

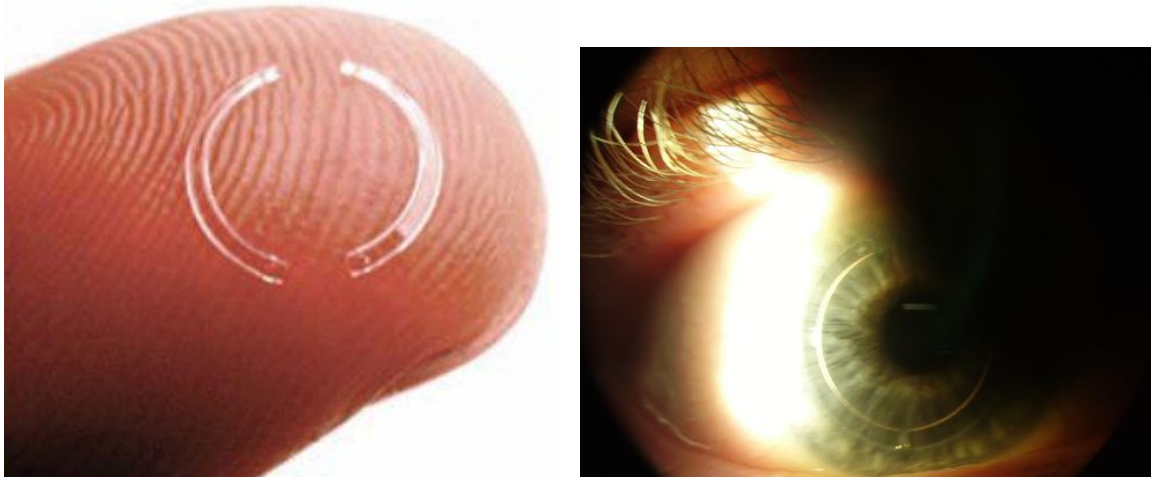
An Alternative, Reversible Method to LASIK

**By Dr. Sophie K. Dao
991 Montague Expwy, Suite 111
Milpitas CA 95035
(408) 262-1221
www.sophiedao.com**

For those of you who are near-sighted but do not have the courage to go “under the laser,” the good news is that there is an alternative method which doesn’t require surgery. This method is also reversible so if your prescription changes, it could be altered to reflect that prescription change. The method involves corneal implant rings called Intacs.

Intacs are the result of nearly a decade of clinical research and have been available in Europe for several years. It is safe and FDA approved. Intacs provide crisp, clear, maintenance-free vision and is ideal for those with moderate myopia. They are almost invisible in the eye and cannot be felt.

Imagine that your cornea is shaped like a tent but with a curved top. If you push down from the top onto the peripheral parts of this tent, you will make the top of the tent less curved, meaning less near-sighted. That’s how Intacs corneal rings work. Now visualize a donut being cut into 2 equal “C” shape halves. One “(” is placed in the corneal periphery 11 o’clock to 7 o’clock, the other “)” placed from 1 o’clock to 5 o’clock.



The intact corneal rings are placed under the epithelial layers of the cornea, beneath the nerve layer; therefore, they use are not felt at all by the patient. Even more important, they do not interfere with the central part of the cornea where our line if vision is.

Intac rings are micro-thin and made of the same bio-compatible plastic material as contact lenses and intra-ocular lenses used in cataract surgery. The procedure itself takes about 15 minutes under light anesthesia and the patient goes home the same day. (The

entire procedure including pre-surgical preparation takes less than one hour). One or both eyes may be done on the same day, and the patient resumes normal activities the next day.

Over 97% of patients who receive Intacs will achieve 20/40 vision which is the requirement of driver's license vision without the need for glasses or contact lenses. More than 50% have achieved better than 20/20 vision.

Intacs can be replaced with a different size if an adjustment is needed in the future. They also can be removed entirely if necessary; therefore the procedure is completely reversible.

Unlike LASIK surgery, no tissues have been removed from your cornea.

You are a candidate for Intacs if your near-sightedness is between -1.00 DS and -3.00 DS with no more than 1.00 D of astigmatism. Your eyes have to be free from disease or injuries, your vision must have been stable for at least one year, and you are at least 21 years of age.

Who is not a candidate for Intacs?

You should not have Intacs if:

- 1) You have auto immune or immunodeficiency disease such as lupus, rheumatoid arthritis, or AIDS.
- 2) You are pregnant or nursing.
- 3) You have conditions of the eye that may increase the possibility of problems in the future.
- 4) You are taking medications that may affect corneal healing.
- 5) It is also important to inform your doctor if you have had Herpes infection in your eye or if you have insulin-dependent diabetes or other medical conditions that might affect wound healing.

In summary, Intacs is much safer than other refraction procedure because the central optical zone of the cornea is untouched. This central optical zone is crucial for clear vision. If damaged, distorted or injured so that it becomes opaque, clear vision is not attainable.

In LASIK, the tissue of the central corneal zone is lasered off (removed) so that the central cornea becomes less curved.

In Intacs, the peripheral areas of the cornea are flattened down, helping to pull along the central cornea as well, so that the net effect is having a less curved central cornea without removing any tissues. It is not advisable to wear contact lenses over Intac rings.

To find out more, ask your eye doctor if you are a candidate for Intacs or you can call Dr. Sophie Dao's office at (408) 262-1221.