



Our Focus is on you...

Improve your Vision  
with Lasik!Schedule a  
Consultation Today!Order Contacts  
Today!

## Newsletter Summer 2005

**Vision Correction: improving for the future ...**

It's been over 10 years since we've been performing **laser vision correction** in this country with millions of patients enjoying increasingly less dependence on glasses and **contact lenses**. Over the past few years, **LASIK** has become even safer and more precise. **INTRALASIK** allows us to perform the **LASIK** procedure without a blade and has been gaining on traditional lasik in our practice over the past 2 years due to its increased safety and precision. CustomVue vision correction, which enables us to correct vision not only for the prescription but also to address "higher order" vision abnormalities, has allowed an increased number of patients to see better than they ever did with glasses and contact lenses. This is because it appears to be a more exact treatment for refractive errors. Early this year, CustomVue was approved for farsightedness with astigmatism so that now most patients can benefit from this advanced technology.

For patients with extreme nearsightedness who are not candidates for lasik, the FDA approved **implantable contact lenses** to correct vision earlier this year. If you have a high vision correction and have previously been told you are not a candidate for lasik, **schedule an appointment** to see if you might benefit from Intralase.

**Cataract Surgery for the next century...**

**Cataract**, a clouding of the lens, leads to reduced vision and can be corrected with a procedure to remove the cloudy lens and replace it with an artificial lens. The patient's prescription can often be corrected at the same time, similar to Lasik surgery. Several months ago, the FDA approved a new lens implant that can help the eye to focus for reading. With this new implant, patients having cataract surgery are less dependent on reading glasses. If you have cataracts, make an **appointment** with **Dr. Coad** to find out about the most advanced surgery for treatment of cataracts. Most procedures are done in just 20 minutes requiring only eye drops to numb the eye.

**More ways to keep you looking younger ...**

Over the past few years, cosmetic surgeons have increasingly relied on facial fillers to re-contour the face. With new longer lasting fillers such as **Sculptra** and **Radiesse**, patients can fill in depressions on their face and cheeks, smooth out wrinkles and "lift" areas of the face to diminish the nasolabial fold and lines around the mouth. **Sculptra**, which has been approved by the FDA for treatment of cheek hollows secondary to **HIV**, is undergoing clinical trials for cosmetic uses. We have had excellent results treating patients cosmetically with this filler. Results last up to 2 years. **Radiesse**, another long term filler has also proved very useful for lifting areas of the face. These fillers can take years off your face and can delay the need for surgical procedures such as face lifts and lower eyelid surgery. Restylane is one of the remedies for fine wrinkles. It is a safe and natural cosmetic dermal filler that restores volume and fullness to the skin to correct moderate to severe facial wrinkles and folds, such as nasolabial folds (those from your nose to mouth) and "marionette lines". **Restylane** is also successfully used to add fullness and definition to lips.

We now use **Botox** in combination with facial fillers to smooth out wrinkles and re-contour the face. Brow lifting with Botox can open up your eyes and help treat that droopy look. **Schedule a consultation** with **Dr. Eviatar** if you are interested in finding out more about the most advanced non-invasive ways to look your best.



**Botox ® Cosmetic Before**



**Botox ® Cosmetic After**



### **Keeping your skin looking its best is one of the secrets of looking younger!**

In an effort to provide the best care for your skin's needs, we use top of the line skin care products available only in licensed practitioners' offices. Among our best products is the latest revolutionary topical antioxidant combination - C E Ferulic from the SkinCeuticals line. This latest antioxidant breakthrough is replacing the original product, C+E. With Ferulic Acid, this new formula enhances the benefits of C+E – neutralizing free radicals, building collagen and providing improved antioxidant protection and delivers unprecedented 8-times photoprotection against environmental damage. As always, our licensed aesthetician, Carole Lea Burns, is available to recommend the best course of care based on your individual skin condition.



#### **It's summer: don't sweat it!**

Did you know that BOTOX was recently approved by the FDA to help control sweating?. A series of tiny injections in the armpit area can help control sweating for 4-6 months. Patients with abnormal sweating (a condition called hyperhidrosis) may be able to have their medical insurance plan cover the cost!

#### **It's Allergy season: stop itching!**

Patanol and other prescription eye drops can help prevent the itching and redness from seasonal allergies and pollen. Unlike over-the-counter eye drops, some of these prescription drops have a medicine that helps to prevent the allergic symptoms as well as treat them after they happen. If allergies are affecting your eyes, make an appointment to see if you might benefit from some of these medications.

#### **Now, relief for dry eyes...**

Last year, the FDA approved the first eye drop specifically designed to help patients with dry eye produce more tears. Restasis, an anti-inflammatory eyedrop, can actually improve dry eye when used on a daily basis. Studies indicate that improvement can continue for up to six months and reduce the need to use artificial tears. With Restasis now available in addition to Hydroeyes vitamins and punctual plugs, more patients can get relief from dry irritated eyes.

### Our doctors in the press:

Have you seen **our doctors in the press** lately? Dr Eviatar was recently featured in the **New York Times** as an expert on lower eyelid bags. He was also interviewed for HX magazine on **facial fillers** and **lasik**.

**ReadersDigest.com** also featured a story on LASIK where **Dr. Eviatar** was the surgeon. **Dr. Guida** was recently featured in New York Magazine's Best Doctors Issue.

To see our doctors in the press visit our "New & Improved" **website**.



### Chelsea Eye becomes re-accredited:

**Chelsea Eye and Cosmetic Surgery Associates** recently completed re-accreditation by the AAAHC. By meeting the rigorous requirements of this organization, Chelsea Eye is one of the few ophthalmology and cosmetic surgery practices in the New York area to attain this certification. Patients can be sure that the care at Chelsea Eye conforms to the strictest safety standards.

**Newsletter Coupon**  
**LASIK Surgery Special**

**\$500.00 off**

Courtesy discount  
Promotion Code : 001

Expiration date : 09/30/05

**Newsletter Coupon**  
**BOTOX & Fillers Special**

**\$100.00 off**

Courtesy discount  
Promotion Code : 002

Expiration date : 09/30/05

### Treatment for HIV related facial wasting—FDA study at one year:

Chelsea Eye is proud to be one of only 3 centers nationwide to participate in a study using Radiesse for the treatment of facial lipoatrophy. At one year, we have had high patient satisfaction with excellent cosmesis. Most patients require touch up treatments yearly. **Radiesse** has truly been a breakthrough for treatment of this disabling disorder. The FDA has recently approved an extension of our study for an additional year. **Sculptra** (called Newfill in Europe ) was approved last year for the treatment of lipoatrophy and has also showed excellent results. Patients are advised to come in for a consultation to see which material might work best for them. Sculptra has a patient access program to allow patients in financial need to access the material at reduced cost. Contact our office for more information.

### Contact Lenses ARE for you!

Give **contact lenses** another chance! New advances in contact lens technology have allowed people who have given up on **contacts** to enjoy the convenience of contact lenses once again. Don't be discouraged by past failures, new options are out there for you.



"Breathable" lenses are available which allow up to five times more oxygen to your cornea. This means all day comfort and overall better health for your eye! These lenses are available in a range of powers – including toric lenses for those of you with astigmatism. Bifocal and progressive wearers – new technology in the formation of bifocal contact lenses have allowed people to achieve great vision for both distance and near with the convenience of a disposable soft contact lens. Allergy sufferers/dry eye patients – with the wide range of options out there – we can work with you to get you back into your lenses- comfortably. **Discuss with one of our doctors** which contact lens would be best for your needs.

For soft contact lens wearers, there is AQUify, the first multipurpose solution that not only cleans and disinfects but also moisturizes in just 5 minutes. It can be used in two different ways – either with a quick ten-second rub and a five-minute soak or a four-hour soak and no rub. This solution gives people the flexibility to clean their lenses any time, anywhere in a short period of time, as well as wear their lenses for an extended period of time during the day. It is suitable for all soft contact lenses, especially silicone hydrogel lenses.

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