

Modern Symphony®

Multifocal lens improves vision near, far and in between

Philadelphia native Frank Armstrong has worn contact lenses since he was 12 years old. Over the years, his eyesight progressively deteriorated, and his lens prescription became stronger and stronger. After his retirement two years ago, Frank noticed his vision was no longer sharp, even with his contacts.



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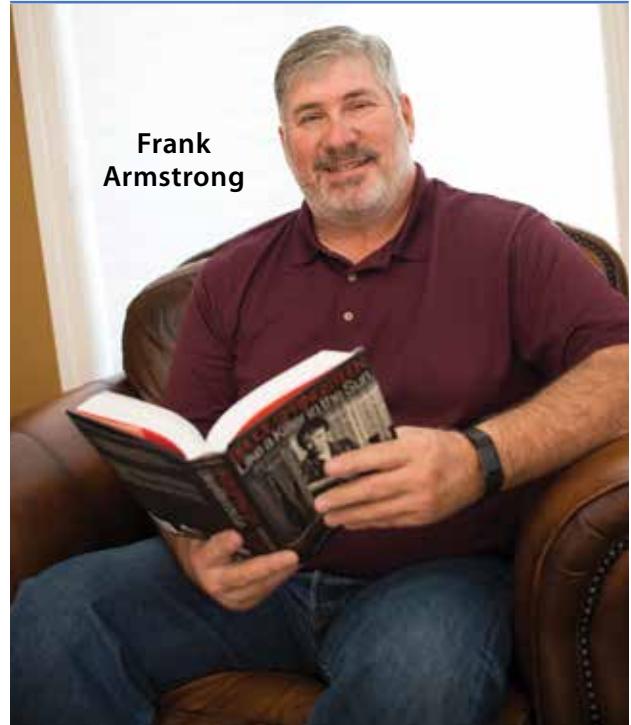
"It started getting bad, especially at night, when my vision was unclear," he describes. "Seeing was a challenge, and I became less confident in my ability to see well enough to drive at night."

"I saw halos, and the brightness of the headlights from the cars coming toward me would wash everything out. I couldn't see anything and almost had to guess where I was on the road."

"I also like to read, and I was having to rely a lot on reading glasses, which I find terribly inconvenient. I would be constantly putting them on and taking them off."

When Frank went to his eye doctor, the doctor suspected Frank had cataracts and referred him to James N. McManus, MD, of The Eye Institute for Medicine & Surgery in Melbourne. Dr. McManus confirmed the cataract diagnosis and scheduled Frank for surgery. Before the procedure, they discussed replacement lenses for Frank's cloudy natural lenses.

"I did my research and noted that with some of the lenses, I would have to lean on reading glasses a lot,"



Frank Armstrong



James N. McManus, MD, is board certified by the American Board of Ophthalmology. He graduated cum laude from Dartmouth College in 1979 with a Bachelor of Science degree and earned his medical doctorate from the University of Massachusetts in 1983. He completed his residency at the University of Pittsburgh Medical School and his internship at the University of Massachusetts Medical Center in Worcester. Dr. McManus is a member of the American Medical Association, the American Academy of Ophthalmology, the Brevard County Medical Society, the Florida Medical Association and the Florida Society of Ophthalmology.

states Frank. "When Dr. McManus said there was a new type of lens that would enable me to read without glasses, I opted for that. That was the main driving force for me to select the Tecnis Symfony lens."

The Symfony lens is among the latest generation of multifocal lenses, which are lenses that allow patients to see at more than one distance. Older generation multifocal lenses enabled patients to see in the distance and up close, but they proved to be less effective in providing clear vision in the intermediate range, which is so important for today's active people.

"The intermediate distance is essentially the working range," notes Dr. McManus. "This is the distance for people to look at their cell phones, the speedometer and dashboard in their cars, and their computers. This distance is usually not well treated with conventional multifocal lenses."

"The Symfony allows patients to have what's called *blended vision* or *extended depth of focus*. It enables patients to see distant and intermediate ranges. The Symfony decreases the patient's dependency on corrective lenses, so it was a good option for Frank."

Seeking Expertise

Snowbird Barbara Arnold spends most of the year in Melbourne, but returns to her native Maine for the summer months. The last time she was there, she saw her eye doctor for a routine examination. This time, though, she had some new symptoms to report.

"I've had poor eyesight my whole life," Barbara relates. "I was one of those kids who wore big, thick glasses. Then, when I was a teenager, I got contact lenses. But I always struggled to have good vision."

"Last summer, I noticed my vision was blurry, and I wasn't able to see like I used to. I was having trouble driving at night because of the blurriness and glare. I made an appointment for a new prescription, but my eye doctor told me I had cataracts."

The doctor in Maine offered to do the surgery, but Barbara wanted a surgeon who specializes in cataract surgery to do her procedure. A friend was a patient of Jason K. Darlington, MD, at The Eye Institute for Medicine & Surgery and highly recommended him. When she returned to Florida, Barbara made an appointment with Dr. Darlington.

"Dr. Darlington explained my situation and then talked to me about the different types of replacement lenses available," says Barbara. "He wanted to make sure I was well-informed as to the choices available. But he left the decision up to me. I really gave it some thought, and I picked the Symfony lens."

Barbara had a secondary issue affecting her vision. In addition to cataracts, she also had a great deal of astigmatism, a defect in the curvature of the cornea. This caused her to be completely dependent on glasses for every aspect of her visual needs. In the past, multifocal lens implants could not correct astigmatism.

"Barbara had a great deal of astigmatism in both eyes," confirms Dr. Darlington. "Just a few years ago,



Jason K. Darlington, MD, graduated with highest honors from the University of California Davis. He attended UC Davis Medical School, followed by an internship at Scripps Mercy Hospital in San Diego. He completed his residency in ophthalmology at UC Davis. His fellowship in cornea diseases, transplants, cataract surgery and other advanced anterior segment surgery, glaucoma management and surgery, and LASIK and refractive surgery was completed at the prestigious Philips Eye Institute in Minneapolis under the direction of Thomas Samuelson, MD, and Richard Lindstrom, MD. Dr. Darlington is certified by the American Board of Ophthalmology.



Barbara Arnold

her lens implant options would have been quite limited. She would likely still need glasses for both distance and near vision. Today, the options have improved with the newer-technology lenses.

"One benefit of the Symfony lens is that it not only provides extended range of vision, it also treats astigmatism. With this lens, we do not have to make extra incisions in the eye to reshape the cornea and correct the astigmatism."

Life Without Glasses

The procedures to remove Frank's and Barbara's cataract-laden natural lenses and replace them with Symfony lens implants made a big difference in both their lives.

"After my procedures, my eyes were 20/20 in one eye and 20/15 in the other – basically perfect vision," marvels Frank. "It was quite a revelation, after wearing

contacts for most of my life, to see very clearly when I woke up in the morning and not need to think about contacts.

"The Symfony lenses have made a big difference. I don't wear reading glasses anymore. I don't even carry reading glasses. I can read everything I need to read and want to read without them."

Barbara also experienced successful results after her cataract procedures. She says she's still in shock because the improvement in

her vision was apparent so quickly after surgery.

"The next day, I had 20/20 vision," she enthuses. "It's amazing. I've never seen this well before. Now, I don't need glasses or contacts for anything. I can read. I can see long distance and up close. The blurriness is totally gone. I have great vision now."

"Dr. Darlington and the staff at The Eye Institute for Medicine and Surgery are very friendly. Getting cataract surgery with the Symfony lenses is one of the best things to ever happen to me."

FHCN article by Patti DiPanfilo. Photo by Nerissa Johnson. mkb

Comprehensive eye evaluations

When it comes to your eyesight, only the best will do. Please call to schedule a comprehensive eye examination with one of the specialists at The Eye Institute for Medicine & Surgery. There are four offices to serve you.

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