

## CK TURNS BACK THE CLOCK FOR BABY BOOMERS

By Robert W. Lingua, M.D.

IF YOU'RE OLDER THAN 40, YOU MAY FIND that it is harder to read the small print of a restaurant menu or computer screen, or drive at night. This problem results from presbyopia, which affects some 60 million people — a full 55 percent of people over 40 and develops in virtually all adults by age 50. With age the eye's lens becomes stiffer and less flexible and has a harder time focusing on nearby objects. Until recently the only way to correct this problem was with reading glasses, contact lenses, or bifocals. Near Vision Conductive Keratoplasty — Near Vision CK for short — is an exciting, groundbreaking advancement in vision correction that can actually help restore near vision and allow you to see up close without reading glasses. This refractive surgery was developed especially for Baby Boomers who view reading glasses as an unwelcome sign of aging.

CK is unique because it uses radiofrequency energy instead of a laser, making it a safe, painless, non-invasive procedure that only takes about three minutes per eye. The procedure is so simple it can be done in the comfort of a doctor's office using only eye-drop anesthesia and the controlled release of radio waves. Using radiofrequency, a tiny instrument applies radio waves in a circular pattern on the outer cornea, shrinking small areas of collagen to improve near vision. By using energy to heat and shrink corneal tissue to reshape the cornea, CK can change how the eye focuses on light, bringing it back to focus on the retina. CK is the only FDA approved treatment for age-related farsightedness. In FDA clinical studies 98% of patients were able to read newspaper-size print without reading glasses after their procedure.

Last month I had the opportunity to perform CK on Newport Coast resident Cerise Feeley, who had relied on reading glasses to help her see up close for almost five years.

"I have more than 15 pairs of reading glasses," she said during her complimentary vision consultation to determine if she was a good candidate for CK. "I have them in my car, my purse, next to the computer, on my nightstand and even in the in the kitchen."

Feeley learned about CK from a friend and decided she need-

ed to have it done. "I had never heard about CK. I thought I would be wearing reading glasses for the rest of my life," she said. Feeley's life came back into focus last month after her CK procedure. "A few days after I had CK, my friends tested me, asking if I could read the menu at our favorite restaurant. After

I read the small print they were impressed — now they want to have CK also," she said. At her follow up appointment Feeley expressed her amazement. "I can see everything. I just can't believe it," she said. Feeley said she plans to donate her pile of reading glasses to charity.

Patients have told me that for them CK offered more than restored near vision. Many have experienced a life change with the procedure, reporting that they feel younger and have a new outlook on life. When a person begins to wear reading glasses, they can no longer keep people from knowing their true age. With our culture focused on youthful appearance, CK is a great option for

those who would rather not use reading glasses.

CK is considered a safe and effective procedure for treating presbyopia and has been performed on more than 30,000 patients since 2002 with relatively few problems. Since it involves no cutting or removal of tissue the chance for infections and complications is negligible. Side effects can include mild discomfort such as temporary dryness or scratchiness in the eyes. Some patients develop mild astigmatism, which can be easily re-treated. The effects of CK can diminish over time as aging progresses, but the procedure can be enhanced in advancing years, as necessary, to remain eyeglass-free to read.

For more information on Conductive Keratoplasty (Near Vision CK) log onto Dr. Lingua's Web site at [www.lingualasik.com](http://www.lingualasik.com) or call (714) 870-2010. **GT**

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