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NO GLASSES AFTER 50 YEARS!

By Lynne Peterson
 At age 63, Dennis Grinn is well aware of all the important financial news coming out of Washington, DC. That's his business. He conducts most of his financial work with his computer on the internet. Ask him, and he can talk knowledgeably about numerous economic and business issues, from the influence of the Federal Reserve to foreign investments or stocks and bonds.



"I am now able to see more clearly than I ever imagined without glasses!" said Dennis Grinn.

While the economic outlook may be uncertain, Dennis is positive about one thing: He is thrilled to get rid of his glasses after 50 years.

"I have been near-sighted and wearing glasses since age 12," Dennis said. "I became self-conscious about my glasses when I was a teenager and began dating, so I bought contact lenses when they were first made available in the early 1960s."

Dennis's eyes are very important to him not only for reading computer screens but also for his outdoor gardening and landscaping. One of his passions is tropical gardening, and his elaborate landscape designs would make anyone with a green thumb take notice.

For 44 years Dennis wore contact lenses, but over the years his eyes stopped producing enough tears, and that made wearing contact lenses more and more uncomfortable. Finally, in 2004, he had to return to wearing glasses. "My prescription kept changing frequently," he said. "During a routine examination for a new prescription, my Pembroke Pines optometrist, Dr. Robert Davis, said that I had cataracts. He recommended I see Dr. Stanley Braverman because of his excellent reputation for helping thousands of patients with cataracts."

Dennis had some idea of what cataracts were and how the disease affects vision. At the Braverman Eye Center, he was able to learn about his eye condition and was very impressed with the knowledgeable staff. "I had many questions," he said, "I wanted to know everything from how the man-made lens implant stays in the eye to the history and development of lens im-

plants and how the implants would improve my vision." After a thorough eye examination, Dr. Braverman determined that Dennis did, indeed, have cataracts, and he recommended having the surgery -- using a Tecnis Multifocal Lens -- first in one eye and then, a month later, in the other eye. Dennis had multiple options as to the type of lens implant that could have been used, but he took Dr. Braverman's recommendation for the Tecnis Multifocal since this would allow him to see both near and far without glasses.

"I had hoped that having cataract surgery would, at best, stabilize my eyes, so I could wear glasses again," Dennis said. "I experienced no pain during the cataract procedure. All I remember is that I received a local anesthesia and could hear the staff talking reassuringly during the operation. My feeling was that Dr. Braverman and his staff did this procedure successfully many times." The procedure was done at the North Miami Beach Surgical Center, which has five operating rooms and does only outpatient day surgery.

Dr. Braverman commented that "Dennis did not have easy eyes, but he did beautifully! As an eye surgeon, I need to shoot for as close to perfection as possible in order to make the multifocal lens implants work well. He was very myopic (near sighted) and astigmatic (out of round) in both eyes and required large limbal relaxing incisions (astigmatism surgery) in both eyes. He recovered uncorrected vision of 20/20 in each eye after the surgery. Dennis was so happy that after I examined

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 not 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.

CATARACT SURGERY 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.

Cataract surgery continues to improve. Recent developments include no-stitch surgery, topical anesthesia, surgical correction of astigmatism, and new upgraded lens designs. Eye drops are



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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.

ABOUT DR. STANLEY BRAVERMAN

Dr. Stanley Braverman is a Voluntary Assistant Clinical Professor at the Bascom Palmer Eye Institute and an Adjunct Associate Clinical Professor at Nova Southeastern School of Optometry. In addition to treating patients, Dr. Braverman, a board-certified ophthalmologist, is a medical researcher, the inventor of several eye surgical instruments and author of many articles for medical journals. He has lectured at professional meetings about upgraded lens implants and advanced cataract surgery both nationally and internationally.

An initial cataract 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, or visit the Braverman Eye Center website at www.bravermaneyecenter.com where you can watch a video of cataract surgery and learn more about all of the latest advances in cataract surgery and upgraded lens implants.

In addition to Dr. Stanley Braverman, a Cataract and Refractive Laser Vision 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; David Tenzel MD FACS, Ophthalmic Plastic, Reconstructive and Cosmetic Surgeon; Kevin Stewart MD FACS, Complex Glaucoma Specialist; and Eric Ciliberti MD, Neuro-Ophthalmologist. All sub-specialist surgeons at the Braverman Eye Center are Board Certified Ophthalmologists.

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



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