

YOUR EYE SURGEONS

Joseph Peters, M.D.



Dr. Peters is a Board Certified ophthalmologist. He is from Ohio where he was born and educated. He attended Ohio University and graduated with a degree in Chemical Engineering. He then attended Case Western Reserve University Medical School in Cleveland, Ohio, and obtained his medical degree. He completed his internship at Harbor General/ UCLA Hospital, Los Angeles, and went on to complete his eye residency at Barnes Hospital, Washington University in St. Louis, Missouri, which is one of the finest eye residency programs in the United States. He moved to Mobile, Alabama, where he was on the medical staff of the South Alabama Medical School.

Upon Dr. Peters' return to the Los Angeles area, he entered private practice in Lynwood and Long Beach, California, where he was on the medical staff of St. Francis Medical Center and Long Beach Memorial Medical Center. He later became an active member of the medical staff of Downey Medical Center and Brea Community Hospital.

Dr. Peters has been Chief of Ophthalmology at St. Francis Medical Center on three separate occasions.

Dr. Peters is an expert in small incision cataract surgery. He uses the "no-stitch" technique, which is often called the "Routine Miracle". The surgery is done on an outpatient basis and no overnight stay is required. He has done research and has also published multiple articles in Ophthalmology.

Dr. Peters is an expert in small incision cataract surgery. He uses the "no-stitch" technique, which is often called the "Routine Miracle". The surgery is done on an outpatient basis and no overnight stay is required. He has done research and has also published multiple articles in Ophthalmology.

H. John Shammas, M.D.

H. John Shammas, M.D. is an American Board Certified ophthalmologist and a Clinical Professor at the University of Southern California (USC). He is also affiliated with St. Francis Medical Center and has served as chairman of its ophthalmology division.



Dr. Shammas is a specialist in laser and small incision cataract surgery that allows an amazingly fast post-operative recovery.

He is a regular lecturer at the American Academy of Ophthalmology, the American and European Societies of Cataract and Refractive Surgery, and at the International Society of Ophthalmic Ultrasound. He has delivered over 100 presentations in the field of eye surgery at hospitals and university centers across the country. He is the author of multiple audiotapes and videotapes on axial length measurement and intraocular lens calculation, using the Shammas formulas. Dr. Shammas has published approximately 100 original articles in the American and international literature and six medical books.

A few years ago, he published his special "how-to" book on Cataract Surgery published by Lippincott Co. With its 225 pages and 216 illustrations, the book describes the latest state-of-the-art cataract techniques. Recently, Dr. Shammas received great reviews on his sixth book on Intraocular Lens Power Calculation, published by Slack, Inc. in 2004. The 200 page book is dedicated to improving patient satisfaction after cataract surgery.

SHAMMAS EYE MEDICAL CENTER OFFICES

LYNWOOD: 3510 Martin Luther King, Jr. Blvd., Lynwood, CA 90262, (310) 638-9391

DOWNEY: 8409 Florence Ave., Ste. 100, Downey, CA 90240, (562) 862-4444

LA HABRA: 623 W. La Habra Blvd., La Habra, CA 90631, (562) 690-8887

LUGENE EYE INSTITUTE OFFICES

GLENDALE: 801 S. Chevy Chase Dr., Ste. 103, Glendale, CA 91205, (818) 265-2255

HOLLYWOOD: 1300 N. Vermont Ave., Ste. 610, Los Angeles, CA 90027, (323) 664-2200

An Eye Opener

Cataract Surgery at the Shammass Eye Medical Center

By *BILL LOUGHLIN*
The News Circle Magazine

It was 9 a.m. and I was driving my friend Joe to the Shammass Eye Medical Center in Lynwood. Joe was complaining of failing vision, apparently due to a cataract in his right eye, and he was scheduled to have surgery that morning by Dr. John Shammass, Clinical Professor at USC and Medical Director of the Center. It was easy getting to the Center from the I-105 Freeway. We exited north on Long Beach Boulevard and turned right to 3510 Martin Luther King, Jr. Boulevard in Lynwood.

I remembered my first trip to the clinic 10 years earlier, when I was sent by *The News Circle* magazine to report on the Center's new outpatient Surgery Center, the first of its kind in the area. I was very impressed by the Eye Center, with its 10,000 square feet, one of the largest and most efficient eye facilities in Southern California. The Surgery Center is dedicated to eye surgery and has been approved by the United States Department of Health and Human Services, the State of California, Medicare, Medi-Cal and most private insurance companies.

Once inside, we were greeted by two receptionists at the front desk. The clinic was busy. My friend Joe was taken to the Surgery Center to be prepared for his eye surgery. I didn't want to stay idle and I was granted permission to accompany my friend Joe into the Surgery Center, the special section of the center dedicated to eye surgeries. I sat with him in the waiting room. The atmosphere was relaxed and cheerful. The TV was on. A nurse kept applying eye drops to Joe's right eye to dilate the pupil. A man sitting next to me was looking forward to the surgery in his second eye, and kept raving about the good vision achieved after his first surgery. Another lady had already had her

surgery and was constantly checking the guard covering her eye. Joe was happy to have his surgery done at the Center. He hated hospitals and he had no apprehension. He knew all the nurses and they knew him. He had no forms to fill out and he did not have

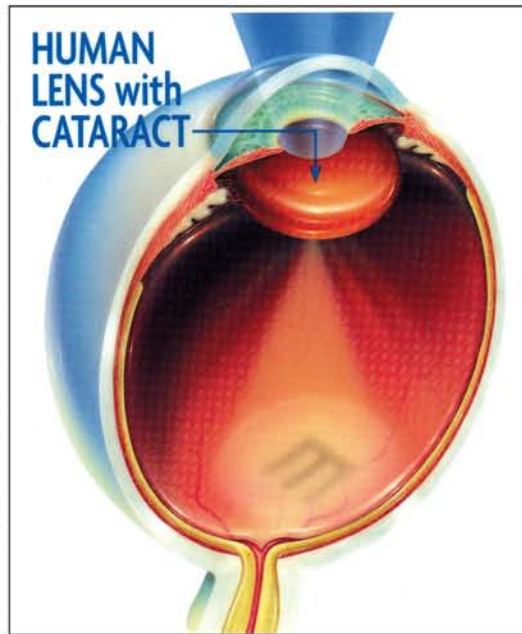
to worry about finances. They had accepted his Medicare and his secondary insurance as payment in full.

The doctor later explained about cataracts and the latest surgical techniques. "The human eye contains a lens," he explained, "much like the lens of a camera. Its function is to focus light rays onto the retina, the sensitive membrane in the back of the eye, which transmits the image to the brain. The lens must remain clear for the light to pass through and reach the retina. When the lens becomes cloudy it is called a cataract. In the early stages of

cataract development, the vision is blurry with occasional fluctuations. Dimming of vision increases with time," said Dr. Shammass.

"No person should suffer blindness because of a cataract. Due to advances in modern surgical techniques, intraocular lens design, and laser devices, cataract surgery has become a safe procedure with a swift return of vision in most cases. The rate of success exceeds 98% if the back of the eye is not damaged by diabetes, high blood pressure, macular degeneration, glaucoma or any other systemic disease," he said.

The nurse called me. Joe was ready to go home with a big smile on his face. He felt no pain or discomfort. I complimented Dr. Shammass on his "first-class" Surgery Center. It was obvious that he had spared no expense to keep it one of the most efficient and best equipped centers in the country.



FREQUENTLY ASKED QUESTIONS

Do I need approval from my insurance company?

Most insurance companies require prior authorization for cataract surgery. M/S Surgery Center and the Shammas Eye Medical Center are dedicated to make the process a smooth one for you. Our nurses will fill out all the necessary forms and will obtain authorization from your insurance company. When the authorization is received, we will call you to schedule the surgery at your convenience.

Do I need any special tests before the surgery?

Once the permission for your eye surgery is obtained, you will have a special teaching session on what to expect before, during, and after the surgery, and to make sure that all your questions are answered. Family members are welcome to attend.

An ultrasound exam is performed to measure the precise dimensions of the eye and to determine the actual power of the lens implant needed for surgery.

A check-up will be performed in our offices to determine the general condition of health.

Do I have to use antibiotic eye drops?

Recent studies have shown that antibiotic eye drops used before the surgery can decrease the incidence of a serious eye infection afterwards. You will use eye drops four times on the day before the surgery. You will resume using the same eye drops to the operated eye after the patch is removed the next day.

How about my regular medications?

Before the surgery, you should not eat or drink for at least 8 hours.

You will be instructed on your medications during your teaching session. Normally, on the day of surgery, you can take your heart and blood pressure medications with a sip of water. Insulin or other medications are delayed till after the surgery. We prefer that you stop Aspirin and anticoagulants for three days prior to surgery to avoid excessive bleeding.

In most cases, you can resume taking your medications as usual, once you go home.

Is the surgery painful?

The surgery is normally painless and most patients are operated under local anesthesia. The heart, blood pressure, pulse, oxygen saturation and respiration are monitored by the anesthesiologist who administers medications to ensure painless surgery. We usually recommend two Tylenol tablets for any minor discomfort after the surgery.

How long do I keep the eye patch?

Before leaving the Surgery Center, you will be given an appointment to see the eye doctor the following day, usually at the same office where you are normally seen.

The patch will be removed and the eye will be checked. However, the first week you still need to use the eye shield (without a patch) at night for protection.

Any restrictions after surgery?

The first week after surgery, you should avoid doing anything that creates a physical strain. In general, it is

no problem if activities are kept in moderation. You can bathe and shower normally but should avoid getting soapy water in the eye. Most regular activities can be resumed after one week.

Also, the operated eye is very sensitive to light. Ultraviolet filtering goggles will be provided to you as a gift from the Shammas Eye Medical Center. We advise you to use them outdoors, especially the first week.

When can I have the second eye done?

If the other eye has a cataract and needs surgery, the best time to discuss it with your surgeon will be one week after surgery, once it has been established that the first operated eye is healing well. A new authorization will be needed from your insurance company.

Will I need to wear glasses after surgery?

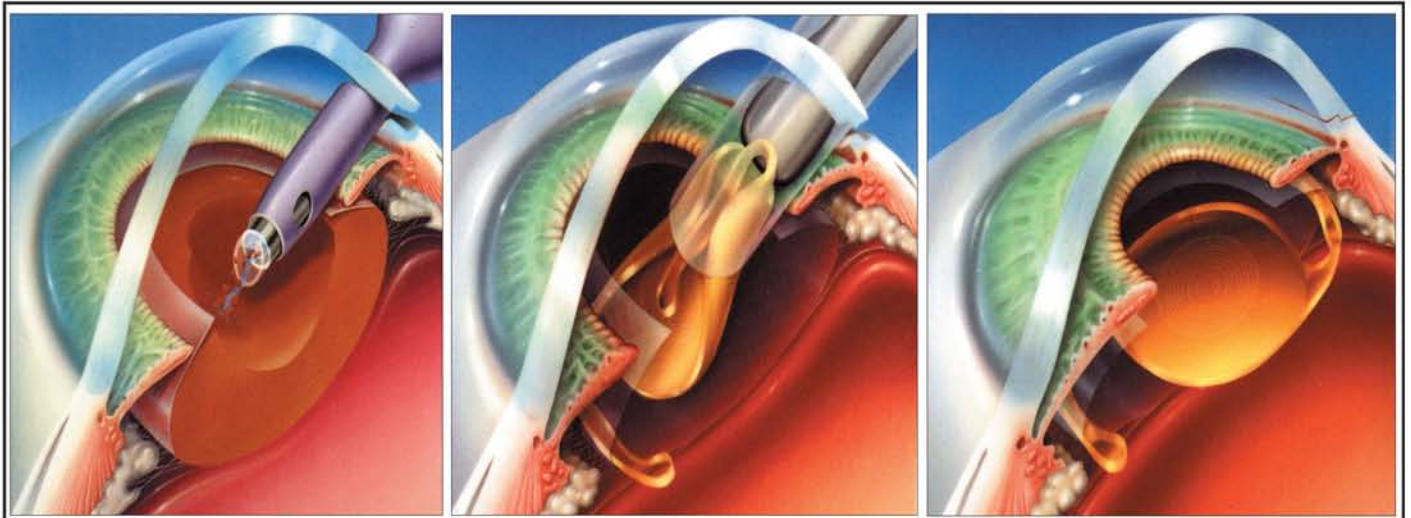
The need to wear glasses after cataract surgery is very much dictated by your choice of implant.

With a standard conventional implant, most patients will need bifocal glasses for distance and reading. However, you can decrease your dependence on glasses after cataract surgery by choosing one of the Premium implants described in this brochure.



Dr. Shammas explaining advanced cataract surgery

THE SURGERY



COURTESY ALCON, INC.

Through a very small incision, the cataract is emulsified into small pieces using high frequency ultrasound. It is then aspirated from the eye.

The natural way to restore vision after cataract removal is by implanting an intraocular lens. The implant is placed in the same position within the eye as the natural lens.

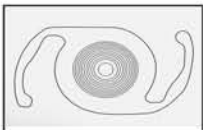
The intraocular lens is a small artificial lens made of acrylic material. The lens requires no care, remains in the eye permanently, and is not felt by the patient.

YOUR CHOICE OF INTRAOCULAR LENS

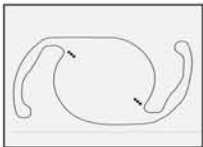
YOUR EYES ARE THE ONLY TWO EYES YOU WILL EVER HAVE
YOUR DECISION IS THE MOST IMPORTANT FOR YOUR VISION

Until recently, *standard* “conventional” intraocular lenses were the only implants available. Bifocal glasses are usually needed after surgery to allow clear vision for distance and for reading.

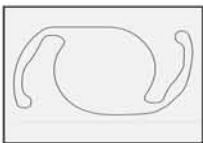
You can now benefit from advanced technology by choosing a “Premium” lens instead. “Premium” lenses are *custom made* and may decrease your dependence on glasses after surgery.



I prefer to see clearer for distance and for reading without glasses. I choose a “Premium Bifocal Intraocular Lens”. The additional charges are \$2,200.00 per eye (*).



I prefer to see clearer for distance without glasses and I don’t mind wearing glasses for reading. I choose a “Premium Toric Intraocular Lens” to correct my astigmatism. The additional charges are \$900.00 per eye (*).



I wouldn’t mind wearing bifocal glasses. I choose a standard “Conventional Intraocular Lens”. I only have to pay my deductible and co-pay, if any (*).

(*). Medicare and all insurance companies will cover the cataract surgery and the use of a conventional implant. When a “premium” implant is used, Medicare and all insurance companies will still cover the cataract surgery. However, the use of the “premium” implant and all related services are considered only partially covered. In addition to your deductible and co-payment, you will be personally responsible for the additional charges.

Have a clearer distance vision

Ask your surgeon if you are a candidate for the

PREMIUM TORIC INTRAOCULAR LENS

If you have astigmatism, and a clearer distance vision is important to you, you now have an option. You can decrease your astigmatism during cataract surgery. The unique design of the “Premium Toric Intraocular Lens” provides significantly improved distance vision and may reduce the need for corrective lenses. Imagine being able to enjoy quality distance vision without eyeglasses.

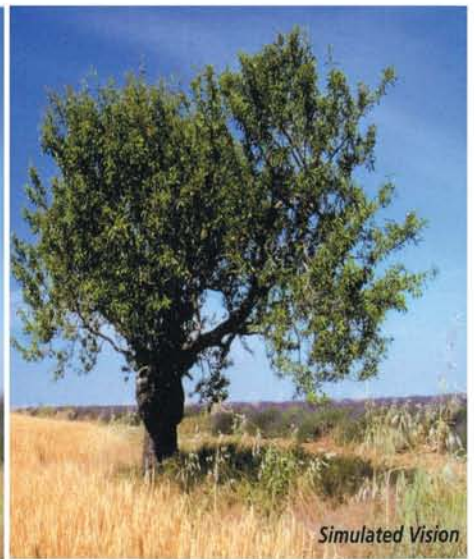
Astigmatism... is a common corneal irregularity where the surface of the cornea has an uneven curvature that causes vision to be distorted. This condition commonly requires glasses for distance and for reading to correct the visual distortion.



Vision with cataract and astigmatism is clouded and blurred.



Pre-existing astigmatism is not corrected after cataract surgery and the insertion of a standard intraocular lens. Glasses are needed to correct the distortion and clear the vision.



Vision is much clearer after cataract surgery and the insertion of a Premium Toric Intraocular Lens that corrects the pre-existing astigmatism.

During cataract surgery... the ophthalmologist surgically removes the cloudy lens of the eye and replaces it with an intraocular lens (implant) in order to restore your vision. Instead of replacing the lens with a conventional monofocal intraocular lens, a “PREMIUM TORIC INTRAOCULAR LENS” is used to correct any pre-existing astigmatism (distortion) within the eye.

Do not expect to be completely free of glasses... Recent studies have shown that 97% of patients who received this implant in both eyes were spectacle-free for distance vision. This implant does not correct for intermediate and near vision, and you will be expected to wear reading glasses.

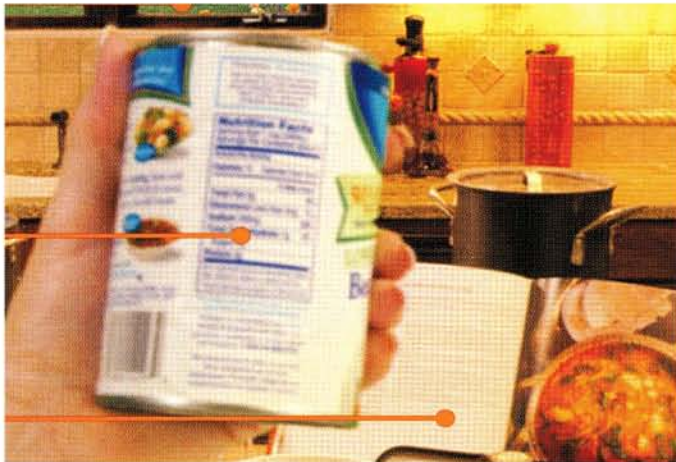
The cost of a Premium Toric Intraocular Lens is partially covered... Medicare and all other insurance companies cover the costs of the cataract surgery and of a conventional lens. The use of a “premium intraocular lens” and the associated services are considered partially covered. In addition to your deductible and co-payment amount, you will be responsible for the additional charges of the “premium toric intraocular lens” and all associated services performed before, during and after the cataract surgery. The charges for a Premium Toric Intraocular Lens are \$900.00 per eye, in addition to any deductible and co-payment amount.

An opportunity for visual freedom

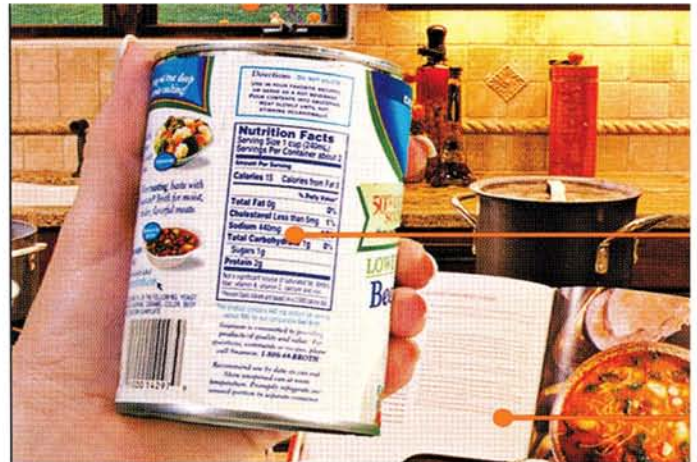
Ask your surgeon if you are a candidate for the

PREMIUM BIFOCAL INTRAOCULAR LENS

For most cataract patients, life without reading glasses or bifocals is something they either experienced before presbyopia or they just dreamed about for most of their lives. But today, the “Premium Bifocal Intraocular Lens” is turning those dreams into reality with its advanced lens technology, which is designed to allow patients to see clearer at all distances without bifocals or reading glasses.



Vision is usually very blurry for reading with a standard intraocular lens, necessitating the use of bifocal glasses



Vision is usually clearer for distance and for reading with a ReSTOR bifocal intraocular lens

During cataract surgery... the ophthalmologist surgically removes the cloudy lens of the eye and replaces it with an intraocular lens (implant) in order to restore your vision. Instead of replacing the lens with a conventional monofocal intraocular lens, a “PREMIUM BIFOCAL INTRAOCULAR LENS” is used. The goal of inserting the premium bifocal implant after cataract surgery is to provide clearer vision for distance and for near by restoring some or all of the near focusing ability of the eye. Recent studies have shown that patients who received this implant in both eyes were spectacle-free for 80 to 90% of the tasks.

The best results... are obtained when both eyes receive a “premium bifocal intraocular lens.” The two surgeries are usually performed within 2 to 3 weeks from each other. The chances of a good uncorrected vision for distance and near increase after the second eye heals completely.

Do not expect to be completely free of glasses... The new implants give you a better chance to see close-up

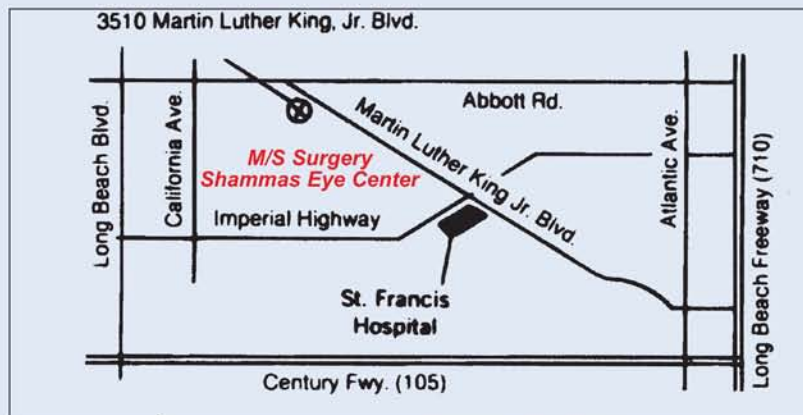
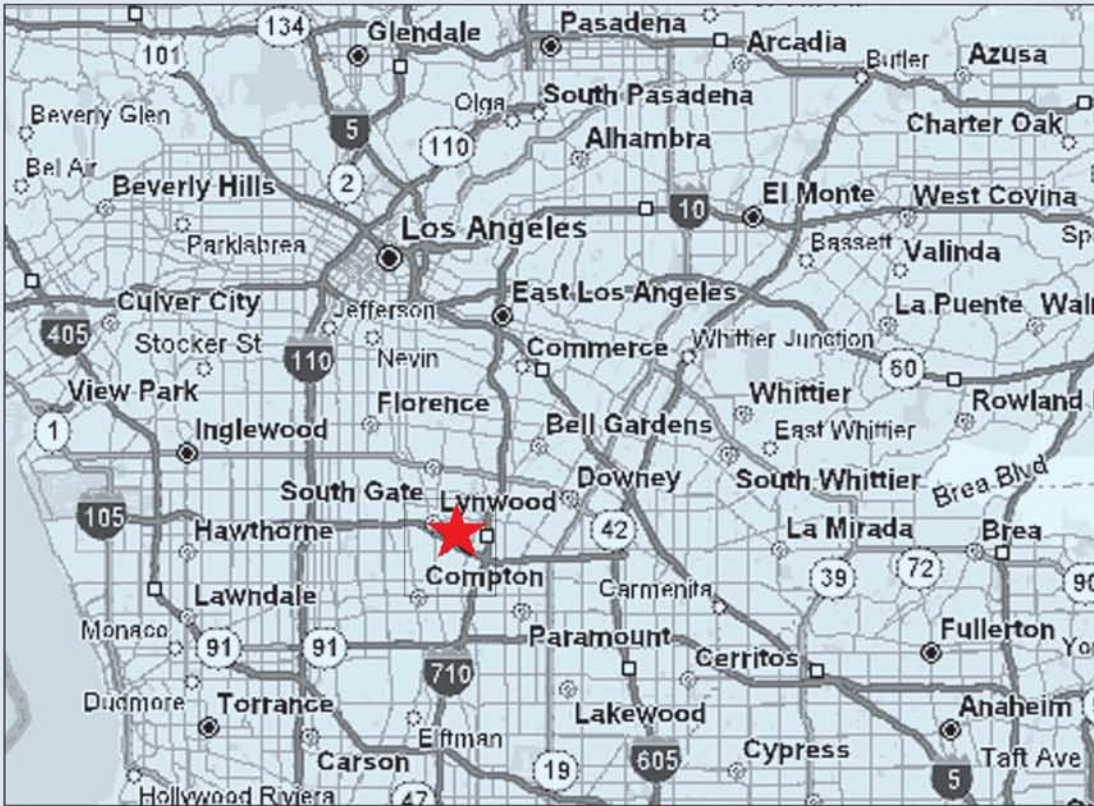
without glasses but you might still need glasses for certain tasks such as driving at night or reading small print. The intermediate vision, such as computer distance, is the most difficult to correct.

Not every patient is a candidate... A “premium bifocal intraocular lens” is not recommended if the eye is affected by other diseases such as diabetic retinopathy, macular degeneration or advanced glaucoma, and if the other eye has already received a “conventional intraocular lens”.

The cost of a Premium Bifocal Intraocular Lens is partially covered... Medicare and all other insurance companies cover the costs of the cataract surgery and of a conventional lens. In addition to your deductible and co-payment amount, you will be responsible for the additional charges of the “premium bifocal intraocular lens” and all associated services performed before, during and after the cataract surgery. The charges for a Premium Bifocal Intraocular Lens are \$2,200.00 per eye, in addition to any deductible and co-payment amount.

M / S SURGERY CENTER SHAMMAS EYE MEDICAL CENTER

3510 Martin Luther King, Jr., Blvd., Lynwood, CA 90262



FROM THE I-105

Take Long Beach Blvd. exit going North - go 0.7 mi.
Turn R on Martin Luther King, Jr. Blvd. - go 0.2 mi.
The Center is on the right side of the street.

FROM THE I-710

Take Imperial Hwy, going west for 1.4 mi.
Turn R on Martin Luther King, Jr. Blvd. - go 0.3 mi.
The Center is on the left side of the street.

For general information or directions, call: (310) 638-9391
To schedule cataract surgery, call: (310) 608-1742
www.shammaseye.com

Decrease Your Dependence on Glasses After Cataract Surgery



**M / S Surgery Center
SHAMMAS EYE MEDICAL CENTER**