

1 MDTV MEDICAL NEWS NOW - LASIK SURGERY

2 for me to realize she's been an ophthalmic surgeon 00:05:48

3 for 15 years, but she's made many developments. And 00:05:52

4 I have too. And yet it's often happened when I sit 00:05:54

5 around a luncheon table at a meeting either in other 00:05:56

6 parts of the country or abroad, someone will look at 00:06:00

7 my badge and say, "Nevyas, are you related to Anita 00:06:02

8 Nevyas-Wallace?" And that, needless to say, makes 00:06:06

9 me very happy. 00:06:10

10 MS. MURPHY-STARK: Oh, that's terrific.

11 Well, thank you, Dr. Nevyas, for being here today. 00:06:12

12 DR. NEVYAS: Thank you, Pat. 00:06:14

13 MS. MURPHY-STARK: We spoke to Dr. Anita 00:06:16

14 Nevyas-Wallace in her Bala Cynwyd office. Here's 00:06:16

15 what she had to say about the increasing popularity 00:06:20

16 of LASIK surgery. 00:06:22

17 DR. NEVYAS-WALLACE: The reason LASIK is 00:06:24

18 so popular now is because it can provide people with 00:06:26

19 correction that they had never imagined possible. 00:06:30

20 What people are excited about is that they see a 00:06:32

21 change so quickly and that many cases it's something 00:06:38

22 that they dreamt of for years and years and now 00:06:40

23 suddenly they can see. It's remarkable. With 00:06:44

24 LASIK, the correction is prompt and comfortable. 00:06:48

25 Most patients are perfectly comfortable the night of 00:06:54



1	MDTV MEDICAL NEWS NOW - LASIK SURGERY	
2	surgery or feel just a slight foreign body	00:06:56
3	sensation, just a little scratchiness, but no big	00:07:02
4	deal. With previous operations, again, there was	00:07:04
5	never the accuracy that we're able to get with the	00:07:06
6	laser and yet its atraumatic. And that has people	00:07:10
7	excited that they can go in on Thursday and be back	00:07:14
8	to work on Saturday no longer wearing glasses.	00:07:16
9	Their friends are excited, their families are	00:07:22
10	excited. It's an amazing thing.	00:07:24
11	MS. MURPHY-STARK: When we come back,	00:07:28
12	we'll speak with Dr. Anita Nevyas-Wallace in our	00:07:30
13	studio. We'll learn how the excimer laser works and	00:07:32
14	examine the safety of the LASIK procedure. We'll	00:07:34
15	also hear from patients firsthand about how the	00:07:38
16	procedure has given them a new perspective on life.	00:07:40
17	We'll be right back.	00:07:44
18	- - -	
19	ANNOUNCER: To learn more about LASIK	00:07:44
20	laser vision correction or to find out if you are a	00:07:46
21	candidate for LASIK, you can reach Nevyas Eye	00:07:48
22	Associates toll free at 800-9-LASER-6. That's (800)	00:07:50
23	952-7376.	
24	COMMERCIAL: There are millions of	00:08:10
25	reasons to fly today. Only one that matters to you.	00:08:14



1	MDTV MEDICAL NEWS NOW - LASIK SURGERY	
2	At Delta Airlines it is our pleasure to get you to	00:08:20
3	the place you want to be. Delta Airlines, on top of	00:08:24
4	the world.	00:08:30
5	COMMERCIAL: At 6 a.m. they begin to	00:08:34
6	arrive from cities around the world.	00:08:36
7	Heads of major corporations share their	00:08:38
8	vision.	00:08:42
9	Their strategy.	00:08:42
10	If these leaders were visiting a nation,	00:08:44
11	it would be called a global economic summit.	00:08:46
12	When they arrive at Fidelity...	00:08:52
13	It's called just another day at the	00:08:54
14	office. Just one of the ways we uncover	00:08:56
15	opportunities to help you make the most of your	00:08:58
16	money.	00:09:00
17	ANNOUNCER: To learn more about LASIK	00:07:44
18	laser vision correction or to find out if you are a	00:07:46
19	candidate for LASIK, you can reach Nevyas Eye	00:07:48
20	Associates toll free at 800-9-LASER-6. That's (800)	00:07:50
21	952-7376.	
22	- - -	00:09:18
23	MS. MURPHY-STARK: Welcome back to MDTV	00:09:18
24	Medical News Now. Our topic today is the correction	00:09:20
25	of nearsightedness, farsightedness and astigmatism	00:09:22



1	MDTV MEDICAL NEWS NOW - LASIK SURGERY	
2	through a procedure called LASIK laser vision	00:09:30
3	correction.	00:09:30
4	With more about LASIK and the technology	00:09:30
5	behind it is medical reporter Sean Doran and today's	00:09:32
6	MDTV medical moment.	00:09:38
7	MR. DORAN: LASIK or laser vision	00:09:40
8	correction is a procedure that owes its phenomenal	00:09:42
9	success rate to two factors: The skill of the	00:09:46
10	surgeon and a computer-controlled laser developed in	
11	1979 by IBM for the production of silicone computer	00:09:52
12	chips. It's called the excimer laser, and today is	00:09:54
13	used to correct poor vision. Here's how:	00:09:58
14	The first step in LASIK laser vision	00:10:00
15	correction is to analyze the irregularities of the	00:10:02
16	eye. This is accomplished through corneal	00:10:04
17	topography. The automated equipment measures the	00:10:08
18	eye according to several thousand points and creates	00:10:10
19	a topographical map of the cornea's shape. This	00:10:12
20	information is fed into a computer and will be used	00:10:18
21	to guide the laser. Next, the ophthalmic surgeon	00:10:18
22	uses a device called a microkeratome to create a	00:10:22
23	protective corneal flap. The flap is folded over,	00:10:26
24	exposing the inner corneal tissue. Now, the surgeon	00:10:28
25	uses the excimer laser to precisely sculp the inner	00:10:34



1	MDTV MEDICAL NEWS NOW - LASIK SURGERY	
2	cornea.	
3	While most surgical lasers burn tissue,	00:10:36
4	the excimer laser uses a cool ultraviolet beam that	00:10:38
5	dissolves the bonds between molecules in the cells	00:10:42
6	gently painlessly reshaping the cornea. And because	00:10:44
7	this refractive ablation takes place on the inner	00:10:48
8	cornea, the accuracy of the correction far exceeds	00:10:48
9	that of all previous procedures.	00:10:52
10	Any questions or comments, please call	00:10:54
11	toll free 1-877-MDTVNOW. That is, 1-877-638-8669.	00:10:56
12	MS. MURPHY-STARK: We're joined now by	00:11:08
13	Dr. Anita Nevyas-Wallace, a board certified	00:11:12
14	ophthalmologist. Dr. Nevyas-Wallace has taught at	00:11:12
15	her alma mater, the University of Pennsylvania	00:11:16
16	School of Medicine in addition to her faculty	00:11:16
17	appointment at the Medical College of Pennsylvania.	00:11:20
18	She has performed thousands of LASIK procedures in	00:11:24
19	the Delaware Valley and has operated internationally	00:11:24
20	as an invited guest surgeon and recognized innovator	00:11:28
21	in the field of refractive surgery.	00:11:34
22	Doctor, welcome to the show.	00:11:36
23	DR. NEVYAS-WALLACE: Thank you so much,	00:11:38
24	Pat. It's good to be here.	00:11:38
25	MS. MURPHY-STARK: Now, the technology	00:11:40



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2 that we saw in the LASIK procedure is really 00:11:42

3 incredible, and I'm sure it would have to be because 00:11:42

4 it's such a delicate procedure. But how safe really 00:11:42

5 is LASIK? 00:11:46

6 DR. NEVYAS-WALLACE: LASIK is very safe. 00:11:46

7 In fact, statistics show that Nationwide 98 percent 00:11:50

8 of patients experience significant improvement of 00:11:54

9 their vision. Now, I aspire to a hundred percent, 00:11:58

10 but a lot of factors come into play in determining 00:12:00

11 safety. For one thing, the need to be sure that a 00:12:02

12 person is really an excellent candidate for this 00:12:04

13 surgery. For another, the technology itself, the 00:12:10

14 laser and the microkeratome are very important. And 00:12:12

15 the surgeon, the surgeon learned hands, level of 00:12:16

16 skill and experience, mindset are crucial. 00:12:18

17 MS. MURPHY-STARK: Now, Doctor, you 00:12:20

18 mentioned a good candidate for this procedure. Who 00:12:22

19 is a good candidate? 00:12:26

20 DR. NEVYAS-WALLACE: Well, a person who 00:12:26

21 is nearsighted or farsighted or has astigmatism can 00:12:28

22 be treated. Now, if a person is nearsighted, we

23 fold the flap back and use the laser to flatten the 00:12:34

24 central cornea. In a person who's farsighted after 00:12:36

25 the flap is folded back, the laser is being use to 00:12:40



1	MDTV MEDICAL NEWS NOW - LASIK SURGERY	
2	steepen the central cornea to correct	00:12:42
3	farsightedness. And in astigmatism, we're	00:12:46
4	flattening one meridian so that the cornea which was	00:12:48
5	shaped more like a football can now be shaped more	00:12:52
6	like a basketball.	00:12:54
7	MS. MURPHY-STARK: Doctor, what are some	00:12:56
8	of the risks associated with the procedure and how	00:12:58
9	do you minimize them?	00:13:00
10	DR. NEVYAS-WALLACE: Well, the first	00:13:00
11	risk that we worry about anywhere in the body is the	00:13:02
12	risk of infection. But realize, Pat, that you stand	00:13:04
13	a greater chance of getting an infection from	00:13:08
14	wearing contact lenses than with LASIK. The other	00:13:10
15	risks that we worry about are glaring halo symptoms.	00:13:14
16	Now, I tell everyone to expect that in the first	00:13:18
17	week, but usually it goes away after the first week.	00:13:22
18	If it somehow doesn't, there are drops we can use	00:13:24
19	that will bring the pupils a little smaller and a	00:13:28
20	person can use those for night driving until that	00:13:28
21	symptom goes away. The other risk, if you could	00:13:32
22	call that, is the risk that either the nearsighted	00:13:36
23	or the astigmatism could be a little over-corrected	00:13:38
24	or little under-corrected. If that happens, what we	00:13:42
25	do is we lift the flap and do a little bit more	00:13:46



1	MDTV MEDICAL NEWS NOW - LASIK SURGERY	
2	lasering to fine tune just to bring that person to	00:13:46
3	exactly where he wants to be.	00:13:50
4	Now, to minimize those risks, well, the	00:13:52
5	number 1 to minimize them, of course, is that the	00:13:56
6	surgery be intimately familiar with the procedure	00:13:58
7	and with the technology. You want somebody with	00:14:00
8	experience. Also to minimize them, especially the	00:14:04
9	risk of infection, you want a sterile operating	00:14:08
10	room. Now, that may sound like a given, but	00:14:12
11	sometimes the surgery is done in a non-sterile	00:14:14
12	condition, sometimes in a carpeted room in an office	00:14:16
13	rather than a real operating room. The other thing	00:14:20
14	that I think is important is a special particle-free	00:14:22
15	environment because you really don't want particles	00:14:28
16	under that flap.	00:14:28
17	MS. MURPHY-STARK: Now, along with this	00:14:30
18	technology that is being used, how important still,	00:14:32
19	though, are the surgeon's hands?	00:14:34
20	DR. NEVYAS-WALLACE: Oh, the surgeon's	00:14:36
21	hands are crucial. The technology is only the tool.	00:14:36
22	It's the surgeon who does the surgery. You could be	00:14:40
23	a skier and have the best skis in the world, but if	00:14:44
24	you don't actually know how to ski, you could have a	00:14:48
25	very disappointing result.	00:14:52



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2 MS. MURPHY-STARK: Thank you, Doctor. 00:14:54

3 Joining us now is Andrew Kessler, an 00:14:56

4 attorney from Pennsylvania and a LASIK patient. 00:14:58

5 Andrew, welcome to the show. 00:15:02

6 MR. KESSLER: Thank you, Pat. 00:15:04

7 MS. MURPHY-STARK: Why did you decide to 00:15:04

8 have a LASIK procedure. 00:15:08

9 MR. KESSLER: Well, I lead a relatively

10 active lifestyle. In addition to being a father, 00:15:08

11 I'm a skier and a tennis player and I like to spend, 00:15:08

12 obviously, skiing a lot of times outdoors. Coming 00:15:12

13 indoors from outdoors in the winter, anyone who 00:15:16

14 wears glasses has had the experience of having the

15 condensation on their glasses. And just being able 00:15:22

16 to be in the ocean doing the things that I want to 00:15:24

17 do, glasses were an inconvenience. 00:15:28

18 MS. MURPHY-STARK: Now, with any

19 surgery, we all know that there is some risk 00:15:30

20 involved. When you approach this, how did you weigh 00:15:30

21 the benefits against the risk? 00:15:34

22 MR. KESSLER: Well, obviously, what I 00:15:36

23 was looking at was the opportunity to not have to. 00:15:38

24 wear glasses anymore. But primarily, I looked at 00:15:40

25 all the potential operations that were available and 00:15:44

1	MDTV MEDICAL NEWS NOW - LASIK SURGERY	
2	I've been looking for a lot of years. I had the	00:15:48
3	benefit of being the son of an optometrist. So for	00:15:52
4	about the last 15 years, I've been looking for some	00:15:54
5	way to avoid wearing my glasses. At some point, it	00:15:56
6	was made known to me that there was this LASIK	00:16:00
7	procedure which has a very high level of success and	00:16:02
8	for which I was a very good candidate.	00:16:06
9	MS. MURPHY-STARK: Now, after being	00:16:08
10	through this procedure, what do you think?	00:16:10
11	MR. KESSLER: I'm ecstatic. I'm also	00:16:12
12	grateful to Dr. Nevyas-Wallace. Since I had the	00:16:16
13	procedure, I am corrected vision free.	00:16:18
14	MS. MURPHY-STARK: So very happy with	00:16:20
15	the procedure?	00:16:22
16	MR. KESSLER: I am thrilled.	
17	MS. MURPHY-STARK: Doctor, in what other	00:16:24
18	ways have you seen how this surgery can really help	00:16:26
19	people's lives?	00:16:28
20	DR. NEVYAS-WALLACE: Well, one thing I	00:16:28
21	hear over and over again from parents is that they	00:16:30
22	want to be able to see where their children are in a	00:16:32
23	swimming pool and in the ocean, and that when they	00:16:36
24	come out of the ocean, they'd like to be able to	00:16:38
25	find their family. I've heard from people who while	00:16:40

