

HEALTH

COMMENTARY // Aye, eye doc

Insights into eye surgery options

By Rajesh Khanna
Special to The Acorn

Q: Are there newer alternatives to Lasik in 2016?

A: Yes, there are newer alternatives to Lasik eye surgery: implantable collamer lens (ICL), Kamra inlay, superficial Lasik, PIE (presbyopic implant in eye) and topography-guided laser vision correction.

Q: What is ICL? When can it be used?

A: The most common indication is for people with high nearsightedness, those people with thick “coke-bottle” glasses.

ICL is a soft lens similar to a contact lens. It is implanted between the colored part and the natural lens of the eye. You do not have to remove the lens. It sits inside your eye.

This short, painless procedure restores vision quickly. A person ends up seeing better than they did with glasses.

The procedure can also be performed when the cornea is too thin or abnormal and therefore not suitable for laser vision correction.

Q: What is Kamra inlay? Am I a candidate?

A: Kamra inlay is for people between 45 and 60 who want to avoid reading glasses. A small colored disc is placed inside the superficial cornea. It increases the depth of field. The patient will have improved near and middle vision and will retain their far vision.

Q: What is superficial Lasik?

A: Lasik requires designing a flap in the cornea. The thickness of this flap varies from 100 to 200 microns.

In superficial Lasik, a special instrument called an epi-keratome fashions an ultra-thin 50-micron flap. Therefore this procedure is best for thinner corneas and for people who participate in contact sports or who have dry eyes.

Q: What is PIE?

A: PIE is short for presbyopic implant in the eye. It is best for people over 45 who want to free themselves from all glasses.

In this age group, Lasik only delivers distance vision or, as an option, monovision, where one

Teens help patients



LABOR OF LOVE—From left, teens Kyle Dimpel, Joshua Aronsohn and Brett Candioty attend A.J.'s Comfort Zone holiday boutique at Los Robles Hospital in Thousand Oaks. The fundraiser garnered more than \$19,000 to provide free post-surgical garments for breast cancer patients recuperating from mastectomies. Joshua and Brett took over the nonprofit A.J.'s Comfort Zone started by former Agoura High student Daniel Aronsohn in 2013 after his mother, Audrey, underwent a double mastectomy in 2009 and struggled with keeping drainage tubes intact and gowns closed. For more about the program, visit <http://com4tzone.webs.com>.

eye is for far and the other near.

PIE allows each eye to see at all distances. Here is the best part: You will never develop cataracts once you have PIE.

Q: What is topography-guided laser vision correction?

A: Lasik cannot be performed if the cornea is deformed. In that case, a laser guided by the shape, or topography, of the cornea can be used to treat vision problems.

Q: I have had radial keratotomy to correct nearsightedness. Can I have surgery to see better?

A: Yes, there are a few op-

tions: Laser vision correction, PIE or a combination of the two.

Q: What is the latest treatment method for keratoconus?

A: Keratoconus is distorted, blurred vision caused by irregularities in the cornea. Using Intacs implants to reshape the cornea and the application of liquid riboflavin are minimally invasive treatments. They improve vision without hard contacts or a cornea transplant.

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Eavesdropping on coyote gossip

By Gloria Glasser
Special to The Acorn

You have to wonder whether coyotes hang around in their spare time griping about humans as much as we gripe about them.

How did this peculiar notion arise, that these canine cousins to our pet dogs might gather in the hills in the evening and, between howling choir practice sessions, rag on us?

Recently every dog walker I encountered in my rural Agoura community complained in tones of righteous indignation of seeing “a huge nervy coyote in broad daylight on the hill just above our walking path.”

I spotted the big fella, too. I was writing at my favorite picnic table that overlooks our community lake. Two very young boys were making circuits of the tiny lake on their brand-new Christmas presents—battery-powered pseudo-dirt-bikes that operated quietly and were incapable of much speed. No supervising adult

was present.

The “huge nervy coyote on the hill” suddenly appeared. To my eyes he wasn’t any larger than the other coyotes seen regularly roaming our neighborhood, and he was probably after a sip in the lake. Still, I watched him intently because, in the absence of the

What tale did the coyote tell around the carnivore campfire that night?

little tykes’ parents, I seemed to be the only responsible adult in the vicinity.

The boys would disappear in the willow wood at the far end of the lake then reappear on a stretch of bumpy open ground. The coyote and the boys seemed destined to cross paths during one of the boys’ many slow circuits on their bikes.

In monitoring the coyote’s

progress, I noticed no abrupt transformation into a stalking mode. The coyote didn’t seem aware of the children. It was thirsty and intent on getting a drink, following a well-worn animal track that descended to the lake shore.

I lost sight of the coyote momentarily when it passed through a dense stand of the appropriately named coyote brush. Then it emerged, and startled when the two boys wearing shiny helmets and squealing and giggling in delight jounced by a few feet away.

I sprang out of my seat, but there was no need for alarm. The huge, nervy coyote scampered back into the hills at a brisk lope and disappeared.

What tale did the coyote tell around the carnivore campfire that night? Was its story altered into a tale of false bravado, that the two little humans on wheeled contraptions fled from it in alarm, rather than the other way around?

Did its brother and sister coyotes check in with accounts of their day, where humans chased them with rakes, shouted loudly, threw rocks and blasted car horns?

Exactly how would such wild creatures characterize us, if they were capable of being as opinionated and judgmental as we are?

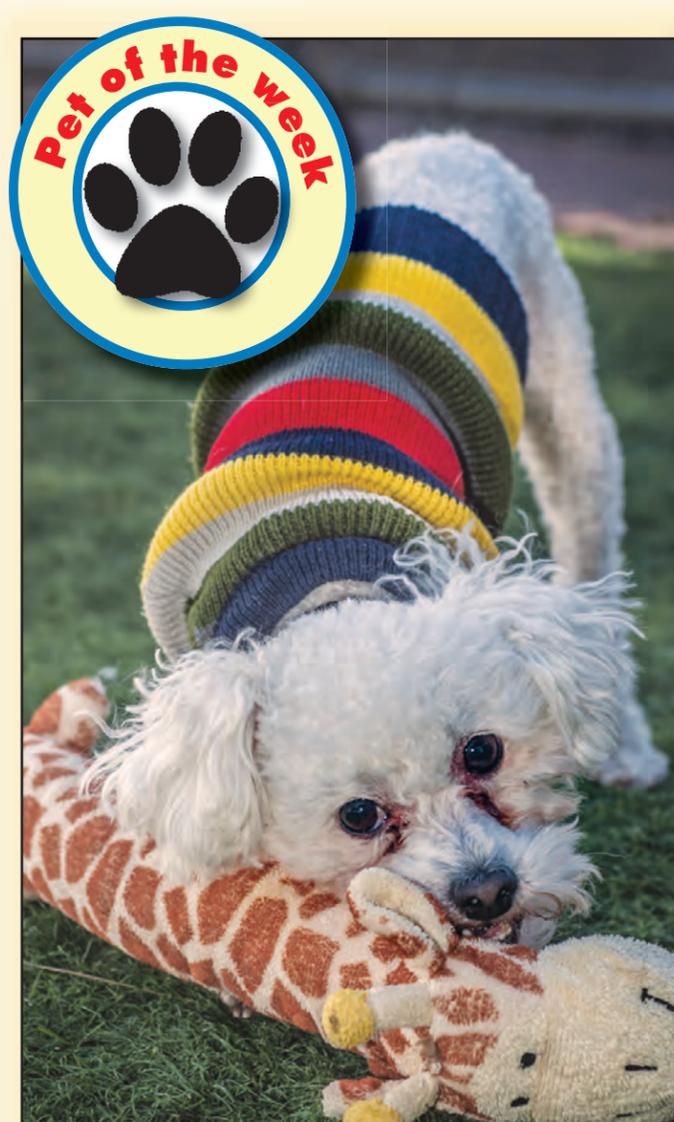
Glasser is a writer fascinated by all manner of natural phenomena surrounding her home in the Santa Monica Mountains. Reach her at ranchomulholla@gmail.com.

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IT'S MY TOY!—Cliff is a male white miniature poodle about 5 years old. He is a lovable dog that likes to play. If you would like to adopt Cliff ask for ID No. A4909670 at the Agoura Hills Animal Shelter, 29525 Agoura Road. Occasionally pets have been adopted, so check <http://animalcare.lacounty.gov> before visiting the shelter.