

THE EAGLE

NEWS & TIPS FOR PATIENTS & FRIENDS OF DAVIES EYE CENTER

WHITewater RAFTING & CATARACTS?

I'd be willing to bet you didn't know that the upcoming month of August is recognized as National Cataract Awareness month. If you did, "Congratulations!" If you didn't, sit back and read...I'll do my best to bring you up to speed.

Any cloudiness, color change or opacity of the normally clear crystalline lens is known as a cataract. If we live long enough, we will *all* develop cataracts. Unlike a malignancy that has to be treated quickly, there is rarely such a thing as an "emergency" cataract procedure. Having performed over 13,000 of these procedures, I can count on one hand the number of cataract surgeries that have been done on an urgent basis.

For most patients, a gradual decline in vision occurs. There may be trouble reading or watching TV. Many will notice that night driving, something they once did with little concern, is now worse than a ride on class 5 rapids--a terrifying experience indeed! (If you haven't tried this, may I recommend that you enroll in my Scout troop and join us the next time we raft the Colorado or Upper Kern Rivers).



"That's me on the left...I couldn't see a thing!"

In days gone by, conventional wisdom stated that a cataract had to be "ripe" before it is treated. That is no longer the case. What used to be a major ordeal with hospitalization, bilateral surgery followed by two weeks of strict bed rest with sandbags on the sides of the head is now a straightforward 10-12 minute procedure performed on an outpatient basis in our surgery center. The risks are minimal and the rewards are truly remarkable.

"I Would've Never Waited This Long!"

I thoroughly enjoy the experience along with my patients as they go from a dull, blurred world to a high-definition technicolor world. Most are quite surprised at the tremendous difference between their pre and post-operative vision. On a weekly basis I hear, "Had I known that my vision would improve this much, I would've never waited this long to have the procedure!" I remember well an encounter I had with a patient a few years ago as she discovered... *-Continued on page 3*



A PASSION FOR MUSIC
*From Humble Tennessee
 Beginnings to Head of Sales at RCA*
- See Pg. 4



IS EVERY PATIENT THE SAME?
*You Might Have
 Cataracts If...*
- See Pg. 5



ASK THE DOCTOR!
*The "Should Ask" Questions
 You Ought To Ask*
- See Pg. 7



Tight Budget? You're Not Alone!

Dear *Sherry*,

I'm 68 years old, have cataracts in both eyes. I've done quite a bit of research about cataract surgery and my lens implant options. I want a lens implant that reduces my dependence on glasses. I know that my insurance will cover a big portion of the cost, but I'm having a hard time justifying the additional cost. I guess my question is: Will my new vision really be worth the extra expense?

Signed, *Tight Budget*

Dear *Sherry*

Dear Sherry is written by Sherry Bishop, also known as 'Mother Hen' here at Davies Eye. She is the proud mother of five children and four grandchildren. Dear Sherry has become a very popular column within the Davies Eye family, now over 6,100 patients strong.

Dear *Tight Budget*,

YES! It is absolutely worth the 'expense.' Actually, the better word is 'investment!' Some people are always 'making do' and like it that way. But when it comes to quality of vision, and ultimately, quality of life, many patients tell me, "I want the best technology out there!" With different lens implants, there is definitely different quality of vision. You'll have the lens implants for the rest of your life, which makes this a very *big* decision. You're only 68.

Dr. Davies wants to give you the vision you deserve and the lens implant you really want. We offer "no interest and no fee" financing through Care Credit. Patients can spread their investment out to just dollars per day, thus eliminating the pinch. Care Credit can be used for any treatment over \$300 whether it's a lens implant or dry eye treatment. Don't let money be your only deciding factor!

Signed, *Sherry*

Write Dear Sherry at:

Sherry@davieseye.com

or 655 Laguna Drive Carlsbad, CA 92008

DON'T BE A DANGER ON THE ROAD!

Driving is a complex function and problems can come up in a number of ways. If you begin to find driving more difficult than before, be alert for changes that make driving unsafe. If you notice any of the warning signs listed below, it is time to reassess your risks.

WARNING SIGNS

- ✓ Trouble with reflexes
- ✓ Increased anxiety and anger in the car
- ✓ Trouble with memory or handling change
- ✓ Close calls and increased citations.
- ✓ Poor night vision

SAFETY TIPS



Avoid distractions that take your attention off the road.



Take it slow and give yourself plenty of room



Keep your car in good working condition



Avoid uncomfortable driving situations



that the world was not as she had perceived it. Prior to surgery, her best vision was 20/200 (legally blind due to what I call "an HMO cataract", one that should have been removed years before but her doctor in "managing" or withholding her care, kept telling her it "wasn't quite ready for surgery"). At the time of her one week post-operative visit, I noted that her uncorrected vision was 20/20. I assumed, wrongly as it turns out, that she would be thrilled. When I walked into the exam room to greet her, she had her arms crossed and a stern, defiant scowl on her face...

"How are you doing?" I asked.

"I'm mad at you!" she exclaimed.

"How can you be mad at me? You have a perfect result!"

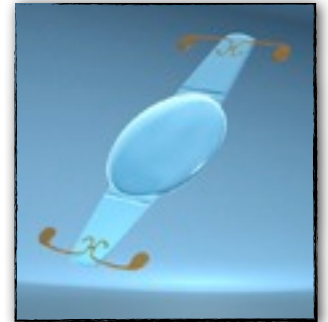
"I'm mad at you because you gave me a purple couch. When I bought it it was brown, and now it's purple, and everybody thinks I'm a crazy old lady!"

So much for a perfect result! Well, the story had a good ending. She got new vision in her second eye & a new couch--and this one really was brown!

My 'Cutting Edge' Mastermind Group...How Lucky Am I?

On the practice front, the past weekend was an exciting adventure as I met with 19 of my fellow board members on the Bausch + Lomb Surgical Medical Advisory Board. On this board there are many of the key opinion leaders in the field of ophthalmology. Each is on the cutting edge (no pun intended--really!) of surgical advances. For example, there are twelve of us who saw early on the value of the Crystalens accommodating lens implant, long

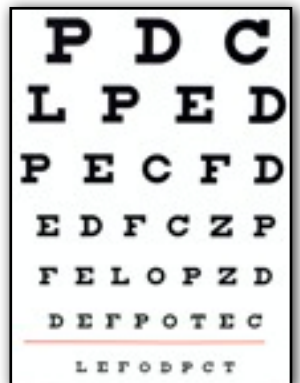
before Eyeonics, the maker of the Crystalens, was acquired by Bausch + Lomb. We have each performed over 1000 Crystalens procedures. It is fascinating to sit around a conference table and share the insights we have gained in terms of techniques and surgical strategies. Quite frankly, each time we meet I'm a bit star-struck as I sit shoulder to shoulder with many of my mentors and heroes in the field of ophthalmology.



The Crystalens

Planning With A Purpose

The purpose of this meeting is to review the year gone by and look to the future as this great company looks to roll out better and better products for us, as eye surgeons, and of course, for our patients, the real end consumers and customers of Bausch + Lomb Surgical. We also plan for the two major meetings of the year, the American Academy of Ophthalmology (held in the fall) and the American Society of Cataract and Refractive Surgery, a meeting held each spring. We discuss papers that we will present, courses we'll teach at these meetings and other instructional strategies to help our colleagues benefit from the technologies available from B + L. This meeting has become one of the professional highlights of my year. Next up is the AAO Joint Meeting in Chicago in early October.



NEW Patient Meter

A Very *BIG* 'Welcome!'

To Our 78 New Patients In June

We LOVE New Patients Here At Davies Eye Center!

Have friends or family living in the San Diego area?

Please invite them to join our practice, too!

When they visit our vision center they'll experience:

- A very positive and comfortable environment.
- 5-Star, VIP Patient Care from our experienced and friendly staff.
- The latest diagnostic and detection technology and equipment.
- Dr. Davies' 30 years of experience.

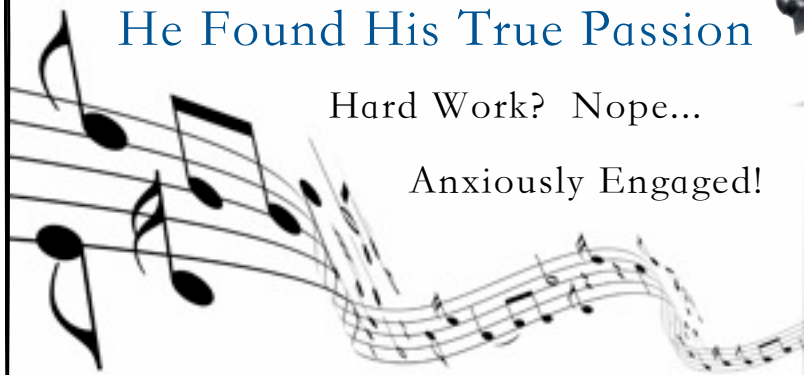
Have Them Call Today! (760) 729-7101

He Found His True Passion

PATIENT SPOTLIGHT

Hard Work? Nope...

Anxiously Engaged!



William “Bill” Graham came from a humble Tennessee family during the Great Depression. Despite the hard times, people still found ways to be happy. The African American kids in Bill’s neighborhood would take a washboard and tub and “with their own rhythm and creative minds create some of the best darn music.” Bill loved it!

Bill went to U of T Medical School during the Korean war. His good grades and naval reserve enlistment kept him home from the war. Then, on the same day he received a draft notice, he found out that his fraternity brother was killed in battle. The next day he enlisted in the Army and went to Korea.

After the war, Bill resumed his studies in medical school at U of T, but found his true passion in music...not medicine. One day, passing by the brand new RCA building, he saw Nipper the RCA dog in the window. He marched right in wearing his best polo shirt and asked for a job. The receptionist offered him work packing parts. It was dirty work but it would bring in some money. He brought in a second pair of clothes for when he went inside the office because there were a lot of pretty girls inside. The record department manager next door saw Bill doing this and offered him a clean job instead. This recording job led Bill to future executive jobs in the company, most notably head of RCA Sales in the US. Then there was Marketing supervisor for RCA’s New York office, and manager over four distributor labels.

His outgoing personality and energy opened many doors. He met *Elvis Presley, Frank Sinatra, and Henry Mancini*. *Jack Ruby* even asked Bill to listen to some new talent in his club. His passion later led him to *Baron Hilton* as well to meet *Martin Luther King Jr. and Maya Angelou*. When asked how he was so successful in the music industry, Bill responded, “I’ve always been very positive in my attitude. I was always outgoing.”



William “Bill” Graham

A Happy Crystalens Patient

Bill’s passion for people was rekindled when he met Dr. Davies. Bill was formerly Dr. Davies’ cataract patient. But after receiving the Crystalens implants, Bill is no longer a cataract patient but a happy Crystalens patient.

Look...Here's Bill!



Bill presenting to Elvis

Bill commented, “I’ve heard a lot of stories about *Elvis* second hand, but I could never testify to any of those stories because I don’t know if they are true or not. But I can testify to this one...I love Dr. Davies! I’m doing this for him. He has done so much for my wife and me. We are so happy with our vision. He’s a great guy and that’s why I’m doing it.”

A w a r e n e s s . Awareness Of What?

The #1 'Should Ask' Question

As you've now read...August is National Cataract Awareness month! Here's what you should be asking, "*When is it time to come in and see if I have a cataract?*" Every patient is different, but it is recommended that everyone over the age of 45 has an annual exam. We can detect early signs of cataracts during this yearly examination. When patients are diagnosed with early cataracts, we like to review some common symptoms with them so they are aware of the gradual changes in their vision as the cataracts progress.

You might have cataracts if...

1. You have difficulty reading, especially smaller print like this.
2. You find yourself reading or performing near activities with more light.
3. You have difficulty driving during the day due to light sensitivity from the sun.
4. You have difficulty driving at night secondary to halos or starbursts around headlights and/or street lights.
5. You have to be closer to street signs in order to read them.
6. You misjudge a step on the stairs or curb.
7. You have trouble following your golf ball after you tee off.
8. You have difficulty threading your needle.
9. You have noticed an overall decrease in the quality of your vision.



So...What's Next?

If you are suffering from any of these listed symptoms, contact our office to schedule your '*Complete Cataract Evaluation*' today! August will be a very busy month. Joanne or Angie will find an appointment for you that fits your schedule.

Here's What You Can Expect:

- ✓ We'll send you a packet of information in the mail to review before your appointment.
- ✓ During your '*Complete Cataract Evaluation*,' you can expect some additional testing along with your annual wellness examination.
- ✓ We'll also measure the shape of your cornea, update your spectacle prescription, grade the status of your cataract, and analyze the function of your optic nerve and macula.

Remember: Bring your sunglasses to this visit! You will be dilated in order for Dr. Davies and myself to check the overall health of your eyes.

Hope to see ya soon...

Dr. K 😊

I Finally Found Dr. Davies!



"After being treated by five other ophthalmologists, I finally found Dr. Davies! Dr. Davies and his office staff have made me feel very comfortable with all the procedures. Thank you for everything!"

- Charlene Yingling

It's Like Night And Day!



"My first cataract surgery (NOT With Davies Eye Center!) felt like a stage coach daze opposed to the 'Star Wars' with Dr. Davies. My first surgery I received the monofocal lens opposed to the Crystalens accomodating lens. It's like night and day! I've told a number of people that if they're going to have cataract surgery this is where they have to come!"

- Patty Phillips



Have a Great Time, Gina!

Another Big Winner!

Gina Pellegrino is our latest winner in our “Dare To Share” referral program. She earned an entry in our monthly and year-end grand prize drawing for referring her mother-in-law, Jean Meacham.

A Family Affair

Dr. Davies performed cataract surgery on Gina’s son-in-law, Steve Cohen, in June, 2006. Steve’s father, Glenn, and stepmother, Gina, soon followed. The entire family has been so pleased with their results that when Glenn's mother, Jean,

needed cataract surgery, the choice was obvious. Dr. Davies is scheduled to perform Jean’s cataract procedure this August.

“I just love Dr. Davies. He is so wonderful! Thank you for my new eyes! I feel like a new woman!”

After Gina’s procedure she shared, “I was telling my husband just yesterday that I have never been in a medical office that is as wonderful in every area as Dr. Davies' office. My son-in-law also agrees that Dr. Davies is the best, that is why I'm a

**CONGRATULATIONS,
GINA!!**



ABOUT GINA

Patient Since:	Dec 2008
Procedure:	Crystalens
City:	Fallbrook, CA
Age:	74
Profession:	Full-time Grandmother
1st Referral:	Jean Meacham
Favorite Hobby:	Community Involvement



“Thanks for the kind words, Gina!”

Get All The
“Dare To Share”
Details At:

[www.davieseye.com/
daretoshare](http://www.davieseye.com/daretoshare)

THE EAGLE HAS FLOWN THE COOP

(And the nest is nearly empty)

Raising seven children has been a fascinating adventure filled with ups and downs, but mostly ups. Our youngest son Joshua (see last month's newsletter featuring our third Eagle Scout) is the one who has left us, leaving little sister Natalie (14) as the lone eaglet still in the nest.

Josh is having the time of his life at BYU where he is majoring in history as he prepares for a career in....(no, not medicine--he has no interest in working as a government bureaucrat as this may be the lot of future physicians)...law. He has developed a love for our Founding Fathers, the Constitution and Bill of Rights, and sees a future as a Constitutional attorney. At the ripe old age of 18, he describes himself as a Constitutional originalist, one who believes that the original intent of those who gave us the Constitution is to be respected and followed.

GO COUGARS!
GO WOLVERINES!

Josh is blending into college life very well, enjoying his classes and colleagues. Both he and I are very much looking forward to the fall and football season where we can cheer on our BYU Cougars and a plethora of his fellow Eagle Scouts. (Did you know that for the past four seasons, each BYU team has averaged 60 Eagle Scouts on the roster? After they knock their opponents socks off with a **bone-jarring tackle**, they smile and perform their good deed of the day by offering their vanquished foe a kindly hand to pull them back on their feet again). And let's not forget my Michigan Wolverines! Who's your team??

ARE YOU READY
FOR SOME
FOOTBALL?

You've Got Questions?



Q I sometimes wonder if I will get cataracts. Who gets cataracts anyway?

Like gray hair, cataracts are basically unavoidable. For most people, cataracts in the form of slight lens opacities start to develop in their 50s and surgery is typically performed in their 50s, 60s, and 70s. For nearly all patients, the cataracts are related to age, lifetime sun exposure, and genetics.

In the other patients, the cataract may be related to diabetes, steroid use (for asthma, allergies, or immune problems), or trauma. Cataracts are a leading cause of blindness but, fortunately, cataracts are easily treated and cured. Everyone who lives long enough will end up having cataract surgery, and this explains why it is the number one surgery performed in the USA, with about 3 million performed last year.

Q I heard that all cataract surgeons are the same. Is that a fact or a myth?

No, that is a myth. Each cataract surgeon is different. Advanced ophthalmologists are highly educated, skilled and dedicated to providing the absolute best in patient care for their community. They strive to stay on the cutting edge of technology and technique. Advanced surgeons are attentive to every detail of the surgical process from the examination to the operation. They insist on personally examining your eyes to rule out any other eye disease that could affect your surgery or your vision after surgery. This includes a detailed medical history and careful evaluation of your vision, glasses, as well as a discussion about your personal needs and goals after cataract surgery.

DR. JIM'S JOKE

Catching A Ride

To my friend's astonishment, a police car pulled up to her house and her elderly grandfather got out. The patrolman explained that the old gentleman had been lost in the city park and had asked for help.

"Why, Grandfather," my friend said, "you've been going there for 40 years. How could you get lost?"

The old man smiled slyly. "Wasn't exactly lost," he admitted. "I just got tired of walking."



655 Laguna Dr
Carlsbad CA 92008
(760) 729-7101

DARE TO SHARE

2010 Davies Eye Center
Patient Referral Program

Next Drawing:
Tuesday,
August 31st
4:30pm

Winning Is As Easy
As 1 - 2 - 3!

- ① Refer a family member or friend to Davies Eye Center by telling them about the great service and care you received by Dr. Davies and our staff.
- ② Have that person schedule an appointment in our office by calling **(760) 729 - 7101**.
- ③ Be sure that person tells us that YOU referred them to Davies Eye Center.

6 Amazing Prizes Still Remain!
Are You The Next Winner?

- Deluxe Dinner Package
- Costco Cash Card
- Dinner For Two At Ruth's Chris Steak House
- Chevron Gas Card
- Harbor Dinner Cruise
- Broadway Show Tickets
- iPod Touch**
- Royal Spa Treatment
- Weekend Giveaway
- Golf Shop Shopping Spree
- Target Gift Card
- Runner Up & Grand Prizes

****Last Month's Winner Details Pg. 6****