Life without contact lenses and glasses

Alane Kravatz loves to dance. She also loves going to live concerts and comedy shows, and enjoys making occasional trips to casinos. The active 56-year-old stays fit by swimming and working out at Zumba class. So when her eyesight started to decline drastically, it made a big difference in her lifestyle.

"My eyes had been getting progressively worse," she says. "I'd been wearing contacts since I was 17 because I was very nearsighted, but for the last six months or so, they didn't help anymore. I couldn't see the performers at concerts and shows, even with binoculars, and I couldn't watch TV."

Perhaps the most difficult change was how her poor eyesight affected her ability to drive. "I didn't drive on the highway for a year," says Alane, who has worked in sales for more than two decades. "And my night vision was bad, so I didn't drive in the dark, even on city streets."

Alane lives in Hollywood with her husband, Michael, who is a CPA, and their dog Paisley, a Labrador retriever. The couple has three children; twin boys who are attending the University of Florida and a daughter, a UF graduate who lives and works in New Jersey. Alane's life was busy and full, but her inability to see clearly was affecting nearly every aspect of it. She was tired of it, so she paid a visit to the Braverman Eye Center in Hallandale Beach. Dr. Stanley Braverman gave her what turned out to be good news. "He said I had cataracts," she says. "I had blamed my poor vision on my age."

Alane had a simple, painless surgical procedure to remove the cataracts. Because she was so nearsighted, Dr. Braverman was able to change the power of the lens implant that he used. "I was surprised by her severe myopia, and actually gave her an un-aided 20/20 vision in each eye. Afterward, she literally couldn't believe her eyes."

"When I opened them, I could see perfectly," she says. "I thought I was dreaming. They had told me my vision would be improved, but I didn't expect it to be this much."

Life for Alane is easier and more fun now. Gone are the messy contact solutions and the daily hassle of dealing with the lenses. "I wake up in the morning and I don't have to put in my contacts, which is a pleasure," she says. "Sometimes I can still hardly believe it. I can see without my glasses or contact lenses for the first time in my life!"

Her return to the beach is more enjoyable than ever. "I can swim without contacts now," she says. "And when I go to Zumba class, I can see the teacher again. It's like a whole new life."

She is also back to enjoying the concerts she loves to attend. "I can see the performers again, even without binoculars," she says. "My vision is 20/20." "It was easy, regardless of the time of day, 'I'm zipping around the highway at night with no fear at all,' she says.

The people at the Braverman Eye Center made her experience a positive one by assuaging any concerns and making her feel at home. "Dr. Braverman and his whole office staff was wonderful," she says. "This has enhanced my life and made a significant difference," she adds. "I'm thrilled."

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 anesthetics, surgical correction of astigmatism, and new upgraded premium lens designs. Eyes 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.

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 Southeasten 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. 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 consultation can be scheduled by calling the Braverman Eye Center at: (954) 458-2112 or (305) 374-3694. 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 Refractive Cataract and LASIK Vision Correction surgeon, your other sub-specialty eye care needs can also be evaluated and treated. On staff at the Braverman Eye Center are Rashi Taher MD FACOS and Tino Lara MD FACOS, Vitreo-Retinal surgeons; David Tenzel MD FACOS, Ophthalmic Plastic, Reconstructive and Cosmetic Surgeon; Aarup Kubal MD FACOS, Complex Glaucoma Specialist; Jesse Pelletier MD, FACOS, Corneal Surgeon; and, Eric Ciliberti MD, Neuro-Ophthalmologist; Ryan Y. Hargreaves OD and Valerie Croteau OD. 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. www.bravermaneyecenter.com