
Questions Submitted By
His Patients And Readers.**

**DR. BEHLER'S
TEAM**

**Dr. Behler Has Taken
Great Care To Build A
Team That Holds His
Patients' Best Outcomes
As Their Highest Goal,
And He'd Like You To
Know Who They Are.**

**Your Eye
MID**

PLUS: USEFUL INFORMATION FOR PROTECTING YOUR EYE HEALTH

Looking Past Lasik

New, advanced options in vision correction surgery make a lens-free lifestyle a possibility for more people than ever before.

W e've come a long way from the days when thick, heavy eyeglasses provided the only means of improving poor vision.

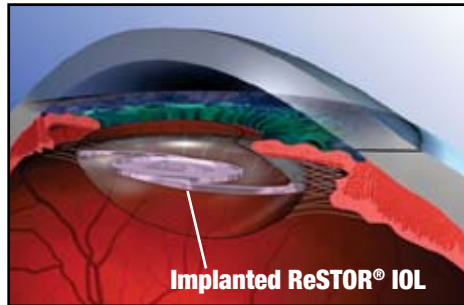
Contact lenses helped some patients set their eyeglasses aside temporarily.

Advanced research led to the development of surgical procedures that reshaped the corneal surface, improving vision without the need for corrective lenses. The advent of LASIK laser vision correction reshaped the inner corneal tissues, extending the benefits of a lens-free lifestyle to an even larger population, with greater predictability and comfort.

"Now," says Dr. Behler, "it is possible to provide permanent vision correction to an even larger number of patients who are not good candidates for LASIK, or who do not select LASIK as their procedure of choice."

This advance is made possible by the development of a number of high-tech intraocular lens implants (IOLs).

High-tech IOLs like the **Visian ICL**®



(implantable collamer lens) **ReSTOR**®, and **Crystalens**® extend permanent vision correction to an estimated 90-million Americans who are not good candidates for LASIK either because their level of refractive error is outside the limits for correction with LASIK or because their corneal tissue is too thin to allow appropriate laser reshaping. Others may not be candidates because they are already experiencing the age-related vision changes of *presbyopia* or are already developing cataracts.

Detailing the differences

The **Visian ICL** provides "high definition" vision for patients between 21 and 45 years of

age. It corrects a wide range of refractive error, from mild and moderate to severe nearsightedness, and is an excellent choice for patients with thin corneal tissue. The material used in making the Visian ICL is bio-compatible with the structures of the eye, and because it rests behind the iris, the Visian ICL does not require removal of the eye's natural lens.

The ReSTOR IOL provides sharp, clear vision at all ranges of distance. It replaces the eye's natural lens, so it is an excellent choice for patients who are experiencing presbyopia or who have developed cataracts. ReSTOR uses a unique approach to lens design. Rather than use concentric refractive prescriptions of varying strengths, it is fabricated with 12 "levels" that each selectively directs light onto the retina in a unique way to sharpen the vision at a variety of distances, even providing exceptional reading vision.

The Crystalens IOL is an *accommodating* IOL, meaning it works with the tiny muscles inside the eye to shift position in response to your focusing needs. The first and only accommodating lens to receive government approval for the correction of cataracts, Crystalens provides a single focal point across all ranges of distance. Crystalens replaces the eye's natural lens. When this high-tech IOL is used to treat cataracts, Medicare pays a portion of the cost, up to the amount paid for cataract surgery with traditional IOLs.

Dr. Behler is skilled at placing these and other high-tech lenses, and his familiarity with their unique properties, coupled with his surgical expertise, makes another high-tech option available to his patients: *bioptics*.

Mix and match

"Each one of my patients has unique visual needs and expectations," observes Dr. Behler, "and I have dedicated my practice to providing my patients with the precise vision correction that their lifestyles demand."

When a single procedure doesn't meet a patient's needs, Dr. Behler can combine procedures, an approach called *bioptics*, to deliver a more customized type of correction.

"The key to providing my patients with reliable results is in understanding the advantages of each of the vision correction options available, and selecting the option or combination of options that can provide them with the 'high definition vision' they need to enjoy their lifestyles," says Dr. Behler. "That's true whether my patient is a dedicated hobbyist who needs exceptional close vision, or an avid athlete who takes a long view on the links, on the courts, or on the water." ■ [BACK TO COVER](#)

EYE IQ USEFUL INFORMATION FOR PROTECTING YOUR EYE HEALTH.

Bright sunlight does more than cause you to squint when you go outside. It can cause a host of challenges to eye health and good vision. The fix? Easier than you might think.

The best thing you can do to protect your eyes from harmful sun exposure is to simply remember to wear your sunglasses.

Not just any sunglasses: get the kind that wrap around and rest close to the face. This will limit the amount of sunlight that can reach your eyes.

And don't think that "darker is better" in protecting your eyes from the sun. Darkly tinted sunglasses can trigger the pupil to dilate and admit *more* harmful ultra-violet (UV) radiation. A better choice is to use lenses with materials or coatings that block at least 97 percent of UVA rays, and *all* UVB rays.

Planning to go out on the water or take a road trip? Remember that the water and some road surfaces reflect a lot of sunlight, and that glare is not only uncomfortable, but harmful to your eyes.

There's nothing wrong with wanting to enjoy everything the beautiful outdoors has to offer. Just remember to protect your eyes from those rays. ■ [BACK TO COVER](#)

Your "Eye M.D."

Your board-certified ophthalmologist is a medical doctor, with skills that go beyond eye care to help protect your overall health.

It's true. Your ophthalmologist has completed the same medical training as your primary care physician, and has the same comprehensive understanding of the workings of the whole body.

The difference is that a board-certified ophthalmologist like Dr. Behler has chosen to specialize in eye care, just as some medical doctors choose to specialize in cardiology, or orthopedics, or internal medicine.

Dr. Behler is a specialist who can diagnose and treat any of the conditions and diseases of the eye, like macular degeneration, cataracts, glaucoma, retinopathy, and dry eye syndrome. He can prescribe medicine as well as perform surgeries.



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Many medical conditions (atherosclerosis, brain tumors, and diabetes, to name a few) often show their first subtle signs in the structures of the eyes, and your ophthalmologist is often the first doctor to alert you to signs of these and other serious health issues.

Your ophthalmologist may also prescribe eye-glasses or contact lenses.

You need to know, too, that not everyone who is an "eye doctor" has completed the training to become an ophthalmologist: four years of pre-med schooling, four years of medical school, a one-year internship, and between one and three years of a residency in medical and surgical eye care. **e BACK TO COVER**

Dr. Behler's TEAM

Dr. Behler knows how important it is to surround his patients with the most qualified personnel who are skilled, compassionate, and professional.

He has taken great care to build a team that holds his patients' best outcomes as their highest goal, and he'd like you to know who they are.



SUSAN LLOYD is the front office receptionist, and it is her warm and smiling welcome that greets you as you walk in the door.



JAYNE CROMER, COT, is a certified ophthalmic technician as well as an operating room certified technician. She assists Dr. Behler in his surgical procedures and helps patients learn about and understand their procedures.



NANCY GALLUS is the newest member of Dr. Behler's team, working in the back office to handle the practice's billing department.

When you visit or call the office, you can count on Dr. Behler, Susan, Jayne, and Nancy to do whatever they can to provide you with the highest level of care, with great outcomes and a genuine interest in you and your best vision.

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LASIK

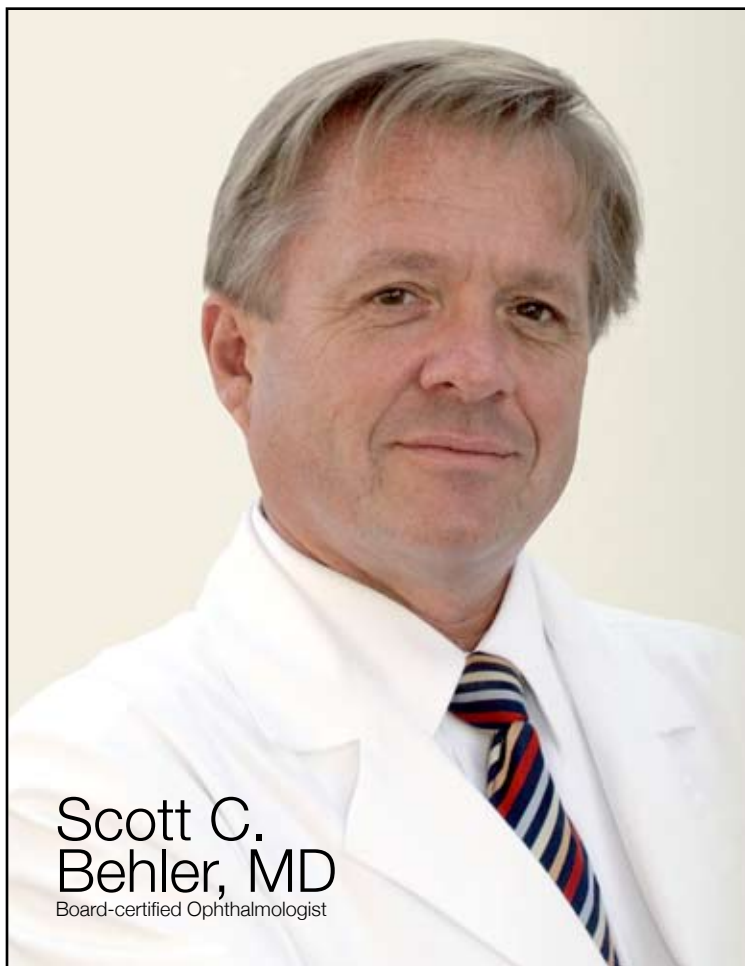
SPECIAL OFFER

Thousands of people enjoy a lens-free lifestyle thanks to precision vision correction made possible by CustomVue LASIK.

Find out if CustomVue LASIK is the right choice for you!
 Call Behler Eye & Laser Center today to schedule an evaluation.

Mention the "eHealth Newsletter Offer" when you make your appointment, and receive a \$100 gift certificate that can be applied toward a laser vision correction procedure.

(727) 712-2500
 toll-free **1-800-234-5373**



Scott C.
Behler, MD
Board-certified Ophthalmologist

Q&A

DR. BEHLER ANSWERS
QUESTIONS SUBMITTED BY HIS
PATIENTS AND READERS.

I'm in my fifties. What should I know about protecting my eyes? The best advice I can give you is to schedule regular, thorough ophthalmic exams every couple of years.

As we get older, our risk for a number of eye diseases goes up considerably. By the time we're 65 years old, a third of us will suffer from some kind of eye disease. That figure climbs to half for those over 80 years of age.

Unfortunately, some diseases present no, few, or subtle symptoms, and a lot of eye damage can occur before you notice a change in your vision.

A thorough ophthalmic exam can identify conditions like glaucoma and macular degeneration in their early stages, when you have the widest range of treatment options.

Even if a condition can't be cured, its progression can be slowed considerably with early detection and treatment. [▶ BACK TO COVER](#)

To submit a question for Dr. Behler to answer in a future newsletter, please mail it to our office or drop it off at Behler Eye & Laser Center, 2346 Drew Street, Clearwater, FL 33765, or submit your question online by [clicking here](#).

Share the Vision!



2346 Drew Street

Clearwater, FL 33765

(727) 712-2500

toll-free **1-800-234-5373**

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