

Big Time Dreams, Big Time Vision

NHL defenseman Mark Fraser heads into his second full season with New Jersey sporting a new contract and vision that exceeds 20/20.

By David Napier

Mark Fraser is a smiling contradiction: a tough, NHL athlete who speaks so softly that he can barely be heard over the afternoon din of a Westboro coffee-shop.

Clad in a grey faded t-shirt and casual shorts, the 24-year-old New Jersey Devils defenseman laughs when I point out the irony that a recent Google search for the second-year player on a perennial Stanley Cup-contending team turns up basic stats and a few pics (as well as YouTube footage of one particularly long on-ice fight) but nothing in terms of good newspaper or magazine articles.

"I kind of fly under the radar," says Fraser. "I like it that way."

Indeed, the Ottawa native has succeeded in spite of, rather than because of, the spotlight. It has been that way since Fraser was a kid. As a youngster playing minor hockey, he was often relegated to teams competing a level below those on which his pals played. Then, as a junior player, he charted his own course. And as a professional, he made a foray into the NHL four years ago, but lasted for half a cup of coffee before being sent back to the AHL to refine his skills and add some bulk to his 6-foot, 3-inch frame.

He did both. His reward: a first full season in which he played 61 games and earned the \$500,000, followed

by a second-year contract for the same amount in exchange for his deft puck handling and willingness to drop the gloves when required.

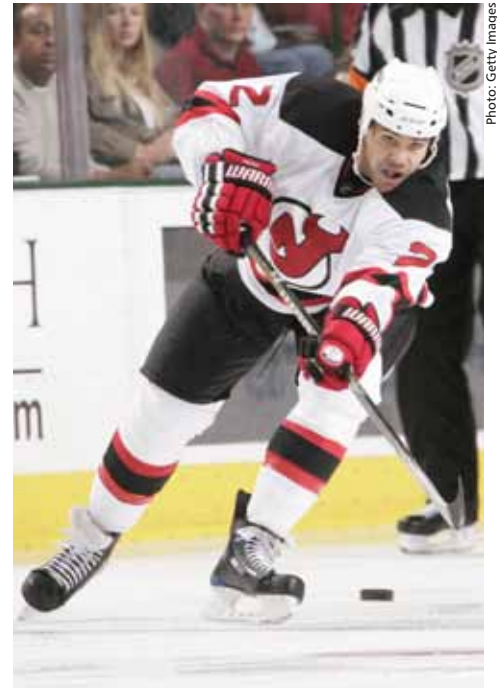
Fraser's reputation is taking shape: hockey insiders refer to him as a smart, stand-up defenseman with a potentially lengthy career ahead. The Devil's coach and General Manager, Lou Lamoriello, has questioned whether Fraser can become a star player, but Fraser doesn't mind: he has made a career out of beating odds and impressing coaches.

Hard work got him to the NHL and hard work — along with improved vision, thanks to Focus Eye Centre — will keep him in The Show.

After a brief summertime chat at Bridgehead, Fraser makes his way to his second work-out of the day. This time he's off to a local boxing gym where he and a fellow NHL player are learning the 'sweet science of bruising'. It's good to know how to take a punch as well as give one, explains Fraser, adding that boxing improves both balance and endurance.

Looking at him — Fraser's sinewy-strong, 215-pound physique calls to mind a cobra at rest — it's hard to believe this handsome kid, with the scar-free face needs to add any more weapons to his arsenal. But that is just what he is doing with boxing, and what he did when he opted for an off-season PRK with Wavefront procedure.

"I'm already seeing things more clearly," reported Fraser, just two weeks after his wavefront-guided PRK procedure



Mark Fraser

with Dr. David Edmison. "There's a large difference in my vision on the ice."

"It definitely helps in every aspect [of the game], whether it's chasing a little puck around or just being able to see where everyone is in an environment where everything is constantly moving, constantly changing."

"There's a large difference in my vision on the ice... things are sharper."

Fraser says his decision to have Laser Vision Correction was not one fraught with hesitation or concern. Why? Because he was keen to rid himself of the contact lenses that made long, late-night flights between NHL cities a dry-eyed, irritating hassle. It helped that he had family and friends who'd undergone their own LVC procedures and were very satisfied with their results.

"Both my parents had it done... as well as a lot of my teammates," says Fraser, who admits that he "definitely had some [high] expectations going in."

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Just What the Doctor Ordered

Active eye doc, Crystal Chan, lauds the benefits of her own LVC procedure.

Dr. Crystal Chan, OD, is a young, active Optometrist who splits her professional time between the Bayshore Optometric Clinic and Rideau Optometric Clinic. She either cycles to work or takes the bus, and when not helping patients achieve better vision, is active in sports.

Such a busy life made getting around with glasses and contacts very difficult. Her vision was miserable. "I was -7 in my right eye and -9 in the left meaning that anything 10 centimeters or farther away was a complete blur," says Chan ruefully, recalling that her days always started the same way.

"In the morning I would be fumbling for my glasses... basically in a state of panic."

Chan had been aware of Laser Vision Correction for years, but only recently came around to thinking about a procedure for herself. "I first heard about LVC in high school while working as co-op student at my optometrist's office," explains Chan. In those days, her teenage vision was still changing and "contacts were fine". "Because I was kind of vain, the dryness and such was worth it."

By the time she entered University, however, she says she was back to wearing glasses most of the time and only inserted contacts for sports.

Finally, at Optometry school Chan got a formal education in LVC in the form of a dedicated course that covered the 20-plus year history of LVC and the most recent advances. "We took a four-month course on LVC dedicated to lasers, how they were developed, how vision correction has evolved... and how they have perfected the procedure."

Not only did Chan and her classmates learn about LVC over the years, but were also taught who is a good candidate, possible complications, and healing times.

"I certainly know more [about LVC] than the average person," she says, admitting that this is both good and bad. "I was a little more wary about the proce-



Dr. Crystal Chan: zip-lining through life.

cedure because I knew all the things that *could* go wrong," she chuckles. But she soon realized that the odds of a serious problem (such as corneal ectasia) were "1-in-a-million".

During her consultation at Focus, she met with Dr. Edmison who answered all of her questions and reiterated what Chan had learned in her OD training: namely, that complication rates are extremely low and success rates are extremely high. She emerged from the consultation convinced that LVC – and specifically Intralase SBK – was right for her.

"A lot of my patients ask about LVC. I tell them I've had it done. And I love it!"

These days, "A lot of people ask me, 'Would you have the procedure done?'" I tell them: I *have* had it done – and I absolutely love it."

"The recovery time is very quick with Intralase SBK," she adds, recalling a Friday procedure that had her back at work on Tuesday. "I could have been back at work by Monday."

When her patients inquire about the cost, Chan is quick to do the math for them, noting that the price of glasses (let alone contacts and solutions) can quickly outstrip the price of a procedure. "Think of how much your glasses and contacts cost over your lifetime," she says rhetorically.

"Over the long term it really is worth it. Three pairs of glasses in six years is basically the cost of Laser Vision Correction."

After years of hard work, he has secured a place on the Devil's blue-line, and is playing with better than 20/20 vision.

"It's a game where things happen so quickly [that] you can't afford to be behind, and your vision is a large part of that," Fraser explains.

"I definitely encourage a lot of people — whether they are athletes or not — to have LVC. Focus has done a great job."

THANK YOU FOCUS



Dear Focus,

Thank you once again for everything you and the Focus Eye team did to make my eye surgery experience such a positive and comfortable experience. I rigorously followed the post-op procedure with the 3 different prescribed eye drops and had my 1 week (actually

9 day) check up on Friday. The results were very positive — both eyes are healing nicely and also there is no dryness in either eye. I feel that my vision is improving every day. My distance vision has improved by leaps and bounds and my near vision is also improving.

Thank you once again for all your help and I hope all is well with you.

— K. B. Bose

Dear Focus,

It has been a year-and-a-half since I had Intralase SBK with wavefront [for Monovision] with Focus Eye Centre, and am I loving it every day. What I love most about it is what Monovision does for me. With it I can see up close and far at the same time. People my age are now reaching for reading glasses. When I see that, I usually snicker because I don't have to reach for reading glasses.

... beat the aging clock with my SBK. You won't see me with Granny glasses on for a long, long time. Thanks Focus Eye Centre.

— Pam Mullin

Dear Focus,

Un superbe merci très special au Dr Edmison pour son merveilleux talent de chirurgien et mille mercies à chacun des professionnels pour tous les soins intentionnés et rassurants et particulièrement à Trish pour ses derangements meme pendant et malgré ses pauses pour manger et les inconvenients de paiement qui a cause un retard, je m'en excuse!

Je tenais à vous dire Trish combine j'ai apprécié votre sourire, votre calme, votre patience et votre gentillesse aussi, pour avoir traduit en français pour moi, tout cela a été très précieux... autant pour les "yeux" du coeur! Dommage que je ne puisse pas m'exprimer aussi bien en anglais, but I can certainly say Thank you with all my heart may God bless all of you and your conscientious work.

— Hélène Landriault

Do you have an LVC story to share?

Send your letter, name and daytime contact info to:

The Editor, *InFocus*, 1565 Carling Ave. Suite 110, Ottawa, ON K1Z 8R1 or info@focuseye.com

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"To be honest, I think they were pretty well met. The difference from where I was before to where I am now is night and day. Things are definitely sharper. I'm definitely very pleased."

At press time, the New Jersey Devils were still at training camp and the ink on Fraser's new contract was hardly dry, but the hometown kid (who calls Hoboken, N.J., home during the regular season) was thrilled.

Varsity Vision

Carleton Ravens student-athlete Tyson Hinz tells InFocus that LVC has him performing better in the classroom and on the court.

Hello, my name is Tyson Hinz and I have had trouble with my distance vision since I was 8 years old. I have gone through the hassle of wearing glasses and contacts for 10 years now. But this past summer, everything changed and my world was literally brought into focus.

Ever since glasses were first prescribed for me, I have not liked wearing them. I played basketball, soccer and a bit of hockey growing up, but never wore my glasses to play sports. Why? Well, they are not the most comfortable things. Plus, the annoyance of having them falling off your face was just too much – especially when you are in the middle of a game.

In time I grew old enough for the responsibility of contact lenses. This was a step in the right direction, but contacts still brought their fair share of inconvenience. Every morning and night I had to fiddle with these tiny lenses, struggling to get them in and out of my eyes. And whenever I was outside, my contacts would dry up and life would become very uncomfortable.

When I heard about laser eye surgery as a teenager, I wanted to get it done right away, but was told you must be at least 18. I had to continue with the hassle of contacts and glasses for a couple more years.

“My eyes feel amazing. Now, whether it is knocking down an important 3-pointer or learning new theories in the classroom, my mind is 100-percent focused on the task at hand.”

These days, I attend Carleton University where I study Commerce and also play on the varsity basketball team. The time had finally come to call Focus Eye Centre and schedule an appointment to see if I was indeed an eligible candidate for Laser Vision Correction.

When my appointment day arrived, I was very nervous and very excited; the time had finally come for me to get rid of my glasses and contacts. When I arrived at Focus, I met with one of their doctors who went through a bunch of eye examinations and eye scans and explained all of the different types of procedures, including which one fit my scenario the best. It was decided that PRK with Wavefront would be my best option due to the fact that this procedure would get me back to playing contact sports quickly and safely. We went over the details of



Tyson Hinz: better vision than with lenses.

the procedure and, right there, I was scheduled for surgery four days later (on Friday July 9th).

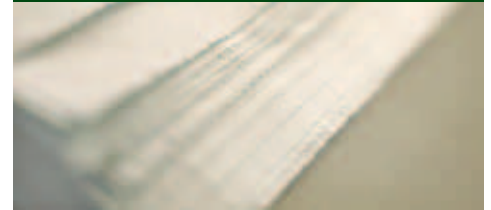
Finally, the big day arrived. Before the procedure — to put me at ease, and just in case I had any more questions — it was again explained to me how the procedure and healing process worked. The surgery itself was completely effortless and painless. Dr. Edmison was my surgeon and he did an awesome job.

After the procedure I was given medicinal eye drops and sent home to get some rest.

Now, a month after my surgery, my eyes feel amazing. My vision is better than it was with my glasses and contacts. I no longer have the hassle of putting in and taking out contacts or risk having my contacts knocked out during basketball, and don't have the feeling of dry contacts in my eyes. I wake up and go to bed with perfect vision.

The benefits from this procedure are endless, both from a personal and academic perspective. I no longer have to squint to see my professor's notes in study halls. I no longer have the embarrassing moment of getting on all fours looking for a contact lens that has been knocked out. And I no longer have to worry about my eyes when I am in the middle of a practice or a game.

Now, whether it is knocking down an important three-pointer in one of my games, or learning new theories in the classroom, my mind is 100-percent focused on the task at hand. I have Dr. Edmison and all the doctors at Focus Eye Centre to thank for this.



Contact Lens Use Increases Risk of Eye Ulcers

Source: Reuters, August 10, 2010

Ulcers of the cornea — the transparent front layer of the eye — may be twice as common in the U.S. as previously thought, likely owing to the recent rise in contact lens use, suggests a new study.

Based on more than a million people in northern California, researchers found that contact lens wearers were about 9 times more likely to develop the eye condition compared to non-wearers.

“As new contact lens innovations become available, and people hear that they can wear these contact lenses for weeks or a month without taking them off, they do just that. They don't realize the dramatic increase in risk it causes them,” says researcher Dr. David Gritz of Montefiore Medical Center in New York told Reuters Health...

Read more at www.foxnews.com

Some Health Plans Cover LVC

An increasing number of health and benefits plans extend some form of coverage to employees for Laser Vision Correction.

“If it's something people want, they should check their health plans and benefits packages because LVC is quite often included,” advises Nancy Bast, Patient Services Coordinator for Focus. She adds that, “Sometimes the act of employees simply asking for coverage will lead to the inclusion of LVC in future plans and packages.”

Companies such as Hydro One and Greyhound Bus Lines offer some coverage for LVC (*InFocus* Vol. 9, #1) in the form of vision care funds that can be used to off-set the cost of LVC, glasses or contacts, usually over a number of years. Other organizations, such as school boards like the Renfrew County Separate/Catholic School Board, have reportedly placed LVC on their “wish lists” for health & benefits coverage in the future, Bast says.

— Staff

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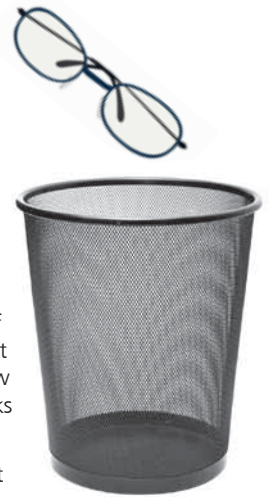
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KINGSTON UPDATE

Active without Glasses!



Today's society tells us over and over how important it is to have a healthy and active lifestyle. Our streets and gyms are busier than ever. Walking, jogging, working out, and keeping fit. Not to mention the golf courses in Kingston: they're always busy. Wearing glasses or contacts during these activities can get very annoying and frustrating, especially when sweating.

Being active myself, and growing up with glasses, I know first hand that it is not much fun. I now enjoy freedom from lenses, and it makes all sports so much more enjoyable.

At your no-charge consultation, one question we ask is: What is your motivation for vision correction surgery? The majority of people cite one of these:

- Sports
- Jogging
- Golfing
- Skiing
- Running
- Swimming
- Gym
- Profession (i.e. military)

Just not having to worry about the hassles of contacts and glasses is reason enough. But enjoying these activities with the only obstacles between you and the finish-line being sweat and determination is pure freedom.

Checking in with patients after their Laser Vision Correction procedures is important. I always ask: Did it change or enhance their activities? And if so, in what ways?

Here's what some recent patients say:

"Setting my goal this year to do a Try-A-Tri Triathlon was a big one since it had been many years since I had even run a step. During my training I most certainly appreciated my new eyes thanks to Focus Eye Centre [especially] not having to mess with contacts or glasses, especially in the heat. It has been over a year-and-a-half since I had SBK and I was able to see the finish line

in the swim and was able to comfortably wear sunglasses during the remainder of the race. At work, rest or play, I enjoy my new vision every day. Thanks Focus." — Pam

"Thanks for the great job. Golfing with my new vision seems to have reduced my score. I hope it lasts... my good scores, that is!" — Brendan

For those who are less active, perhaps sitting in front of a computer for long periods of time, here are some helpful hints to release the strain:

- Remember to take frequent breaks where you take a minute and look off in the distance. It will relax your focusing system and prevent you from undue strain. So, once in a while, take a minute to sit back in your chair and look out a window or across the office.
- Blink more. Computer Vision Syndrome (CVS) is a collection of symptoms that include tearing, burning and redness of dry eyes, which can occur due to lack of blinking.

Don't spend your lunch-hour reading, emailing, or texting. Take this time for some physical activity. Use that time to get out for a walk, or visit the office gym.

The trend is spreading. GET ACTIVE! And make sure that you are enjoying your active lifestyle, glasses free!

Sincerely,
Michelle Owen, Manager,
Focus Eye Centre, Kingston



PM 40017424

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