



VALENTINE'S DAY
A Sweet Holiday Ahead. Page 1D.



Garren & Associates
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'I NOW HAVE PERFECT VISION'

By Lynne Peterson
Lamont Leos travels by jet between South Florida and Toronto, Canada, several times a month on business for a software company. His work is exciting, but his eyes seemed to have their own kind of jet lag! Lamont wore contact lenses for high myopia (severe nearsightedness), and on his long travel days he sometimes wore his contacts much too long, causing his eyes to get red and feel dry, scratchy, and irritated.

"It was just a nightmare," he said. "At the end of a day, I had to remove my contact lenses and clean them, and that was a hassle on the road." And wearing lenses too long was not good for his eye health either.

Lamont decided to ask his ophthalmologist about the latest in LASIK eye surgery. When he moved to South Florida in 2006, Lamont became a patient of Dr. Stanley Braverman, a board-certified ophthalmologist in Hallandale Beach and a Voluntary Assistant Clinical Professor at the University of Miami's Bascom Palmer Eye Institute in Miami.

After a free LASIK screening, Dr. Braverman determined that Lamont was not an ideal candidate for the surgery because he was so myopic and because he had very thin corneas. However, Dr. Braverman suggested another refractive surgery procedure for which Lamont was an ideal candidate — PRK (photorefractive keratectomy).

Lamont liked the idea. He had worn contact lenses since the 1970's, and he was tired of having to endure eye discomfort on travel days until he could get back to his hotel and remove his contact lenses. He had tried all kinds of over-the-counter eye drops, but none gave him the relief he needed. And sometimes a piece of dust would get under a lens, making it even more uncomfortable. During business meetings, he could not really tend to his eyes, so



Lamont Leos, pictured here with Dr. Stanley Braverman: "I now have perfect vision. It was the best money I ever spent," Leos pointed out.

they hurt, ruining his concentration. "Before making a decision to go ahead with the PRK surgery, I had several meetings with Dr. Braverman and a complete eye examination," Lamont said. "I felt comfortable and confident with the doctor's surgical experience."

So that Lamont would not need reading glasses or special computer glasses, Dr. Braverman recommended monovision. That means one eye would be corrected for near vision, and the other eye corrected for far vision. The brain automatically blends that vision, giving a person a range of vision. In younger people, the lens of the eye automatically adjusts, depending on the distance of the focus. But in older eyes, that natural accommodation is lost, which is why

people often need glasses for reading even if they had perfect vision until age 40.

Lamont liked that idea, too, and last August Dr. Braverman performed PRK on Lamont. Very quickly Lamont could see great — without contact lenses or glasses. He could read a book, look at his computer screen, watch TV, drive, fly in airplanes, and work long days — all without contact lenses or glasses.

The surgery was easy. "The preparation took about two hours, and the surgical procedure took about 15 minutes per eye," Lamont said. "I was awake the entire time. I could have had a sedative, but I opted not to because I was calm about having the surgery."

At the Braverman Eye Center, Dr. Braverman, like every other doctor

there, follows every step of the process to make sure the surgery is successful. "I feel Dr. Braverman went through extraordinary measures to make sure the procedure worked for me," Lamont said. "He was the surgeon who did the procedure -- not like other facilities where you meet with one surgeon and some other doctor does the surgery, or you never meet the surgeon until the day of the procedure when you are on the table ready to be operated on."

Lamont is totally satisfied with the surgery. "Now, I have no problem with distance or reading and am extremely pleased," he said. "One of my major concerns was that I heard after the surgery some people have problems driving at night with glare and halos from the

lights. I have none of those symptoms, and I don't have to wear my contacts anymore. I would absolutely recommend Dr. Stanley Braverman for any eye procedure without reservation. It was the best money I ever spent. It has been a couple of months since my surgery, and I still forget that I no longer wear contacts, and I don't have to worry any longer. I now have perfect vision."

WHAT TO EXPECT

In PRK, the surgeon carefully removes the outer epithelial (skin) covering of the cornea, and then uses the excimer laser to reshape the corneal surface. A flap, which is cut when Lasik is done, is not necessary. A special "bandage" contact lens is placed onto the eye for comfort while the epithelium is healing and is removed 3-4 days later. Visual recovery takes longer than LASIK, and there are more post-operative office visits and medications, which is why LASIK has become more common. However, there are patients who have dry eyes or corneas that are too thin to perform LASIK safely, and for these patients, PRK is a great alternative.

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 up graded lens implants, advanced cataract surgery and LASIK both nationally and internationally.

For additional information or an initial consultation, please contact Rosemary Hartford Refractive Surgery Coordinator at (888) 954-LASIK or by calling the Braverman Eye Center at (954) 458-2112 or (305) 374-8694.

Please also visit the Braverman Eye Center website at www.bravermaneyecenter.com where you can watch a video of Bladeless Z-Lasik and learn more about refractive surgery choices as well as the latest advances in cataract surgery and upgraded lens implants, advanced cataract.

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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