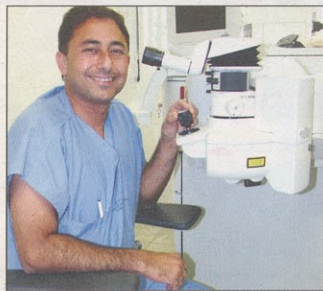


Doctor says stay fit for family, life and job



Dr. Rajesh Khanna of Khanna Institute of LASIK and Refractive Surgery, at the controls of his laser.

By John Phane
Rajesh Khanna lives for sports. He plays tennis, swims, and likes to ride his bike. Most of all, he loves the tremendously grueling demands playing field hockey with his team the Vipers places upon his body. But he doesn't dial up all this rough stuff to

See Khanna, page 11

Festival to benefit Casa Pacifica is Sunday

Organizers claim that Casa Pacifica's 12th Annual Angels Wine and Food Festival will be the most widely attended Wine and Food Festival in the county.

"Now that's an accomplishment to boast about," said Joyce Hall and Bruce Barrios, event co-chairs. The festival, which began as a small garden party in 1993 and was held at the Pierpont Inn until 2000, was created by the founding members of Casa Pacifica's Angels Auxiliary to raise money to support the "peaceful home" mission to provide hope and help for the most vulnerable children and families in Ventura and Santa Barbara Counties.

Now, for the fifth consecutive year, the Embassy Suites Hotel Mandalay Beach Resort in Oxnard will host the event. This year it will take place on Sunday, June 5 from 1:00 p.m. until 5 p.m. The event boasts more 2,000 patrons attend. See Festival, page 9



Ron Cox, general manager of the Lindero Country Club, on a green at the club.

Country club is hidden jewel in Agoura Hills

By John Phane
Summer: a season of sun and fun. The merest utterance of the word conjures up heady fantasies of days spent languishing at pool side, of playing tennis, enjoying a round of golf, venturing off for a bit of boating, roller skating. See Lindero, page 28

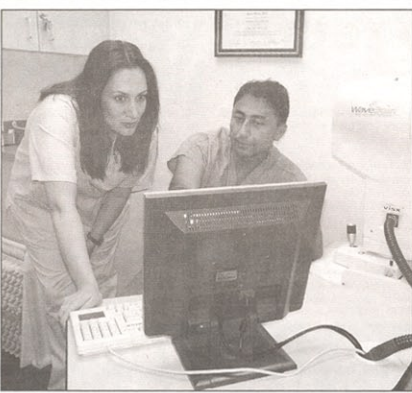
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HEALTH & SAFETY

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LISA ADAMS/Examiner

Dr. Rajesh Khanna works closely with his clinical director, Brandice Friedman.

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Khanna

Continued from page 1
make his living as an athlete, Khanna is a doctor, a certified Master of Surgery, and an internationally recognized top LASIK and refractive vision care specialist.

So what is this Westlake resident, a member of the prestigious American Academy of Ophthalmology and the American Academy of Optometry, doing risking life and limb on the playing field?

I enjoy the activity, but I also believe in staying as physically fit as possible," Khanna said. The doctor said keeping his body fit is essential to his staying at the top of his field. Holding out his hands, they remain as rock steady as those of a mannequin. Since he spends hours every day guiding the beam of a high-powered laser across the corneas of trusting patients, Khanna said he works out as much for pleasure as to ensure he keeps his legendary steady hands steady.

Rajesh isn't the only Khanna who enjoys physical activity. He loves to spend time with his family, wife, Kavita, an educator; Megha, 5, his daughter, and his son, Kabil 11. Both Megha and Kabil have earned their own medals of gold in field hockey. "I didn't push them into the sport," Khanna said. "I just like to have my family with me, and they picked it up."

Khanna received his medical training in New York and in Middle America, but said the allure of the California lifestyle was more than he could resist, and so he moved to California. He lived at the beach for years, but now he says that the schools and the lifestyle afforded by the Conejo Valley are perfect for his family.

For those who may not know, LASIK, or corneal shape correction by laser, is a procedure that allows many who in the past have been chained to eyeglasses or contacts to see without those aids. The procedure has been around for years, and according to Khanna, it's now safer and more effective than ever.

"LASIK is not the same as it was even six years ago, said Khanna. He said

See Khanna, page 12

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HEALTH & SAFETY

Conejo Valley Examiner June 2005

Khanna

Continued from page 11
six years ago doctors were using a first generation of laser designed for sight enhancement. Since then, he said, lasers have improved—they are more accurate and feature auto-tracking systems that move with the eye—enhanced measuring devices, improved and more effective techniques have evolved, and more specific antibiotics have been developed.

"What this translates into," Khanna said, "is that the procedures are much, much safer and we are seeing greatly improved outcomes in our patients."

Khanna's Institute of Lasik & Refractive Surgery offers the very latest in Wavefront LASIK. Adapted from technology used in astronomy, wavefront LASIK is a procedure that uses an array of micro-sensors and a laser. A wave of light from a laser beam is sent through the eye to the retina. This light is reflected out of the eye and the sensor measures the irregularities at the front of the wave of light as it emerges from the eye. This produces a precise three-dimensional map of the visual system, including the cornea's imperfections, or aberrations.

This wavefront data is translated into a mathematical formula the surgeon uses to program corrections into the ultraviolet cold laser, which vaporizes tissue to reshape the cornea. This new wavefront

that affect the lens or vitreous fluid inside the eye may not be good candidates. However, many of these patients may still be good candidates for conventional LASIK, Khanna said.

As or more important than knowing how to perform the procedure is knowing when not to perform it, Khanna said. He said there are some patients with physical characteristics that preclude LASIK surgery. He said, however, that doesn't mean he can't help them to enhance their vision. He said there are many alternatives he can offer his patients.

The procedure only last about five minutes for each eye, Khanna said. He likes patients to be at least 21 years old; however, he has performed the procedure on persons up to 70 years old.

Does it hurt? Not with Khanna, he said.

He works with his patients on a personal level to make sure they're relaxed and ready for the procedure. He's found that defusing apprehension goes a long way toward pain prevention. In addition to creating a strong relationship with his patient, he administers a topical anesthetic.

Results are almost instantaneous. His operating suite has a window overlooking a tree-lined thoroughfare, and immediately following the operation, he has patients sit up and look out that window. "I hear them shout, 'Wow, I can see the leaves on those trees, I could barely see the trees.'" He said that many burst into tears of joy their sight is so enhanced.

Michele Curry, Khanna's office receptionist, 22, was legally blind before having the procedure in February 2005. "It's awful. You wake up every morning and you can't see the clock. During

an emergency or if your glasses fall off or get lost, you're helpless." She said after the procedure she could read an eye chart down four or five lines and could see individual leaves on the trees across the street. "It was overwhelming, like nothing I've ever experienced before," she said.

More than seeing well, Khanna gives the patient a new outlook on life, and that, he said, is often the greatest reward.

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