



Braverman

Aventura

DIGEST

JANUARY 2009 • VOL 4 • ISSUE 1

WWW.AVENTURADIGEST.COM

PUBLISHED BY THE SOUTH FLORIDA SUN TIMES

A New Level of Togetherness!

by Lynne Peterson - Aventura Digest

Today, Josclynn Martin is in his sunny Florida garden. Having just finished mowing his lawn, he walks over to tend and water his prized vegetables. He mixes mulch into the soil with a hoe, dust from the soil on his hands and the hot sun baking down on him. He feels good getting back to nature, being able to see clearly working outdoors in his garden. Soon the harvest will come and wife, Hazel, will proudly serve the garden greens on their dinner table.

About a year ago, Josclynn Martin began to notice that his vision was changing, so he made an appointment for a routine eye examination with his optometrist, Dr. Barry Kay of Hollywood. His wife Hazel also was seen for a routine exam as well, since she also was having vision problems. Dr. Kay determined that they both had cataracts in both eyes. As a result, the optometrist recommended that Josclynn and Hazel consult Ophthalmologist, Dr. Stanley Braverman at the Braverman Eye Center in Hallandale Beach, because he is an expert in cataract surgery.

When the Martins saw Dr. Braverman, he analyzed both Josclynn's and Hazel's symptoms and performed a comprehensive eye exam, testing for glare disability and contrast sensitivity to corroborate and make the diagnosis of visually significant cataracts. He explained to them that the final decision to proceed with surgery lies with the patient and, if they are visually unhappy and want to see better, then surgery is indicated. He further explained that since he does not see through their eyes, they are the ones that must make the final decision. He does not push surgery on patients just because they have a cataract.

The couple talked it over between themselves as well as with their optometrist, Dr. Barry Kay, and felt confident with Dr. Braverman's honesty as well as Dr. Kay's assessment of Dr. Braverman's ability to perform the delicate eye surgery. Naturally, there is always some anxiety with any type of surgery, especially the eyes. For emotional support, the Martins decided to have the procedure done together on the same day, but in separate rooms at the North Miami Beach Surgery Facility.

"My wife and I went for the cataract surgery and the entire procedure took about one hour," Mr. Martin said. "I was nervous but Dr. Braverman gently talked to me during the procedure saying you're doing just fine. Afterwards, I rested in the recovery room and had a patch on my eye. They discharged Hazel and me when we felt up to going home. The next day I saw Dr. Braverman and he removed the patch and I was able to see just fine. We both had cataract surgery done



Mr. And Mrs. Martin had Cataract surgery on the same day with Dr. Stanley Braverman.

on our other eye one week later. Before the cataract surgery, I could not see anything. Now I can read without using my glasses. I am a retired mason and if I wanted to return to my profession, I could."

"Dr. Braverman is a wonderful ophthalmologist. He treated Hazel and me the right way. I honestly can recommend Dr. Stanley Braverman to anyone who requires a Board Certified Ophthalmologist and experienced cataract surgeon."

What Is 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. Normally, 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 affect all ages as they also can result from injury, heredity, or medications.

There is no single, valid, objective diagnostic test that indicates the presence of an operable cataract. Dr. Braverman analyzes patient symptoms, performs a comprehensive eye exam and may test for glare disability and contrast sensitivity to make a diagnosis. The final decision to proceed with the surgery lies with the patient.

Your optometrist or Dr. Braverman may prescribe glasses, medication or surgery depending on the symptoms, complaints and age of the patient. Usually no surgery is recommended until glasses no longer work to make you visually happy.

Cataract Surgery is the removal of



The Braverman Eye Center is located at 1935 East Hallandale Beach Boulevard, Hallandale Beach, FL 33009. An initial cataract consultation can be scheduled by calling the Braverman Eye Center at (954) 458-2112 or (305) 374-8694.

your cloudy natural lens. Your cloudy natural lens is usually dissolved using high frequency ultrasound through less than a 3 millimeter opening. An artificial lens is then implanted. The surgery continues to improve with such recent developments as no-stitch surgery, topical anesthesia, surgical correction of astigmatism and new upgraded lens designs. It takes a few months for the eye to heal completely, but the patient is able to return to normal activity almost immediately after surgery and usually sees well within days.

If an eye is otherwise healthy, cataract surgery has an overall success rate of over 98 %. Continuous innovations in cataract surgery allow cataract surgeons to treat greater numbers of patients with every passing year.

Cataract surgery has provided improved quality of life for millions of Americans by increasing their independence through improved vision...the ability to see!!

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, 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 their website at www.bravermaneyecenter.com where you can watch a video of cataract surgery and learn more about all the latest advances in cataract surgery and upgraded lens implants.