

Los Angeles Family

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(body) WORKS

Vision

Eye surgery success stories.

Quest

It's estimated that 1.5 million people will undergo vision correction surgery this year—more than 4 times the number in 1998. With results are nothing short of miraculous, its popularity is growing everyday. Patients who have been dealing with the hassle of glasses and contacts for years are able to throw them away for good.

LASIK, in which corneal tissue is permanently removed with a laser to reshape the eye, is the most popular type of laser eye surgery. This procedure works for

most people, and the recovery time is one to three days. The treatment appears to be permanent, according to the FDA, although as people age and their eyes change, follow-ups may be necessary. With Intacts, or "intelligent contacts," a small disk made of soft contact lens-like material is inserted, which can be removed if necessary. Layers of the cornea are not removed.

How do you know if you're a candidate for either type of procedure? It is recommended you be at least 21 years of age, have mild to moderate myopia, and otherwise generally healthy eyes. Hyperopia (farsightedness) and astigmatism (distorted vision) may also be corrected with surgery.

Many are skeptical about surgery involving something as important as their eyes, and rightly so—concurrent with the explosive growth in this field, a lot of unscrupulous mercenaries are leasing equipment, and offering services at low-prices without adequate training.

However, there are many more qualified, trained and experienced professionals out there, like the following Los Angeles-area doctors. Just listen to what their patients have to say. The results speak for themselves.

OPHTHAMOLOGY ASSOCIATES OF THE VALLEY

Peter Zeegen, M.D.
16311 Ventura Blvd., Suite 750
Encino, CA 91436
(818) 990-3623

7230 Medical Center Dr., Suite 404
West Hills, CA 91307
(818) 346-8118



Peter Zeegen, M.D.

Dr. Zeegen to examine my vision and determine if I was a candidate for LASIK. He also explained the procedure. Shortly before my first appointment, I received an information packet in the mail including even more information on LASIK and articles on Dr. Zeegen. This was a great help and answered all of my questions.

Dr. Zeegen does his LASIK surgery in a surgery center across the street from his office. The office atmosphere was quiet, clean and orderly. The surgery assistants were kind and efficient.

I received a 5 mg. Valium before the surgery, which took about 20 minutes to take effect. I was completely relaxed and the surgery was very easy. There was no recovery time for me and I felt virtually no pain.

I have worn glasses for 51 years, and it is amazing not to have to drive with glasses or use glasses when I go out in the evening.

It has been one week since my surgery and my distance vision is better than with my glasses. My middle vision and reading vision are still fluctuating and I expect that to correct within three months. I will only need glasses for reading.

There were many positive things about laser eye surgery. The best part is not having to wear glasses all the time. It was quick and painless. Dr. Zeegen answered all my questions and made me feel very secure. I also appreciated the informative pamphlet I received before the surgery. I was given a pouch following the surgery that included drops, goggles, sunglasses, eye pads, tape and Tylenol to use as needed. All in all, it was a great experience!

—Gail Carson

I was very excited before the laser surgery. I was also a little nervous not knowing exactly what it would feel like. Everyone that I had spoken to that had the surgery performed had a slightly different experience.

I chose Dr. Zeegen as my surgeon because he has been my ophthalmologist for several years and I have been very pleased with his work. He graduated from the UCLA School of Medicine and completed his residency training at the Jules Stein Eye Institute. He is a founding partner of the Ophthalmology Associates of the Valley and has been practicing for 23 years. I had the utmost confidence in his judgment and skills.

The beginning of the process for me was speaking with Neil Newsman, Dr. Zeegen's refractive surgery coordinator. He made my first appointment with