

Can you see me now?

ADVANCES IN VISION CARE MUST BE SEEN TO BE BELIEVED

BY DARCY ALVEY, EDITOR



Dr. Rajesh Khanna, MD

With medical science advancing at the speed of light, what was state-of-the-art as little as a decade ago may now be outdated. This holds especially true for vision care. Although Lasik has allowed millions of people to throw away their glasses once and for all, the correction procedure has evolved as technology has been refined.

HOW LASIK WORKS

Patented in 1989, Lasik is a type of laser eye surgery that modifies the corneal curvature for better vision. Changing the optical measurements by surgery is known as refractive surgery. The groundbreaking technology, which has been in wide use for almost two decades, is now incorporating advanced counterparts that make the process more precise than ever. One of the newest innovations in laser vision correction is called SuperLasik or EpiLasik.

In SuperLasik, an epikeratome laser is used to create the small flap in the super layers of the cornea; tangential forces that create the flap cut fewer corneal tissue and nerve cells than the microkeratome used in Lasik. This type of vision modification makes Lasik available to some patients who were previously unsuitable due to thin or abnormal corneas, or dry eyes.

Dr. Rajesh Khanna, an ophthalmologist board certified by the American Board of Ophthalmology, performs various types of Lasik and refractive surgery at the Khanna Institute, which has offices in Los Angeles, Riverside and Orange County. A voluntary instructor at UCLA who stays abreast of the latest techniques and innovations in eye care, the doctor has helped thousands of patients see better than ever before, as well as educate the next generation of eye care specialists.

For example, he uses Wavefront technology to customize care for his SuperLasik patients. With its sophisticated system of mapping specific eye characteristics and irregularities, the resulting “map” is trans-

mitted to the laser for the most precise outcome possible. This process seems to minimize the problem of “halos,” a vision aberration induced by earlier methods.

SEEING AHEAD

Dr. Khanna was inspired as a child in India to enter the field of vision care. “Growing up I saw lots of people with visual disabilities,” he says. “The disabilities were due to fear and lack of knowledge. These were people who could have been helped. My passion to help these people led me to medical school. I ended up in the United States because of the ethical and training standards here, standards that are lacking in some parts of the world.”

Most of the patients age 50 and over that the doctor treats come to him with what he calls “aging eyes,” and/or cataracts. For many of these patients he recommends another cutting-edge technique—presbyopic implants.

Presbyopia is a gradual decrease in the ability to focus clearly up close, often associated with aging. It’s only recently that the condition has been treatable through surgery. This latest surgery requires exchanging the natural lens for presbyopic implant lens. There are two types of these lenses, multifocal and accommodative. Multifocal as the name suggests allow the eye to see far and near. Restore aspheric multifocal is the most popular FDA-approved lens. Crystalens HD (high definition) is the most advanced accommodative implant being inserted by Dr. Khanna.

Cataract patients also benefit dramatically from this surgery, when the cloudy lens is removed from inside the eye and replaced with the IOL. “With the multifocal lens, there is no up and down,” says Khanna. “No more looking down to read through the bottom of the lens.” This is not monovision; each eye can see far and near.

Best of all, the surgery takes less than 15 minutes and the improvement is immediate. Because the lens is artificial, the vision won’t continue to deteriorate. “The implants are permanent for the rest of your life and you can walk away with a valuable investment,” Khanna says.

Although the surgery usually has no major side effects, according to the doctor, there is always the danger of infection, inflammation and over-correction. That’s where standard of care becomes important. “All technology is approved by the FDA after proper research,” says Khanna. “Medical standards are very important.”

Khanna Institute has its own AAA HC certified ambulatory surgery center with the latest microscopes and other advanced equipment for eye surgery for astigmatism, far sightedness, nearsightedness or the desire to do away with reading glasses, with monthly payment plans available.

As in his childhood in India, Khanna says many people still lack knowledge about the latest advances in eye surgery. “Even my mother, who had cataracts at age 72, was reluctant to have the presbyopic implant surgery,” he says. “I told her, ‘It’s safe. We do one eye at a time. We will do the second eye in three months.’ We did the first eye and two days later she wanted me to do the second eye. We ended up doing the second eye two months and three weeks early.”

To learn more about all types of Lasik and refractive surgery, as well as presbyopic implants surgery (which may be covered up to 80 percent by Medicare for cataract patients), visit KhannaInstitute.com or FDA.gov.

The Khanna Institute of Lasik & Refractive Surgery has offices in Westlake Village, Valencia, Corona, Costa Mesa and, now, Beverly Hills. To learn more, call 1-877-2-KHANNA or post questions directly to Dr. Khanna online at LifeAfter50.com