

More to Vision Than Meets The Eye

Produced for the Patients of the Boxer Wachler Vision Institute

Cooling Down in the Fall Newsletter 2012

www.BoxerWachler.com

After record heat across the country, I trust you are enjoying the cooler weather now. This Summer was a scorcher, especially when I was competing in the US Masters National



Rowing Championships—more about that later in the newsletter. It was so hot, we had to let Cornealius out and roam about the city on his own. We were amazed at the photos he sent to us!

Lots more goodies in this quarter's newsletter.

Have an enjoyable Fall!

Brian

Dr. Brian



TOPICS

- Dr. Brian's New Keratoconus Book Published, Hits Amazon.com
- What did Black Eyed Peas's apl.de.ap do after Fergie Knocked Out his Contact Lens during a Concert? Answer Aired on Good Morning America
- Keratoconus Fundraisers Help Patients Across United States
- **My Story:** Unexpected Results at the U.S. Rowing Masters National Championships Give Our Daughters Valuable Lessons
- Ten Eye Healthy Foods You Should Have on Your Plate, but Probably Didn't Know About
- Dr. Brian Chosen as "Eye Guy" for TV News
- This Quarter's Patient Referral Winner is... Who Won a New iPad?
- Our Fans

Dr. Brian's New Keratoconus Book *How We Conquered Keratoconus* is Published, Hits Amazon.com

HOW WE CONQUERED KERATOCONUS was inspired by the thousands of people we have helped regain their lives from the devastating eye disease. **Many people were told by their doctors, "You just need to wait until your Keratoconus gets bad enough for a cornea transplant" or "the only option is hard contact lenses"**. More people need to hear the stories and be empowered to break through the glass ceiling of their doctors incorrect advice. In this new book, patients tell their own stories, in their own words, about how they overcame their disease and reclaimed their lives. *How We Conquered Keratoconus* is now available on Amazon.com or through our office at **310-860-1900**.

What did Black Eyed Peas's Apl.de.ap do after Fergie Knocked Out his Contact Lens during a Concert? Answer Aired on Good Morning America.

APL.DE.AP OF THE GRAMMY WINNING MEGA GROUP BLACK EYED PEAS was suffering from high nearsightedness. It was so high that his contact lenses couldn't fully correct his vision. His lenses have on occasion fallen out during concerts, and Fergie even accidentally knocked one contact lens out during a performance! Add to that a condition called nystagmus that he has had since his birth in the Phillipines which causes the eyes to rapidly "jiggle" back and forth. Apl had seen many eye doctors over the years, but none could offer any help. When he came to me, I suggested a means to solve a couple of problems with a single procedure called the Visian ICL. **The Visian ICL is a tiny lens implant that is inserted behind the iris of the eye in a 10 minute, typically painless, procedure with usual vision recovery within 24 hours.** Apl's procedure caught the attention of the #1 network morning show, *Good Morning America*, who captured the procedure and aired it to millions of viewers. Apl is now seeing better than ever and best of all he doesn't have to worry about losing a contact lens on stage in front of thousands of fans. **To watch the incredibly insightful segment, please go to www.ICLInfo.com.**



Apl doesn't have to worry about Fergie knocking out his contact lens on stage anymore.

Keratoconus Fundraisers Help Patients Across United States



Brandy's fundraiser enabled her to have her Keratoconus treated by Dr. Brian.

MORE COMMON THAN EVER, local communities are coming together to help their own members conquer Keratoconus. **In the last month, we've treated two people who were able to afford Keratoconus treatments solely because of community fundraising.** Brandy Hunt is a 26 year old with Down syndrome who we treated with Holcomb C3-R. I was so proud to receive a t-shirt and wrist bands from the fundraiser! I hang all shirts I receive from patients in my office as a constant reminder of the power of community support. We also received shirts and wrist bands for all our staff and for my daughters—Micaela is still wearing her "Brandy's Fight 4 Sight" wristband! **The website www.GiveForward.com is a great resource to start a fundraiser in your own community for Keratoconus treatments.**

Unexpected Results at the U.S. Rowing Masters National Championships Give Our Daughters Valuable Lessons

IT SEEMS LIKE in every Summer's rowing competition something unexpected occurs. Last Summer while competing in Masters Henley on the River Thames in England, a massive wind gust blew my boat into a wood post, disabling it, while I was rowing to the starting line. Not fun. I bounced back a month later to win the Bronze medal at the US Rowing Masters National Championships. This August the US Rowing Masters National Championships were held in a lake outside of

MY STORY

Boston. All the 'heavy hitters' in my category were there again...and I was ready to take them on! The weather was of "biblical" proportions—big winds and rain, high humidity, scorching heat...even cats and dogs living together! The qualifying heat, semi-final, and final are always on the same day—making it exhausting in the best of weather conditions. I made it through to the final. Then I received the disappointing news from the officials: "hurricane and tornado warning...final races will be cancelled...no rescheduled races" After 9 months of diligent training with the goal of winning this competition, the news was disappointing. However I tried to shift mental gears and realized that often the journey is more important than the end results. I took satisfaction in knowing that I followed my training program, including many social sacrifices (I needed to go to bed very early on the nights before I would wake up at 4:45 am to get on the water by 6 am for rowing training). I explained these lessons to my daughters Jordanna and Micaela who were there with me throughout the competition and had seen me training for the last 9 months. I am hopeful that they will remember how these lessons apply to life.



The new 'Go Daddy' girls!

Ten Eye Healthy Foods You Should Have on Your Plate, but Probably Didn't Know About

1. **Eggs** are a great source of vitamins A, B-12, and D along with zinc and lutein.
2. **Nuts** (one of my favorite snacks) are packed with vitamin E and omega-3 fatty acids
3. **Oranges** are literally dripping with vitamin C.
4. **Butternut squash** (another favorite of mine) will not disappoint when you are looking for vitamin A.
5. **Lean red meat** has zinc, which helps reduce the risk of macular degeneration
6. **Flaxseed oil** is pure omega-3 and helps treat dry eyes.
7. **Green peas** have essential vitamins A, C, and E.
8. **Avocados** contain lutein and vitamins A, C, B6, and E.
9. **Kale, yes Kale** is oozing with lutein and zeaxanthin.
10. **Red peppers** have tons of beta-carotene.
11. **Bonus #11—Tomatoes** full of lycopene and vitamin C.

Dr. Brian Chosen as “Eye Guy” for TV News

CBS NEWS IN LOS ANGELES wanted to give important Summer tips to their viewers and asked me to come to their studio to help out. **Even though it's not Summer now, these tips still apply:**

- Eat eye-healthy foods (which are covered in above article).
- Don't rub your eyes, especially children which increases the risk of Keratoconus.
- Wear sunglasses and a hat outdoors to protect against sun damage that can lead to red, yellow, or brown “spotted” eyes.
- Use lubricating eye drops and take flaxoil capsules for dry eyes.
- **BONUS**—For dry eyes caused by blepharitis, ask your doctor about testosterone cream applied to skin of eyelids.

Who Won a New iPad?

This Quarter's Patient Referral Winner is...

It's quite hard to believe it's been almost 15 years since I completed my fellowship specialty training in Cornea and Refractive Surgery. **We would not be where we are today without the strong support of our patients telling their friends and family about us.** As a ‘thank you’, we draw from the pools of patients who've referred at least one person to us to receive a brand new iPad! This quarter's winner is Mehmet Atlıhan. Thank you so very much!!



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- **Optimal Eye Plus**
(with extra lutein)
- **Optimal Macula**
(macular degeneration)
- **Optimal Flax**
(cold-pressed and organic)
- **Optimal Fish Oil**
(mercury-free fish oil)
- **Chewable Optimal Fish Oil**
(berry flavored for kids and adults)
- **Optimal Multivitamin
Basic and Packs**
- **Cardiovascular Support**
- **Osteoporosis Support**
- **Antioxidant Support**
- **Triplichol**
(all natural, cholesterol lowering supplement, more effective than Lipitor-type drugs WITHOUT safety issues of those drugs too)

These supplements contain concentrated high quality ingredients that are not available in stores.

For more information and pricing, please call
310-860-1900.

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health tips

not found in
any single
place!



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“Our Fans”



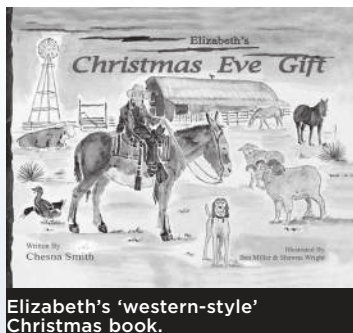
Apl is all smiles after not needing contact lenses any more.

“The whole staff was amazing and very accommodating. I chose Dr. Brian because he made me feel very comfortable, he gave me options, and basically he gave me hope. I’ve seen a lot of doctors out there, and they didn’t even know that these options were out there. I wanted to get a LASIK but I wasn’t qualified for it. So, anybody who isn’t qualified for a LASIK procedure should know there are other procedures like what I just did. It’s great and was painless. **You changed my life!**”

—apl.de.ap, Black Eyed Peas
Visian ICL Patient

“My life has improved so much after my Keratoconus procedures! I no longer have to suffer with the pain of wearing piggyback contacts. I can see with soft lenses and have the luxury of seeing with a back-up pair of glasses! I have written a western Christmas story, *Elizabeth’s Christmas Eve Gift*. I have sent you two copies—one for each of your daughters. Thanks again!!”

—Chesna Smith,
Perky Cowgirl Press, New Mexico, www.PerkyCowgirl.com
Holcomb C3-R; Intacs® and CK Patient



Elizabeth’s ‘western-style’ Christmas book.

“My vision is 100% improved since I had the Holcomb C3-R, Intacs, and CK. Last week I was fitted for a contact lens and am seeing better than ever. Most of all since the procedures my comfort level is so wonderful. Now I often take my sight for granted—which I never want to do again! THANK YOU for everything.”

P.S. Thank you for Iris! She sits atop our entertainment center in our living room!

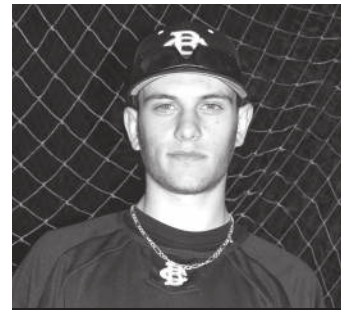
—Lisa Beidler, Grand Rapids, MI
Holcomb C3-R; Intacs® and CK Patient

“I will recommend Dr. Brian to anybody who complains about issues with their vision. My LASIK procedure went as smoothly as could be.”

—Cody Skene, Wide Receiver, USC Football team,
Los Angeles
Fortified LASIK Patient

“I just wanted to write you to thank you again. We are so happy that you were able to give our son Garrett his vision back and stop the progression of the Keratoconus. His vision is so much better we have keep pointing out the differences to him because he was compensating so much. After we left your office on Friday we went for breakfast. While sitting in the center of the restaurant a delivery truck was parked across the street. Garrett was able to read the company ID number on the cab door of the truck! Amazing! We feel so blessed that you were able to help our son. Thanks again to you and your wonderful staff.”

—Joanne Ivanicki, mother of Garrett,
Interlaken, New Jersey
Holcomb C3-R® and CK Patient



Garrett Ivanicki back in action after his Keratoconus was treated.



Aaron Carvalho travelled with his family from Canada for Keratoconus treatments



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