
Innovations in the Treatment of Cataracts

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Capital Eye Consultants, P.C.

Cataract and Refractive Surgery



John C. Baldinger, M.D.

Glaucoma and Pre-Operative Care



James E. Powers, O.D.



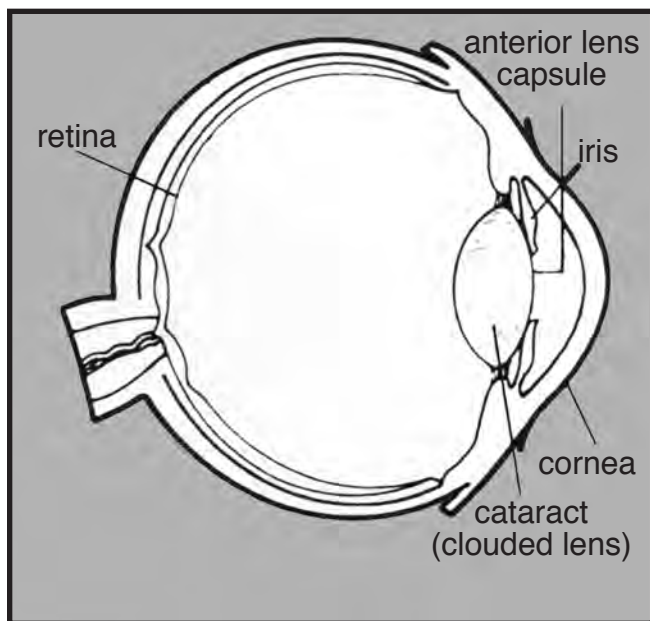
James W. Mattern, O.D.

Newer Techniques and More Intraocular Lens (IOL) Options

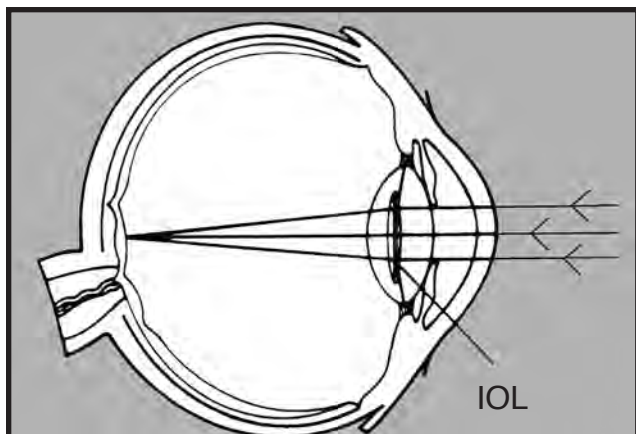
Cataract removal is one of the safest, oldest and most successful forms of surgery. Approximately one and a half million procedures are done annually in the U.S. While all ophthalmologists are trained in cataract removal and generally follow the same methods, Dr. Baldinger is a cataract specialist. As a patient of one of the busiest cataract surgeons in the Washington, D.C. area, you will be provided the best possible treatment, with your doctor skillfully using the most modern-techniques, instruments and intraocular lenses (IOLs).

This brochure explains these techniques and instruments and why they are used in cataract surgery.

From the office of:

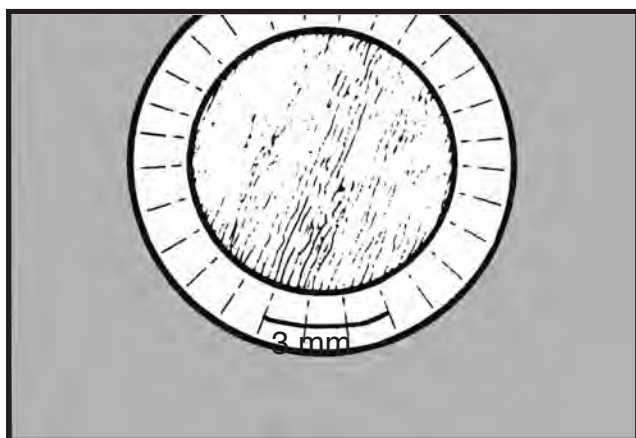


Pre-Op Measurement



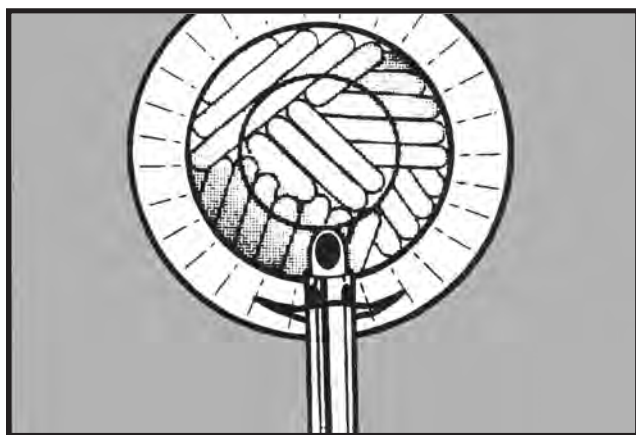
Just as a camera needs a lens to focus images onto the film, your eye needs a lens to be able to focus images onto the retina. Precise measurements of your eye are made using the latest scanning laser technology. Capital Eye Consultants uses sophisticated intraocular laser (IOL) calculation formulas to determine your IOL power. *The benefit is to provide the best possible vision with the least possible need for corrective glasses after surgery.*

Clear Cornea Incision



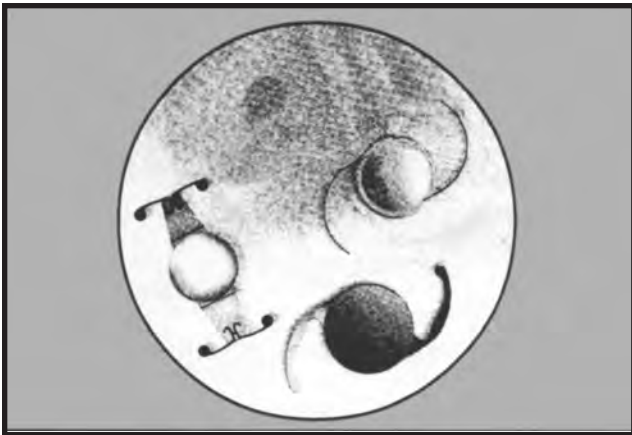
The only effective treatment for cataracts is removal of the cloudy lens. The surgical technique involves making a small opening or incision (by diamond knife or laser), in the clear portion of your eye called the cornea. Anesthesia for this clear cornea incision is provided by topical medications, so no shots are required around the eye! The entire cataract removal and implantation of the intraocular lens is performed through this tiny opening. *The most significant benefit of this small incision is a faster return to good vision.*

Phacoemulsification



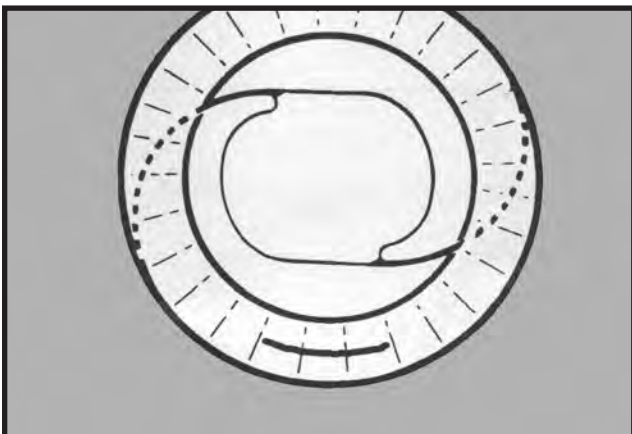
To remove the cataract, your doctor uses an extremely sophisticated technique called phacoemulsification. In phacoemulsification, a tiny, pencil-shaped instrument is carefully inserted through the opening in the eye and through the an opening in the lens itself. During the procedure, the cataract is broken into small particles. These small particles are then gently suctioned out. *The benefit of this procedure is that the cataract can be removed through the tiny opening in the eye. Older methods, which remove the cataract in one piece, required a much larger opening.*

Intraocular Lens (IOL) Options



Today, many patients are electing an alternative to receiving a monofocal (standard) IOL. They are choosing a “premium” IOL that not only provides distance vision, but also can provide near and intermediate vision. Other premium lenses are designed to correct astigmatism. As leaders in cataract surgery, we have experience with different lenses and will be able to discuss which lens is most suitable for you. *The benefit of Premium IOL’s can be glasses-free vision for all distances.*

Astigmatism Correction



An alternative method to correct small amounts of corneal astigmatism at the time of your cataract surgery involves making small precise incisions in your cornea. These incisions, made with a diamond knife or laser, flatten the steeper curve, rounding out this front surface of the eye. *The benefit of this step in surgery is to provide best possible uncorrected vision after cataract surgery.*

Post-operative Co-management

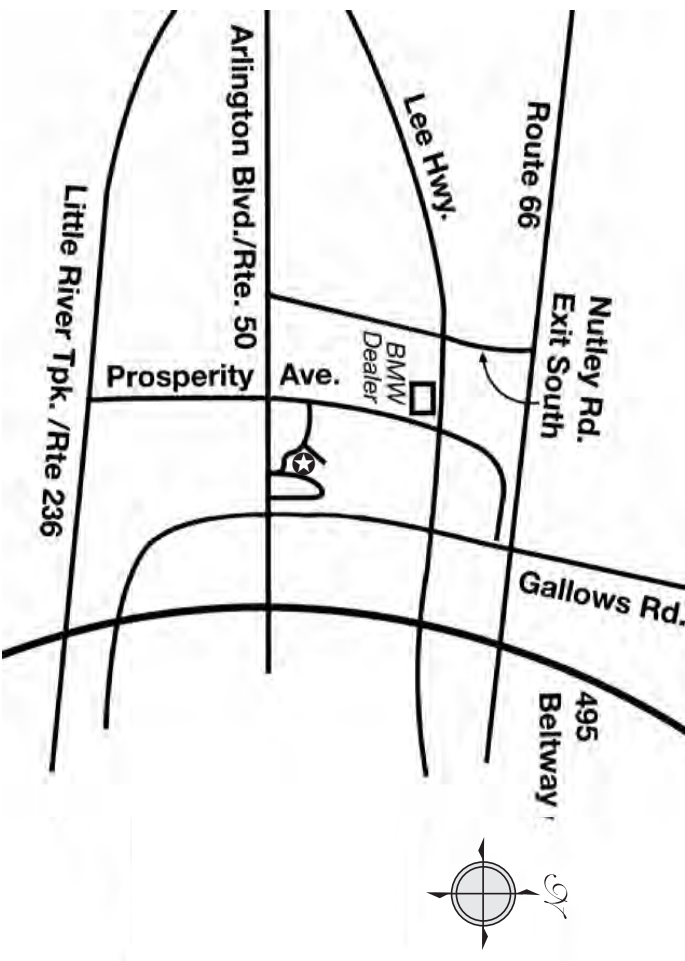


The advances in surgical techniques explained in this brochure are the result of highly specialized care. Your surgeon has mastered these techniques to offer you superior results with less risk of complications. Your optometrist has similarly been trained to monitor your post-operative recovery and provide you with the best possible visual outcome. The cooperative care between your surgeon and optometrist is known as co-management. *The clear benefit of co-management is that you receive the expertise of a leading surgeon with the continuity of care provided by your family eye doctor.*

You're in Good Hands

Relax! You've made a good choice to improve your vision through cataract surgery. Your optometrist and surgeon will do everything in their power to provide you with the best possible results. If you have any questions or concerns about cataract surgery that were not answered in this brochure or other information we have provided, please feel free to ask! Our team is committed to your long-term satisfaction, and we care about what you are thinking.

James E. Powers, O.D.
Center Director



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From Virginia—Traveling West: Take Arlington Blvd. (Route 50) west towards Fairfax. After passing under the Capital Beltway, turn right at the fourth traffic light onto Prosperity Ave. Turn right at the first street onto Executive Park Ave. Turn left at the first street, onto Hamaker Court.

From Virginia—Traveling East: Take Arlington Blvd. (Route 50) through Fairfax Circle. Turn left onto Prosperity Ave. Turn right at the first street onto Executive Park Ave. Turn left at the first street, onto Hamaker Court.

From Washington, DC: Either take Arlington Blvd. (Route 50) West or take Route 66 West to Exit 64 (Capital Beltway, I-495). Take beltway to Exit 50 (Route 50-West-Fairfax). Continue West on Route 50 to fourth traffic light onto Prosperity Ave. Turn right onto Prosperity Avenue. Turn right at the first street, onto Executive Park Ave. Turn left at the first street, onto Hamaker Court.

From Maryland: Take the Capital Beltway to Exit 50 (Route 50 West-Fairfax). Continue west on 50. Turn right at the fourth traffic light onto Prosperity Avenue. Turn right at the first street, onto Executive Park Ave. Turn left at the first street, onto Hamaker Court.

Capital Eye Consultants, P.C. is located on the first floor of 3025 Hamaker Court, Suite 101, a five story red brick building on your right immediately after you turn onto Hamaker Court.