



# Kelowna Laser Vision News Spring 2010

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**KelownaLaserVision.com**



## Staff Feature—Surgeon Dr. Jeffrey D. Chambers

**Dr. Chambers** has been performing laser vision surgery at Kelowna Laser Vision since 1999 and has helped thousands of patients experience the joy of life without glasses or contact lenses.

"My own monovision results are outstanding, I can see better than 20/20 and it's wonderful to not have to deal with the hassle of glasses or contacts every day. Like everyone considering laser eye surgery, beforehand I felt that it was essential for my results to be exceptional because it was my eyes. I was concerned how long it would take me to get used to the monovision, especially considering the precision required to perform microsurgery. The procedure was fantastic and it only took me a few weeks to adapt which was a shorter time than I had expected. Before I knew it I couldn't remember a life with glasses. Doing sports now is unbelievable. My glasses used to fog up on the ski hill whereas now I can see everything!

Another major benefit of my surgery has been the ability for me to relate to my patients as they go through the surgical procedure. When I am performing laser eye surgery, I am able to communicate more effectively with my patient because I understand what they need to hear to stay informed and relaxed."

Dr. Chambers comments on the team approach at Kelowna Laser Vision ... " We like each other, we like coming to work and we like fixing lives. It's very rewarding, people do so well, it is a wonderful procedure. We are more touchy feely. Our patients can tell we care about them as a person and that we make recommendations based on what their needs really are."

Dr. Chambers is a board certified Ophthalmologist and holds Fellowship with both the Royal College of Surgeons of Canada and the American College of Surgeons. Dr. Chambers attended the University of Victoria where he earned his bachelor's degree and subsequently received his medical degree from McGill University in Montreal. He completed his training in ophthalmic surgery at the University of British Columbia. He specializes in cataract and refractive eye care including laser vision correction.

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# Monovision

## Why do people have monovision performed?

As people age, they gradually lose the ability to focus on objects that are up close. This is known as presbyopia. The natural lens inside the eye is flexible when you are young which allows the shape of the lens to change easily when you read. With increasing age, the lens gradually loses its flexibility resulting in a decreased ability to focus at close range. This process can not be reversed but there are methods to improve near vision such as reading glasses, bifocals, progressive lenses and monovision. Monovision correction can be done with laser eye surgery and is one way to improve near vision without glasses.

The majority of our patients over the age of forty have been choosing monovision since 1994.

## What is Monovision?

Monovision is an option that candidates may choose when having either LASIK or PRK surgery. A patient's dominant eye is treated with the laser to see in the distance. The other, non-dominant eye is treated to have a closer focal distance, better for reading, but not as good for distance vision. The patient can then see both distance and near vision with both eyes open.

## Who is a candidate for Monovision?

Candidate are usually over the age of 40 as this is when presbyopia starts to become noticeable and inconvenient. They have 20/20 corrected vision in each eye. You will find out if you are a candidate at your complimentary consultation.

## How is the Monovision procedure performed?

The surgical procedure with Monovision is exactly the same as LASIK or PRK. The only difference is the amount of laser treatment done on the reading eye. This will be slightly less for nearsighted patients and slightly more for farsighted patients.

## Does it take time to adapt to Monovision?

Yes, the adjustment period usually takes from days to months. Most people adapt quite naturally, but are aware of the difference between the two eyes at first. When the brain adapts, this sensation goes away. Early on, some patients may find their eyes feel tired or they may see halos around lights at night. Patients should relax and use both eyes together to allow the brain to adapt.

## Will I still need glasses after having the Monovision procedure?

Monovision is an excellent way to decrease dependence on glasses, but for some people it may not eliminate them altogether. Monovision allows people to see things up close for most tasks, but extra magnification may still improve vision for very fine print or for prolonged reading periods. This may become more noticeable as the natural lens of the eye continues to lose focusing power over the years. However, near vision will always be better with monovision than without. Most patients see well for distance vision without glasses, but if needed, vision can be improved for demanding distance vision tasks such as night driving, with use of occasional distance glasses.



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Dr. Jeffrey Chambers