

A Message from Dr. Cavanaugh

I welcome you as a patient at Cavanaugh Eye Center and hope you enjoy reading our practice newsletter. I have been involved in Ophthalmology since medical school in the mid 1980s and have seen some tremendous advances in technology over those 30 years. In the office, everything is now computerized from our advanced diagnostic scanners to electronic medical records. In surgery, we are now restoring vision for corneal patients with DSAEK corneal transplants - a small incision sutureless procedure that allows rapid recovery. Cataract surgery has advanced to a bladeless Laser Assisted non-invasive procedure guided by live computerized OCT imaging of ocular structures. We now have sophisticated lens implants that allow for both distance and near vision often without glasses. LASIK has evolved to encompass real time radar eye tracking for perfect alignment and laser pulse placement. I am blessed to be in such a great specialty and to help so many people enhance their vision. At Cavanaugh Eye Center, we strive to stay on the cutting edge of eye care and I am excited to share all these exciting advances with you and your family as patients.



Cavanaugh Eye Center Introduces *Bladeless* Cataract Surgery

Cavanaugh Eye Center embraces change and innovation in our commitment to providing patients the finest in eye care. We are proud to announce that Cavanaugh Eye Center **offers bladeless cataract surgery** utilizing Alcon's LenSx® Laser. The LenSx® laser suite provides automation of the most challenging steps during cataract surgery and enables the surgeon to create **precise** incisions using an image guided laser. The high-definition imaging technology allows Dr. Cavanaugh to see a detailed image of your eye, real-time, during surgery. This has brought a new level of accuracy to laser refractive cataract surgery providing unparalleled, **predictable** results.

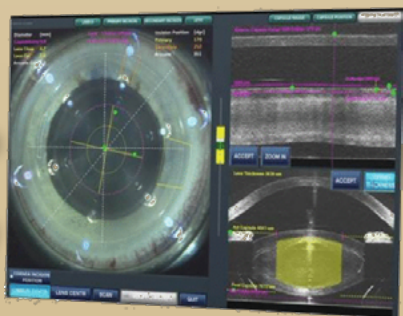


LenSx® Laser Suite -
One of a Kind

VERION™
IMAGE GUIDED SYSTEM



High-Definition
Live Imaging
during Surgery



In addition to LenSx® laser-assisted cataract surgery, your procedure will be tailored to your unique eyes with the VERION™ Image Guided System. This **one-of-a-kind, personalized** technology links measurements in the office to the operating room. It gives Dr. Cavanaugh a custom blueprint scan of your eyes when planning for your procedure and digital markers during your surgery to ensure optimized placement of your cataract incisions and your lens implant.

You can rest assured that Dr. Cavanaugh is using the most advanced cataract surgery technology available today. This revolutionary technology provides Cavanaugh Eye Center patients the option to receive **personalized cataract surgery with precise and predictable** results.

The Best for You

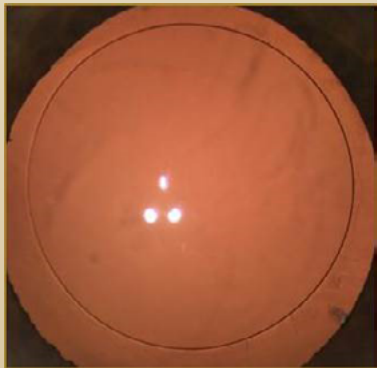
Dr. Timothy Cavanaugh will be performing bladeless cataract surgery at our Deer Creek Surgery Center location. **This is the only full laser suite of its kind in the KC metro area and the entire state of Kansas.** LenSx® was the first femto-second laser to be FDA approved in the United States and the only complete system with this unique technology. You can feel confident in your laser assisted refractive cataract procedure as Dr. Cavanaugh is a fellowship-trained surgeon with over 20 years of experience. He is fully certified operating the LenSx® system.

More on bladeless cataract surgery, next page.

More Information on *Bladeless* Cataract Surgery...

There are several different types of incisions made during cataract surgery. Incisions are made to allow Dr. Cavanaugh access to your cataract and to optimize your visual outcome by treating astigmatism. In manual cataract surgery, all incisions are made by hand, utilizing a blade. With LenSx bladeless, laser assisted cataract surgery, these delicate incisions are made by an automated laser guided by live OCT imaging to provide unmatched precision.

Capsulorhexis is the medical term used to describe the removal of the outer layer of the lens, a necessary step in cataract surgery. **This is the single most important step in your visual outcome.** In standard cataract surgery, this step is performed by the surgeon manually creating a surgical opening with a handheld instrument. The LenSx® technology offers Dr. Cavanaugh laser precision to create this opening and allows the lens implant replacing the cataract to have the best possible effective lens position (ELP). The ELP is what largely determines the accuracy of your prescription postoperatively. Perfect diameter and centration of this opening yields the most predictable post-operative visual results.

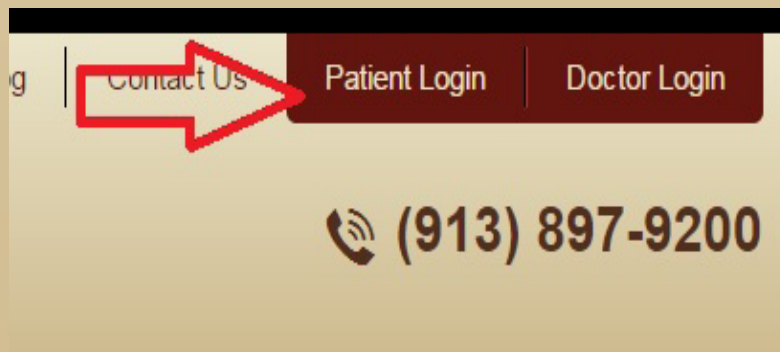


Perfect Capsulorhexis
Performed by LenSx Laser

Cataract surgery requires an ultrasound vacuum (phacoemulsification) to segment and remove your cataract. The goal of your surgeon is to reduce the amount of time and energy needed to remove your cataract to maximize the safety of your procedure. The LenSx laser provides efficient laser segmentation and creates dissected fragments of your cataract that are easily removed. The laser fragmentation pattern can be customized to your eye depending on the severity and type of cataract that you have. **This results in a significant decrease in time and energy needed to remove your cataract leading to less swelling, inflammation and faster vision recovery versus the manual, bladed method.**

Have a Question Regarding Your Care? Try Sending Us a Secure Message

Communicate with us online! Use our patient portal to pre-register for upcoming visits, update personal information, review your medical information, request appointments, securely message your doctor, and request prescription refills. Create an account through our website at www.cavanaugheye.com. Click on the "Patient Login" button in the top right corner and create a user-name and password.



Cavanaugh Eye Center Patient Testimonials:

"Amazing. Staff informed me of everything before it happened. Dr. Cavanaugh and his team are great! From the front desk, to behind the scenes, and everyone in-between! Everyone knew their job and did it perfect!" - KH

"Absolutely Amazing! No glasses, no contacts, no problems! Thank you to Dr. Cavanaugh and all the staff. You all ROCK!" -LK

"Just a thank you to all the staff and Dr. Jaynes and Dr. Cavanaugh for the great care you provide me every time that I need your support. It's been quite a few times. Peace and blessings in the New Year!" -JB

"I just wanted to say thank you for doing my eye surgery and taking care of my husband, too. Each of you calmed my nerves, answered all of our questions, and made us feel like we were your only patients! You went above and beyond what was necessary to make sure we were comfortable. A BIG THANK YOU!" - KS



"Eye On" Series: Dry Eye Syndrome

Any of these symptoms sound familiar?

- *Fluctuation in vision*
- *Redness*
- *Burning*
- *Itching*
- *Feeling of sand or grit in the eye*
- *Watery eyes*



Dry eye is a common condition in which there are insufficient tears to lubricate and nourish the eye. Tears are necessary for maintaining the health of the front surface of the eye and for providing clear vision. People with dry eyes either do not produce enough tears or have a poor quality of tears. Dry eye is a common and often chronic problem, particularly in older adults.

Dry eyes can occur for two reasons:

1. **Inadequate amount of tears.** Tears are produced by several glands in and around the eyelids. Tear production tends to diminish with age, with various medical conditions, or as a side effect of certain medicines. Environmental conditions such as wind and dry climates can also affect tear volume by increasing tear evaporation. When the normal amount of tear production decreases or tears evaporate too quickly from the eyes, symptoms of dry eye can develop.
2. **Poor quality of tears.** Most patients do not realize their tears need to be the correct "recipe" to provide optimal vision and comfort. Tears are made up of three layers: oil, water, and mucus. Each component serves a function in protecting and nourishing the front surface of the eye. For example, a smooth oil layer helps to prevent evaporation of the water layer. Early evaporation can cause all or some of the symptoms listed above.

Dry eyes can have many causes. They include:

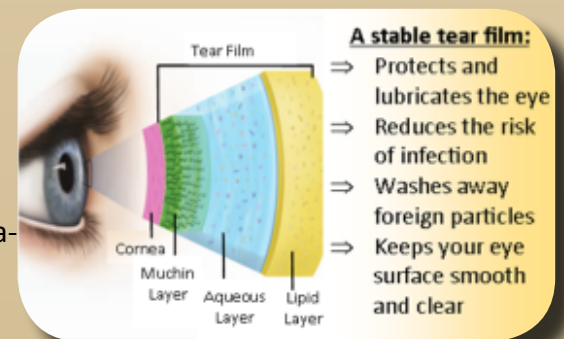
Age. The majority of people over age 65 experience some symptoms of dry eyes.

Gender. Women are more likely to develop dry eyes due to hormonal changes caused by pregnancy, oral contraceptives, or menopause.

Medications. Antihistamines, decongestants, blood pressure medications and antidepressants cause dryness in the eyes.

Medical conditions. Rheumatoid arthritis, diabetes and thyroid problems are more likely to cause dry eyes.

Environmental conditions. Exposure to smoke, wind, dry climates can increase tear evaporation resulting in dry eye symptoms. Failure to blink regularly, such as when staring at a computer screen for long periods of time, can do the same.



If you feel you are suffering from Dry Eye Syndrome and would like to schedule a consultation with Dr. Cavanaugh or Dr. Jaynes, please call 913-897-9200

Tear Lab: A New Way to Diagnose Dry Eye Syndrome



As research and technology to manage Dry Eye Syndrome evolves, so does Cavanaugh Eye Center. We pride ourselves on having access to the most up-to-date dry eye evaluation and treatment techniques. One useful test used to assist in diagnosis and treatment of Dry Eye Syndrome is the TearLab system. TearLab is a diagnostic lab test performed at your office visit. It is painless and quick to perform. TearLab assesses the osmolarity or “saltiness” of your tears. It helps our doctors differentiate between the different types of dry eye syndrome and allows them to tailor your treatment accordingly so that you can achieve the correct “recipe” of tears for optimal vision and comfort. The TearLab test is covered by many insurance plans.

Staff Anniversaries

We are so appreciative of our wonderful staff here at Cavanaugh Eye Center. Not only is each individual highly skilled in their department, but we all work as a cohesive team to provide superb and compassionate care. This is our work “family” and we want our patients to feel this way as well. Several of our employees have served patients for many years at Cavanaugh Eye Center.

A **big congratulations** to **Tiffany, Vicki, and Crystal** who have been serving Cavanaugh Eye Center patients **for over 10 years**. Additionally, over half of our employees have been at Cavanaugh Eye Center for 7 years or longer. You can be confident you are receiving experienced service and patient care at Cavanaugh Eye Center.

Cavanaugh Eye Center Staff enjoying some time away from the office at our annual Holiday Party. Every year the Cavaughns make a special effort to make us feel appreciated. It is a great time for all!

Cataracts **AND** Astigmatism? No problem!

Cavanaugh Eye Center is always evaluating new technology to improve patients’ lives. The Trulign Toric (astigmatism correcting Crystalens) accommodating IOL is no exception. Dr. Cavanaugh was one of the first surgeons in the nation to have access to this innovative technology. It is an ideal choice for patients who have cataracts, astigmatism, and desire **superior freedom from glasses or contact lenses**. Previously, patients with moderate to high levels of astigmatism were unable to enjoy the benefits related to presbyopic correcting IOL technology. The Trulign Toric has shattered these barriers with great success. Unlike a standard monofocal IOL which provides patients with vision at one distance only, both the Trulign Toric and the Crystalens HD flex inside the eye. This provides patients with a wider range of vision (depth of focus) and greater freedom from computer or reading glasses.

Experience counts when choosing a cataract surgeon for your presbyopia correcting IOL. Dr. Cavanaugh is one of the most experienced surgeons in the nation utilizing this technology.

The Trulign Toric and Crystalens lens implants flex inside the eye providing improved clarity at distance, computer, and near.

They are great options for patients having cataract surgery or those interested in optimizing freedom from glasses or contact lenses.

