



## THE ABCs OF LVC

Teachers are, by definition, the warm and calculating type: men and women for whom great care is usually taken and few decisions are reached quickly or lightly. As such, it's not surprising to discover that educators like Bruce Blomeley and Terry Kharyati — teachers in the National Capital Region who don't work together, but have a lot in common — came to their respective decisions about Laser Vision Correction (LVC) and Focus Eye via similar paths.

Bruce is head of the Business/Technology Department at an Ottawa school, while Terry is the Principal of a Gatineau school. Both men are in their early 40s and happily combine teaching with coaching sports teams. And now, just a few weeks after undergoing LVC, both look back with 20/20 vision and agree they should have had LVC years earlier.

*InFocus* posed a handful of questions to Bruce and Terry. Here is how they grade Focus and their LVC experiences:

**InFocus:** How long had you been considering LVC before going ahead with your procedure?

**Bruce Blomeley:** I had considered LVC for a few years. I was hesitant because... of what I considered the risk factors. After researching the procedure and reading the Focus Eye website and brochures, I became more confident about LVC. Also, it helped that I had a close friend who had LVC at Focus Eye in the last year. She had a very positive experience and highly recommended LVC.

**Terry Kharyati:** I was very reluctant because of what I thought the risks might be... but eventually I was just so fed up with glasses and contacts. Plus, my brother-in-law and father-in-law both had terrific experiences with LVC [at a Toronto clinic], so it made the decision much easier.

**IF:** Did being a teacher affect your decision to undergo LVC?

**BB:** As an educator I was impressed with how everyone at Focus Eye explained the entire process. They were professional and never avoided answering any questions I had. Any doubts or hesitation about having LVC was alleviated through their thoroughness. It was nice that there were no gimmicks involved. I was able to make an educated decision about LVC with total confidence.

**IF:** How has life at school changed since having LVC?

**BB:** I teach in a computer lab, and being able to see clearly is a nice change. I used to have to sit beside the students to help them with a software issue. Now I can look over their shoulder and troubleshoot any problems they may be having.

**IF:** Has LVC made a difference for you as a coach?

**TK:** I coach senior girls' basketball and now I don't have to worry about contacts getting dry or going into gyms during the winter and having my glasses get all fogged up. It's so much more convenient.

**BB:** As a high school football coach...not wearing glasses has been very convenient in terms of being able to see farther and clearer on the practice and game field. No longer are cold or rainy games and practices a problem for me.

**IF:** Are you active in sports or other activities outside of school?

**BB:** I golf a lot in the summer [and] play in two hockey leagues in the winter. LVC has made these sports much more enjoyable: no contact or glasses issues to worry about. I feel like I see in super High Definition on the golf course. When you play a nice golf course on a sunny day, seeing very clearly makes up for a bad score!

**IF:** Are there moments where you stop and suddenly realize the benefits of LVC?

**BB:** I always have eureka moments where I cannot believe how well I see: on the golf course, watching a HD television, or in a movie theatre. I regret not having LVC years ago.

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"Over my lifetime I have spent an awful lot on glasses and contacts... it's gotta be in the \$20,000 range."  
— Terry Kharyati



Teachers Bruce Blomeley (left) and Terry Kharyati.

Many School Boards cover a portion of the cost of Laser Vision Correction as part of their negotiated Health & Benefits Packages. Ask your benefits provider or investigate your health coverage — or that of your spouse — to see if you are eligible for a rebate on the cost of LVC.

## THANK YOU FOCUS



Dear Focus,

I wanted to write a note to say thank you to all the people at the Focus Eye for their help and work on my behalf during my surgery last Thursday morning. I saw Dr Nguyen yesterday afternoon and all is well.

The team made me feel relaxed (I was very nervous and stressed!) and explained everything well as it happened and clearly. All my questions were answered in the pre- and post-surgery visits.

A big thank you to Dr. Edmison. I am seeing better each day. My reading vision has improved significantly (my distance vision has been excellent since immediately after the surgery). I read a lot in my work and was reading 50-75 pages a day within days of my surgery. I followed the Focus Eye instructions to the letter and was rewarded with a very easy recovery. I have no real issues with dry eyes, just great vision.

I don't know why I didn't do this sooner.

I have told everyone about the great team at Focus Eye.

Again, a big thank you.  
Ann McNaughton

Dear Focus,

I received LVC from you about 5 years ago. My eyes are just wonderful! I can't believe how well I see at night and it's just amazing to not have to put on glasses in the morning.

Thank you,  
Michelle Gotch-Mitchell

### 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](mailto:info@focuseye.com)



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**IF:** Was the cost of glasses and contact lenses a factor?

**TK:** I was 10 years old when I got my first pair of glasses... and over my lifetime I have spent an awful lot on glasses and contacts: it's gotta' be in the \$20,000 range. The cost was definitely a factor.

## DOC TALK

# Freedom 56

Whether it's working with pro hockey players or serving the Royal Family of Dubai, Dr. Bill Henry and his clan are finding life much improved since having LVC.

**D**r. William (Bill) Henry's story is a familiar one: a middle-aged man who had laboured with glasses for years finally decides to have Laser Vision Correction.

But when you look a little closer, you realize that Bill's tale has some interesting twists. At 56, he is the team dentist for Ottawa's NHL club, a position he has held since the club first came to town 18 years ago. And while he has worn glasses since his mid-20s, the husband and father only recently gave LVC a second look after his daughter Katerine underwent her own procedure and came home with nothing but rave reviews.

"She needed lenses for distance vision," says Bill. When she came home for Christmas last year she decided enough was enough and made an appointment with Focus. "Her procedure went very smoothly and she's talked about it as one of the best things she's ever done for herself."

When pressed on exactly why LVC was such a life-changed for his daughter, Bill explains that Katerine "has been an airline attendant in Dubai for the past three and a half years", serving the Royal Family on a plane the "equivalent to Air Force One" in the United States.

"Her experience with LVC gelled my thinking on the subject," says Bill, whose wife, José Lanctot, underwent her own procedure to correct for reading vision (Monovision). "It's worked for all of us. For me it's like Freedom 56," he enthuses.

Life at Scotiabank Place is much easier. Seated in his familiar place — two rows behind the



Dr. Bill Henry and his daughter Katerine.

home-team bench — where Bill acts as dentist-on-site for both Ottawa and visiting teams, he is "now able to follow the play without the annoyance of glasses".

"I always had to take my glasses on and off." Now, when the puck goes in the corner or a player takes a hit, Bill sees the action in high definition.

Over the years, he says he's seen countless players struggle with contact lenses and wonders aloud what would have happened to some of them had they undergone LVC. "Ron Tugnutt was always looking for his contacts," says Bill of the former Ottawa goalie from 1996-99. "If he'd had it done, it would have prolonged his career."

*"It's worked for all of us. For me it's like Freedom 56." — Dr. Bill Henry*

Away from the ice and his private practice, Bill is able to enjoy rural living on his farm in the community of Dunrobin in Kanata, where he and his wife used to breed horses.

These days, the horses are gone but the natural surroundings still hold their allure. "It's cool to be able to run through the woods without having to wear glasses and getting them all steamed up. It's tremendous to see nature at its finest: now I can pick the birds out in the trees, whether they are hawks or owls, and spot deer."

**BB:** I was due to buy new glasses, which were going to cost me \$700. My School Board benefits plan now covers LVC. I can also apply my benefits and my wife's benefits every two years. Essentially it was a culmination of factors that led me to LVC and Focus.

**IF:** Any other comments?

**TK:** Working in a school where parents want their kids to get total care — not just English and Math and discipline, but care of the whole person — I know how important it is to deliver on your promises. Focus

truly knows what they are doing and every detail is taken care of when they perform LVC. I just swear by it.

**BB:** I recommended LVC to a friend and he had it done two weeks after my procedure. He is another extremely happy patient.

*"There were no gimmicks. I was able to make an educated decision about LVC with total confidence."  
— Bruce Blomeley*



# Is that a Bird or a Plane...?

No, it's a Focus patient and brave soul 'dropping' 18 storeys for a good cause.

Local thrill seeker Stephanie Mombourquette was one of the brave participants in the 2010 Easter Seals Drop Zone Ottawa, held on September 27th at the 18-storey Delta Hotel & Suites. The event is one of handful held across the country involving fearless fundraisers rappelling down massive buildings in support of Ontario's children and youth with physical disabilities.

"I wasn't scared at all through the whole process until I got to the roof got hooked in and looked down," recalls Stephanie. "Then my heart started pumping and the logical part of my brain turned on! It was a rush and 18 stories does not look like a long way from the ground, but from the top, it's CRAZY high."

Nationally, over 2,300 brave rappellers have taken part in Easter Seals Drop Zone events from coast to coast, raising over \$3.76 million for individuals with physical disabilities since the event's inception in 2005. Proceeds from the Easter Seals Drop Zone Ottawa event will assist families of kids with physical disabilities with the purchase of costly mobility equipment and communication devices.

"There were lots of costumes, but I wore hot pink instead," jokes Stephanie. "I'm more of a sporty, girly-girl than a costume kind of girl."

She is also someone who completed the charity drop without the hindrance of glasses or contact lenses, courtesy of Focus Eye (which co-sponsored her 'drop').

**"I decided to have Laser Vision Correction because of my very busy and active lifestyle,"**

"I decided to have Laser Vision Correction because of my very busy and active lifestyle," explains Stephanie. "I am, firstly, a mom of 2 young kids (2- and 4-years old) and they keep me busy enough. Plus I enjoy a variety of sports and activities which include running (I did the Army half-marathon and will be starting to train for a triathlon next year), waterskiing, downhill skiing, hiking, hunting, fishing, swimming, horseback riding, zip-lining, repelling and indoor rock-climbing.

"Glasses and contact lenses were a nuisance, especially with taking prescription glasses and sun glasses on and off. The contacts were a real nuisance for the waterskiing. And the whole winter time was a problem given that my glasses were always getting fogged up.

"With my busy lifestyle, it was a no brainer to have the LVC. It was the best decision I have ever made. Not only is it one less thing I have to worry about, but it is one less BIG thing to have to worry about.

"I had put LVC off for years because I was scared of messing with my eyes, but now I wish I'd had done it years ago."



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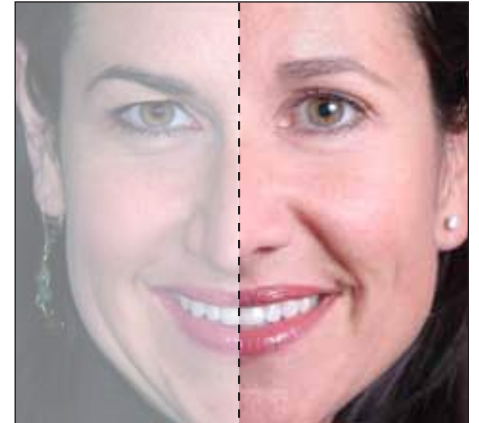
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# Loving Your Look

Patients often get an unexpected boost from their LVC procedures.

Like many other Focus patients, Lynn Bethune has new-found confidence since undergoing Laser Vision Correction.

So what does this mean? 'Self-confidence' is described as a state of being certain; it is having confidence in oneself.

Week after week, the staff at Focus sees the dramatic change that comes with LVC, including a heightened sense of self confidence that in turn leads to other subtle changes in a patient's appearance: new clothes, or a new haircut or just a new hair style. Some female patients opt to wear makeup to enhance their natural beauty because now there is no hiding behind the glasses.

"It's somewhat of a ripple effect," says Lynn, explain that, "After I got my eyes done, I changed my hair colour, I changed my make-up, and I treated myself to a new wardrobe.

"I no longer feel like I am approaching 60!"

Lynn works in a school and waited until her summer break to have her procedure done. When she returned to school in September, the "comments and compliments were numerous", she says. These included: 'You must have had a great summer; you look great', and 'Hey, Mrs. Bethune, you look pretty funky today'. There was also the person who speculated: 'You look different. Did you do something about the wrinkles around your eyes?'

As for the men we treat at Focus, I often see them looking as though they simply feel better about themselves. They are usually smiling, clean shaven. They clearly are enjoying

a sense of freedom from glasses and contact lenses that results in new-found confidence — and it shows.

More and more people are realizing the benefits of Intralase SBK and PRK procedures, including seeing how it affects personal and professional lives. With technology at its best, the results are often better than ever.

"My husband and I ride a motorcycle," says Lynn. "I now get to see with such clarity our beautiful countryside as we tour.

"I love the fact that I no longer have to wear clip-on sunglasses to go with my prescription glasses," she adds. "I get to wear stylish sunglasses."

More recently, Lynn, who had a Monovision procedure to correct for reading vision, recalls being out for dinner and the menus being passed around at the start of the meal. "Everyone was reaching for their reading glasses, but not me!"

Your smile and your word-of-mouth is the best compliment you can give to us. If you know someone wearing glasses or who has problems with their contacts and you think they need a boost of confidence, tell them about our no-obligation consultation with one of our doctors.

LVC could, as Lynn Bethune says, "send you out the door in the morning feeling ten years younger".

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



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