



# What's New in Ophthalmology Today?

## Lose the Reading Glasses; New treatments for Presbyopia

Presbyopia starts after the age of forty. The lens in our eye begins to thicken and we lose the ability to see well at near: for example blurry vision when reading a book or a text message. Current treatments include bifocals or reading glasses, **LASIK** vision correction in one eye for near - mono-vision **LASIK**, and the replacement of the natural lens with a high technology lens such as the ReStor lens. However, more advanced treatments are coming our way as reported in Science Daily.

**First:** there is the **FLEXVUE** lens which is implanted deep within the cornea. The very small lens has proper distance correction incorporated on its periphery; the center corrects for near. 92% of the patients operated on by Dr. Ioannis Pallikaris at the University of Crete, Greece reported that they no longer used glasses. If necessary, the lens can be removed and the eye returned to its original state.

**Second:** The **AcuFocus** Lens or "Pinhole" corneal inlay works by changing the shape of the overlying corneal tissue. The five micron thick lens is implanted below the surface of the central cornea in one eye as described by Dan Durrie, MD. The very center of the inlay is clear allowing only the small beam of focused light to enter the eye - just like the old pinhole cameras where using only a pinhole and no special lens, everything in the distance and at near was in perfect focus. The distance vision is mostly unaffected. This inlay can be removed.

**Third:** **INTRACOR** laser technology described by Mike P. Holzer, MD at the University of Heidelberg, Germany. A femto-second laser is used to reshape the center part of the lens so that it is able to focus at near. The cornea around center is able to focus distance normally. Unlike **LASIK**, this laser is focused into the corneal tissue and does not cut through the surface, thus the risk of infection is extremely low. This is not a reversible procedure. We will be evaluating these procedures when they become available.

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