

HEALTH

COMMENTARY // Aye eye, doc

New techniques to overcome presbyopia

By Rajesh Khanna
Special to The Acorn



Dr. Rajesh Khanna

What is presbyopia? If you are reading this article with the help of glasses you'll be pretty familiar with presbyopia.

For those who don't know what presbyopia is, let's talk about it. The eye is like a camera. The natural lens acts as an auto-focusing mechanism and allows us to see things at distance. The auto adjusts itself when focusing at middle or near.

By age 40 and up the mechanism starts degenerating and people have difficulty reading books and seeing their smartphones. This condition is called presbyopia.

How to overcome presbyopia? Reading glasses or bifocals have been the solution for hundreds of years. Monovision contact lenses became popular in the last century.

How to reverse or cure presbyopia? Many people are familiar with monovision Lasik eye surgery. The dominant eye is set for far vision and the other for near.

Younger women adapt to this procedure better than men. There may be loss of binocularity and difficulty in intermediate vision.

procedure for presbyopia. It removes the defective auto-focusing mechanism of the eye (natural lens). This lens which has deteriorating is replaced by a biocompatible, synthetic nano-engineered implant.

The PIE will sit in the eye for the rest of ones life. It allows each eye to see at varying distances.

There are various types of PIE like Restor, Tecnis and Crystalens.

For those who have had previous eye surgery, presbyopia can still be reversed even if a person had undergone previous Lasik, radial keratotomy or cataract surgery.

So which one is best? Each eye is unique and every person's lifestyle is different. The best way is to do a personalized, customized treatment planning. It is important to talk to an eye surgeon which one is best for you.

What is the cost of these procedures? The cost of the procedure varies. Monovision Lasik being at the lower end and PIE at the upper end of the spectrum.

For more information, call Khanna Vision at (805) 230-2126 or email lasik@khannainstitute.com or go to the website www.KhannaVision.com.

The 21st century FDA approved treatment methods are Kamra Inlay and PIE (presbyopia implant in eye).

Kamra Inlay is a specially designed colored implant with a clear aperture in the center.

It works on a pinhole effect similar to a camera. The small aperture increases the depth of field. Therefore a person with Kamra Inlay is able to read and see near without losing much of their distance vision.

The non-dominant eye is usually the preferred eye for the Kamra implant. A laser is used to fashion a pocket in the cornea where the inlay is inserted.

How does PIE reverse presbyopia? PIE is the permanent

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CRITTER TAIL

What does a handshake mean to a mutt?

By Gloria Glasser
Special to The Acorn



Courtesy of Jacqueline Tobin

On a recent Westlake Hills walkabout, the dog and I found ourselves idling beneath a big valley oak at the corner of Fairness and Trustworthiness. We were just a few paces from the intersection of Responsibility and Caring.

You may well ask, "Where does one find such virtuous streets?"

The answer is the campus of Westlake Hills Elementary School, whose placid, parklike grounds that abut Russell Park are open to residents on weekends. I'm a former resident, having once lived in a rental on nearby Appalachian Court. My previous dog and I would play Frisbee at the park.

The current dog is not a flying-disc catcher. He's more a loafer under shady oaks type.

That particular Saturday he'd earned his rest, snoozing under a bench while I picnicked with a view to handsome yet not ostentatious suburban homes framed by oaks and sycamores, with rounded brown hills in the background.

The Westlake Hills neighborhood, in the Westlake portion of Thousand Oaks, was hosting a communitywide yard sale. The dog had ably aided and abetted me on my recycled treasure hunt. Our best prize was a \$5 Hoover

BEST FRIEND—The writer's dog, Sky, was adopted from the Agoura Animal Shelter in December 2013.

vacuum we wheeled blocks back to our car—the shedding machine on paws escorting the machine that represented my home interior's salvation.

With our new-old vacuum in tow, we clacked up and down cul-de-sacs. Friendly folks admired my blue-eyed, tri-colored companion. They offered him a bowl of water and offered me a soda pop or cup of lemonade. We were welcomed to rest out of the day's hot sun in pools of shade on their lawns.

The dog is a shy fellow, but to each person who offered him a head pat, he tentatively extended his paw unbidden to his admirer.

This dog was an older stray when I adopted him. He could be doing this spontaneous paw thing as a greeting that his previous owner had trained him to do, or in a warding-off gesture because he is reserved or fearful. Who knows?

Recently a friend gave me a 2016 calendar prepared by the ASPCA, featuring pet stories from the society's employees and volunteers.

One page featured a canine that was an uncanny look-alike for my own, a Queensland Heeler mix. Its owner's description finally provided me with some insight into my dog's quirky character.

Writing of her female named Fidget, also adopted as a stray, Pam observed:

"She's the most complex dog I've ever known—very sensitive and neurotic but also highly intelligent and emotional."

And there, in a single sentence, I found the illumination I'd been seeking about this lost soul I'd found in December 2013.

Maybe it was the mythical intersection of Fate and Circumstance on the grassy "meet and greet" campus of the Agoura Hills Animal Shelter that led me to him.

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.

Los Robles Hospital is top performer

Los Robles Hospital and Medical Center has been recognized for the fourth consecutive year as a Top Performer on Key Quality Measures by the Joint Commission, the leading accreditor of health care organizations in the U.S.

The recognition was part of commission's 2015 annual report, "America's Hospitals: Improving Quality and Safety," for attaining and sustaining excellence in accountability measure performance for heart attack, heart failure, pneumonia, surgical care, stroke and perinatal care.

Los Robles is the only hospital in Ventura County to achieve the 2014 Top Performer distinction.

The program recognizes hospitals for improving performance on evidence-based interventions that increase the chances of healthy outcomes for patients with the conditions listed above. Hospitals had to meet performance criteria based on 2014 accountability measure data.

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LOVE BUG—Parka is a female white and black pit bull about 4 years old. She is very loving and is playful with children. She gets along with other dogs and cats. If you would like to adopt Parka ask for ID No. A4293850 at the Agoura Hills Animal Shelter, 29525 Agoura Road. Occasionally pets have already been adopted, so check <http://animalcare.lacounty.gov> before visiting the shelter.