While he has worn glasses much of his adult life (near-sighted), Dr. Melvin Whitfield has never had any problems with his eyes. He couldn’t afford to.

A Neuro Surgeon who grew up in the small Indiana city of Sullivan, having problems with his eyes would be a disaster and career threatening, at best.

Living in Fort Lauderdale, but working in Aventura may have changed Dr. Whitfield’s life forever. When he began to have problems with his eyes earlier this year, it brought on concern. After seeing his Optometrist Rebecca Krieger, he found out why his eyesight was changing.

In any profession, your eyes are a huge concern, obviously,” Dr. Whitfield said. “What I do for a living depends on having perfect vision. The news was met with a mixture of excitement and fear. I had to ask myself a lot of questions that I wanted to find answers to.”

With Dr. Krieger finding cataracts in both eyes, the type of surgery needed to help with his vision was the type going strong – and doing what he was trained to do – was as close as the Braverman Eye Center in Hallandale Beach. Dr. Krieger sent Dr. Whitfield there, having sent many patients there over the years.

Having a reputation for being among the best anywhere for medical and surgical eye care, Dr. Stanley Braverman and the quality staff at Braverman Eye Center was the destination. It was a visit where everything was asked and explained.

Within a two month period, Dr. Whitfield had Cataract Surgery with Tecnis Multifocal Lenses on both eyes. Even though there was much apprehension pre-operatively about having the surgery, he will tell you that it was truly an amazing experience. Dr. Braverman said, “Besides the cataracts, Dr. Whitfield was very near-sighted and had astigmatism as well. Fortunately, with today’s technology, I was able to get rid of the near-sightedness, astigmatism, and cataract at the same time.

"I know it sounds crazy, but I don’t really remember too much about the actual surgery," he said. "All I know is that it was a great experience and the next thing I knew, it was over. No pain. No discomfort. The best thing about the entire process is my eyesight is better than ever, and I can even see a clock around the clock without glasses needed.

While many have different recovery periods, Dr. Whitfield admits that having surgery on your eyes is a big deal. But for Dr. Whitfield, it gives you the weekend to fully recover. He has had no issues in the past four months since the last surgery was performed.

A cataract is formed when the natural lens of the eye, responsible for focusing light and producing sharp images, becomes cloudy and hazy, 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 lens cataract surgery, the patientcosmetically wants to get rid of their glasses, but they are out of the LASIK treatment range.

CATARACT SURGERY: What to expect

Thanks to new advancements, this is a great time to have cataract surgery.

Your eye is like a camera. It has photographic paper (the retina), and a camera lens. Two excellent options exist for cataract surgery. The choice is yours. Traditional Cataract Surgery is the removal of your cloudy natural camera lens, which is usually dissolved using high frequency ultrasound through the patient’s (less than 3 millimeter) opening. If your eye qualifies, the second option, Laser Assisted Cataract Surgery can now be done using state of the art equipment. This procedure allows Dr. Braverman to assist with parts of the cataract surgical procedure, including softening up the cloudy camera lens. This reduces the amount of high frequency ultrasound needed. Laser assisted cataract surgery takes a delicate procedure and refines it even more, so that the surgical precision is unparalleled. The computer-guided accuracy of the laser compliments your doctor’s skills with today’s latest technology. An artificial man made lens is then placed inside the eye where the cloudy lens used to be.

There are several types of high quality premium vision lenses that can be used, giving you potentially better results than with a standard basic lens. After the surgery, eye drops are given to the patient to aid in the healing of the eye, which takes a few weeks. 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 usually 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, Laser Assisted Cataract Surgery, and Dr. Braverman’s newly trademarked LACE™ procedure. The LACE™ procedure, 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. At the Braverman Eye Center, we are proud to offer the advanced VICTUS™ femtoseconal laser system, for unsurpassed Femtosecond Laser Assisted cataract surgery performance!

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, is 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 Newswave 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 Dr. Melvin Whitfield at: (954) 458-2112 or (305) 374-4694. For additional information please contact Regina Vasquez, Surgery Coordinator for cataract surgery, or Rosemary Hartford, 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 subspecialty 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, Vitreoretinal surgeons; Andre Sarraga MD FACS, Ophthalmic Plastic, Reconstructive and Cosmetic Surgeon; Aarup Kulah MD FACS, Complex Glaucoma Specialist; Jesse Pelletier MD, FACS, Corneal Surgeon; Eric Ciliberti MD, Neuro-Ophthalmologist; and Ryan Y. Hargreaves OD and Shalonda McCallum OD. All sub-specialist surgeons at the Braverman Eye Center are Board Certified.

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

"It Was One Of The Most Impressive Procedures You Will Go Through!" Dr. Melvin Whitfield with Dr. Stanley Braverman

**BRAVERMAN EYE CENTER LASER VISION CORRECTION**