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Loving life with new vision after 74 years

At the age of 86, when many are winding down and relaxing, Harold Smith is loving life and seeing everything that he has been missing for years.

The Hollywood resident, who had been wearing glasses since the age of 12, and suffering with High Astigmatism, using his eyes to read over thousands of real estate contracts, started to experience vision problems a little over a year ago. Having visited Dr. Stanley Braverman since moving to the area from Illinois, he called to make an appointment. That visit really changed the way he approaches each and every day.

"I remember coming in and going through all the tests that are required to measure your eyesight," Smith said. "When they asked me to read the eye chart, it was like, what's going on here. I could only see the large E on top and that was it."

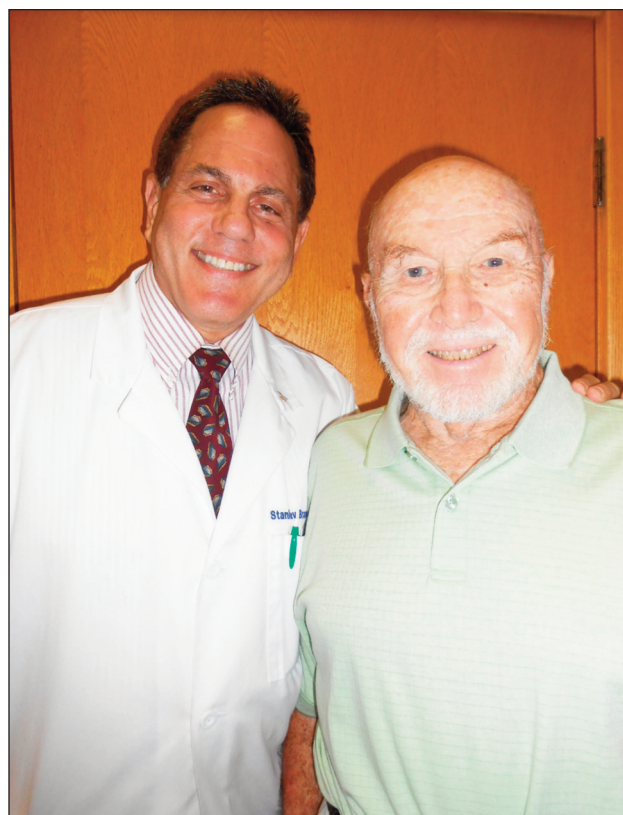
When informed that he not only had High Astigmatism, but also had developed cataracts in both eyes, and the only option was to have them taken care of, if he wanted to see better—immediately, Smith embraced it.

While he understood the procedure and what needed to be done, it was also comforting that Dr. Braverman made the process a lot easier to go through – and as many often are intimidated with anything having to do with their eyes, Smith put everything into his doctor's hands.

"I have always felt comfortable with Dr. Braverman and his tremendous staff who bend over backwards to answer every question and treat you very special," Smith explained. "He told me that I would need cataract surgery and could also correct my lifelong High Astigmatism. I chose to have a Tecnis Multifocal lens implant."

Dr. Braverman explained every part of the procedure, what the recovery time would be and what I would have to do – in the way of eye drops and care after both eyes were finished.

Having been active all of his life as a one-time golf standout at



Dr. Stanley Braverman, left, and patient Harold Smith of Hollywood months after a procedure that restored his vision after wearing glasses since the age of 12!

the University of Illinois, and as an avid sailor who navigated the South Atlantic, Smith prepared himself for the procedure that would be required. His first surgical appointment was on April 15th of this year. It was something that he recalled went quickly and he was simply amazed by the results.

"I remember my wife and I getting to the surgery center at 6 a.m.," he said. "His assistant told me that I would feel a little pinch and the next thing I knew, it was three hours later and I was finished and leaving."

What Smith experienced in that short three hour period was amazing. He was so excited after that procedure, he couldn't wait to come back for the second eye, some six weeks later on May 23rd.

"I am not someone who goes overboard when it comes to handing out compliments, but Dr. Braverman is a miracle worker," Smith said, with so much excitement in his voice. "The man really made a major impact in my life, and now, I can see perfectly for the first time in 70 plus years without glasses."

Since his procedures for High Astigmatism that was corrected with LRI (Limbal Relaxing Incisions) at the same time as the multifocal lenses were put into place, Smith has been telling everyone about how they can change their life as well.

"To say the least, this was something that I highly recommend and fully endorse," Smith added.

WHAT ARE CATARACTS

A cataract is formed when the natural lens of the eye, responsible for focusing light and producing sharp images, becomes cloudy and hardens, resulting in a loss of visual function. The lens of the eye is clear at birth but is one of the first parts of the body to show the effects of aging. A cataract is painless and usually develops gradually over several months or years. The onset of a cataract in one or both eyes may cause decreased night vision, impaired depth perception, and increased color distortion.

Cataracts are the leading cause of vision loss among adults age 55 and older. In fact, poor vision from cataracts affects 60 percent of all adults over age 60. However, cataracts also can result from injury, heredity, or medications, so they can affect people of all ages.

Understanding that no two conditions or patients are the same, Dr. Braverman analyzes the patient's symptoms, performs a comprehensive eye exam, and may test for glare disability and contrast sensitivity before making a diagnosis. The final decision to proceed with the surgery belongs to the patient. Your optometrist or Dr. Braverman may prescribe glasses, medication or surgery depending on your symptoms, complaints and age. Usually surgery will not be recommended until glasses no longer work to make you visually happy. In the case of clear lensectomy surgery, the patient cosmetically wants to get rid of their glasses, but they are out of the LASIK treatment range.

• Harold Smith, 86, is seeing everything that he has been missing for years



The Braverman Eye Center is located at: 1935 East Hallandale Beach Boulevard, Hallandale Beach, FL 33009. www.bravermaneyecenter.com

What to expect

Cataract surgery is the removal of your cloudy natural lens, which is usually dissolved using high frequency ultrasound through a small (less than 3 millimeter) opening. An artificial lens is then placed inside the eye where the cloudy lens used to be. After the surgery, eye drops are given to the patient to aid in the healing of the eye, which takes a few months, but the patient is able to return to normal activity almost immediately after surgery and usually sees well within just days. If the eye is otherwise healthy, cataract surgery is successful in more than 98% of patients and they enjoy improved vision after the procedure. Cataract surgery continues to improve. Recent developments include no-stitch surgery, topical anesthesia, surgical correction of astigmatism, new upgraded premium lens designs, and Dr. Braverman's newly trademarked LACE™ procedure. Laser Assisted Cataract Extraction (LACE™) surgery, if you are

deemed a candidate, can nearly always guarantee that the patient will need no glasses for distance vision, and no glasses for distance or near vision if a multifocal lens implant is used.

ABOUT DR. STANLEY BRAVERMAN

Dr. Stanley Braverman is a Voluntary Assistant Clinical Professor at the University of Miami School of Medicine and the Anne Bates Leach Eye Hospital/Bascom Palmer Eye Institute. He is also an Adjunct Associate Clinical Professor at the Nova Southeastern School of Optometry. In addition to treating patients, Dr. Braverman, a board certified ophthalmologist, has been a medical researcher, and is the inventor of several eye surgical instruments, and author of many articles for medical journals. Dr. Braverman's newly trademarked LACE™ procedure (Laser Assisted Cataract Extraction) provides the best possible cataract surgical results. He has lectured at professional meetings about upgraded lens implants, advanced cataract surgery and LASIK, both nationally and internationally. He has recently been recognized by Newsweek Magazine as one of the Fifteen Leaders in Laser Eye Surgery in 2011, and recently co-authored a book on Z-Lasik that is being distributed internationally. You can find it on Amazon.com.

An initial cataract or

LASIK consultation can be scheduled by calling the Braverman Eye Center at: (954) 458-2112 or (305) 374-8694. For additional information please contact Regina Vasquez, Surgery Coordinator for cataract surgery, or Rosemary, LASIK Coordinator for LASIK surgery, or visit the Braverman Eye Center website at www.bravermaneyecenter.com where you can watch a video of cataract or LASIK surgery and learn more about all of the latest advances in cataract surgery and upgraded lens implants, as well as LASIK Surgery, including Near-Far Multifocal PresbyLASIK, for patients over 40 years old who require glasses for both distance and near vision.

In addition to Dr. Stanley Braverman, a Refractive Cataract and LASIK Laser Vision Correction surgeon, your other sub-specialty eye care needs can also be evaluated and treated. On staff at the Braverman Eye Center are Rashid Taher MD FACS and Tirso Lara MD FACS, Vitreo-Retinal surgeons; Andre Sarraga MD FACS, Ophthalmic Plastic, Reconstructive and Cosmetic Surgeon; Aarup Kubal MD FACS, Complex Glaucoma Specialist; Jesse Pelletier MD, FACS, Corneal Surgeon; and, Eric Ciliberti MD, Neuro-Ophthalmologist; Ryan Y. Hargreaves OD and Ayesha Bukhari-Khan OD. All sub-specialist surgeons at the Braverman Eye Center are Board Certified.