

TOTAL EYE CARE
BERTRAM KRAFT, MD

DEAR TOTAL EYE CARE PATIENT

Hello to all and a Happy Independence Day

Please take some time out to view my new website at www.drbkraft.com.

Again, I want to thank you for reading my newsletter and sending in your comments. Summer is here and I want to write about a few safety issues that we should all be aware of.

FIREWORKS

With the 4th nearly here, please remember to be careful with your fireworks. There are thousands of eye injuries reported each year from fireworks, sparklers and Roman Candles. 40% of all firework injuries are to children under the age of 15. Eye injuries are the second most commonly injured part of the body in firework accidents. Believe it or not, the U.S. Eye Injury Register shows that bystanders are more often injured than the operators themselves.

SEAT BELTS

Speaking of injuries, one of the most dramatic examples of why we should all wear seat belts can be found on the following link: www.alexandercommercial.co.uk. This is not a commercial and only lasts 1 ½ minutes. I guarantee it will put a lump in your throat.

“ Although airbags in automobiles have helped reduce overall injuries and fatalities by 32 percent since they were introduced in the 1970s, airbag deployment itself can cause eye injury, with an estimated annual incidence of 5 percent. However, eye injuries related to airbags tend to be less severe than in vehicles without airbags, or when an airbag does not deploy... Seatbelt use is very important, whether or not the vehicle is equipped with airbags. Studies show that airbag effectiveness was associated with the driver being seated properly, about an arm’s length from the steering wheel.”

HOW OCULAR IMPLANTS WORK

In my last newsletter, I told you that I would explain how vision is corrected with Intraocular Lens Implants. Because the eye works similar to a camera, the power of the lens needed to focus varies with the length of the eye and the curvature of the cornea. I use ultrasound to measure the length of the eye and sophisticated computer programs are then used to generate a lens power specially suited for each individual.

If your cornea was perfectly round, your vision was very good without glasses following cataract surgery. If you had astigmatism (a football shaped cornea), your vision was blurred and had to be further corrected with glasses.

TORIC IOL'S

If you had astigmatism (a football shaped cornea), your vision was blurred and had to be further corrected with glasses. Now, implants are custom made like a pair of glasses and have the astigmatism ground into the intraocular lenses so that after surgery, all one may need is reading glasses.

MULTIFOCAL IOL'S

SO, you don't want to use reading glasses because it is too much bother? Now we have a "bifocal" implant. There are a few types but the most common one is based on the Hubble Telescope technology. These lenses bend the light rays along various points on the retina, providing clear vision for near, mid-range and far. A lot of research and development has been devoted to these areas because the quality of life is so greatly enhanced.

INTRALASE AND I-LASIK

As I mentioned in the last newsletter, I can now offer my patients the all Laser CustomVue LASIK procedure utilizing the Intralase FS Laser. Instead of using a mechanical blade to make the LASIK flap, this revolutionary laser can be used. The rapid pulses of the laser allows for an even more precise and predictable flap.

LASIK surgery can dramatically reduce or even eliminate a person's dependence on glasses and contact lenses. LASIK surgery takes only a few minutes per eye, and the procedure is done on both eyes at the same time. Eye drops are all that are required for anesthesia.

After LASIK, patients usually notice significantly improved vision immediately. Eye drops are prescribed for use during the first few days after surgery, and vision usually stabilizes within several days. Postoperative pain is usually limited to a scratchy sensation that lasts a few hours. Most patients return to work within 24 hours.

SUMMER AND SUN GLASSES

Sunglasses used to be in the domain of the blind and disfigured until they were popularized by the entertainment industry in the 1930's and 40's. Now, besides looking cool, we know that they actually serve a good function IF they come with UV coatings.

Did you know that Ultraviolet (UV) light exposure is associated with Cataracts?

Developmentally, the front part of the eye is just a modified skin part that is clear. UV rays can overpower the built in protection of our natural layers and cause the protein fibers in the lens of

the eye to degenerate earlier than normal ageing would allow. UV rays cause harm both by reflection and direct effect. The reflected UV rays from water, for instance, cause a higher incidence of cataracts in sailors.

Sunglasses without UV actually allow more harmful rays to enter our eyes because our pupils are dilated behind the darkened lenses and actually increase the surface area exposed.

MAUI JIM

I want to introduce you to the Maui Jim brand of sunglasses, made in the USA. I like them because they use the latest technology to digitally grind their lenses. You get a High Definition experience with their polarized, multilayered anti-reflective and UV coated lenses. They are available in non-prescription and prescription lenses. With a copy of this newsletter, In-Sight Optical will extend a **15% discount** on all new orders for Maui Jim eyewear

FREE SHIPPING for glasses via UPS. See the opticians for details.

IMPORTANT NEWS

MONDAY EVENING APPOINTMENTS are now available with in the Buffalo Grove office.

The Buffalo Grove office reconstruction has been completed. Come see our expanded optical department! Parking is always free.

If you have any questions or comments, I would be delighted to hear from you. Please email me at: DrBKraft@BKraftMD.com. Many common questions can be answered by visiting our website at www.drbkraft.com.

If it has been a while since your last exam, please do not hesitate to call today to inquire about scheduling your next appointment. For your convenience, you can now email either office to arrange an appointment. E-mail the Buffalo Grove office at ReceptionBG@BKraftMD.com.

68 W. Dundee Rd.
Buffalo Grove, IL 60089
Tel: (847) 541-3334
Fax: (847) 541-8442