

Meet Our Surgical Coordinator: Grace Maganis



As our Surgical Coordinator, Grace specializes in helping patients have the best possible experience during their surgery. She is always available to patients to answer questions, review operative instructions, work with their insurance and anything else a patient or their parents might need. "One of the best things about my job is hearing the positive feedback from our patients after their surgeries. It is very rewarding helping patients see and feel better," shares Grace.

Grace graduated as a certified Medical Assistant from Med-Assist School of Hawaii in 2010 and has been with Honolulu Eye Clinic for the past 2 years. In her spare time, Grace enjoys arts and crafts and is a fantastic baker.

Dr. Jenifer Bossert's Mission Trip In Costa Rica

Dr. Bossert joined a team of 9 doctors from Lions in Sight who traveled to Costa Rica over Thanksgiving to perform free eye examinations and disburse free eye glasses. The team saw 2700 patients in need. The Costa Rican people were warm and kind, the translators (from the local Lion's Club) were invaluable, and the smiles on people's faces as they looked across the room with their first pair of glasses was priceless. If you have any unwanted glasses in reasonable condition, please consider donating them to the cause. Our Optical department collects donated glasses for our local Lion's club.

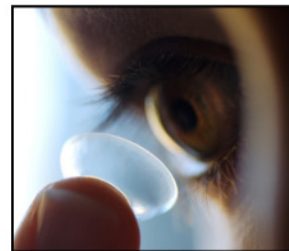


Dr. Bossert (center) with Costa Rican patients

UV Protection with Contact Lenses

Quality sun wear is a must for our Hawaii climate and outdoor lifestyles.

Thanks to consumer initiatives about skin cancer, most people know the importance of sun screen use when exposed to the sun's ultraviolet rays. But, what about your eyes? Did you know that UV exposure can also damage your eyes? Long term UV exposure can contribute to cataracts, macular degeneration, pterygium, pinguecula, and photokeratitis (ie. sunburn of the cornea).



Some contact lens brands can provide UV protection for the cornea and lens (although sunglasses are still recommended for coverage of the entire eye). The Acuvue line of contact lenses, made by Vistakon, blocks 90% of UV-A and 99% of UV-B rays. Acuvue lenses are available to correct near-sightedness, far-sightedness, astigmatism, and presbyopia (the need for reading glasses). UV blocking contact lenses also offer the advantage of helping protect against light from striking the eyes from the sides. For outdoor sports which are not conducive to wearing sunglasses, these contacts are a nice option.

More is better when it comes to protecting your eyes from the sun. If you are planning to be out in the sun, protect your eyes with a combination of quality sunglasses, UV-blocking contact lenses, and a wide-brimmed hat.

Most vision benefits and flexible spending plans expire at the end of the year.

Call today (526.0030) to schedule your appointment. We will be closed Dec 24, 25, 31 & Jan 1 in observance of Christmas and New Year's holidays.



Honolulu Eye Clinic News

Drs. Jeff and Rupa Wong Named Best Doctors in Hawaii

Both Dr. Jeff Wong and Dr. Rupa Wong were once again named to the prestigious Best Doctors List for 2013. This past May, Dr. Rupa Wong was featured on the cover of Honolulu magazine and Dr. Jeff joined her for the lead-in to the Best Doctors section.

The Best Doctors in America list represents the top 5% of the doctors in the U.S. and is compiled by surveying other physicians, "If you or a loved one needed a doctor in your specialty, to whom would you refer them?"

"Being selected by our peers and colleagues is really what makes this list such a tremendous honor," said Dr. Jeffrey Wong. "We are both so humbled and hope to

continue delivering the best care we can to our patients. Our goal has always been to treat our patients like our family. We truly value the trust that our wonderful patients have placed in us!" To learn more about their Honolulu magazine photoshoot, visit our blog at www.honolulueyeclinic.com/blog



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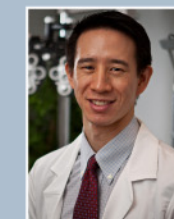
Inside:

- Are 3D video games bad for young eyes?
- Phakic ICL - better than LASIK ?
- Contacts and the sun
- Dr. Rupa Wong's new textbook

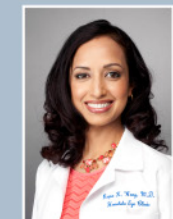


Call or email to make an appointment with one of our doctors

Go online at www.honolulueyeclinic.com to schedule your appointment, print out registration forms before your appointment, read patient testimonials and learn about the doctors.



Jeffrey Wong, M.D.



Rupa K. Wong, M.D.

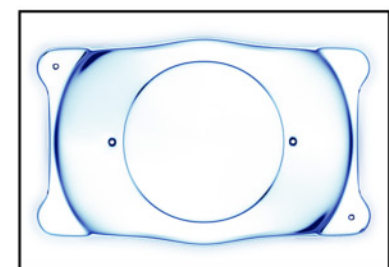


Jenifer K. Bossert, O.D.

The Visian ICL, a Better Option Than LASIK?

Staying on the forefront of state-of-the-art surgical technology, Dr. Jeff Wong is now offering the Visian ICL. A newer type of vision correction surgery, it's now available for people who are moderate to severely nearsighted. The difference with Visian is that the correction is accomplished with a lens instead of a laser, and is much like a contact lens that goes inside the eye rather than on the outside. It is placed right behind the colored iris and in front of the natural lens in a short outpatient procedure.

The main difference between the Visian and LASIK is that LASIK removes tissue from the cornea that can never be replaced, permanently altering its shape. In contrast, the



Visian ICL

Visian leaves the cornea pristine. In fact, the Visian is a reversible procedure and can be removed in the rare event that it needs to be!

Because the cornea is untouched, the quality of vision with the Visian is often much better than with LASIK. Many consider the vision with the Visian to be "HD" quality. The stability of the vision with the Visian is much better than with LASIK, and there is less chance of needing a "touch-up" with the Visian. And because there is no disruption or severing of corneal nerves with the Visian, it will not cause or exacerbate dry eye like LASIK often does.

If you are between the ages of 21 and 45 and nearsighted, you may be an excellent candidate for the Visian. Unlike LASIK, the Visian is able to safely and effectively treat patients with thin corneas, dry eyes and patients with very high refractive errors. In fact, many patients who are not candidates for LASIK turn out to be ideal Visian candidates.

Contact our office for a free evaluation to see if the the Visian ICL may be right for you!

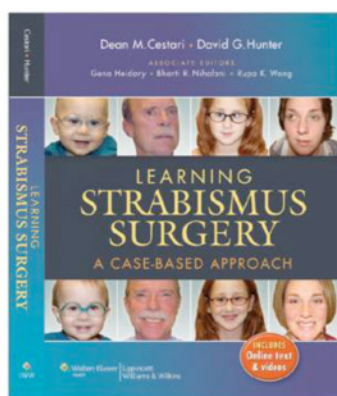
Dr. Wong's textbook

Dr. Rupa Wong's new textbook on strabismus surgery (surgery to correct misaligned eyes) was unveiled at the annual American Academy of

Ophthalmology meeting last month. She co-wrote the textbook with former colleagues from Harvard Medical School.

"It took over 5 years from the original idea to publication, but it has been worth it to assist other doctors learn the latest techniques of strabismus surgery. I'd like to thank my Hawaii patients who permitted their cases to be included in the book."

said Dr. Wong. The textbook is available for pre-order on Amazon. (Dr. Wong does not receive any payment or royalties for her contributions to the book).



Calendar of Events Dec 2012

5 Glasses Frame Trunk Show
Buy one pair, get 30% off 2nd pair (sunglasses included)
12-4 pm
Lunch included (while it lasts!)

12 Gold Medal Glam: Beauty for Athletes Open House
Learn about preventing & treating wrinkles - free skin care consultation
Specials on Dysport, Restylane, Latisse, EltaMD & Skinceuticals
Sushi & gift bags
RSVP at www.drjwong.com

30 Last Day Honolulu Eye Clinic is open in 2012 - use your vision & flex spending benefits

Are 3D Video Games Bad for Young Eyes?

Many kids yearn for the new three dimensional video games under the Christmas tree this year. Yet some parents



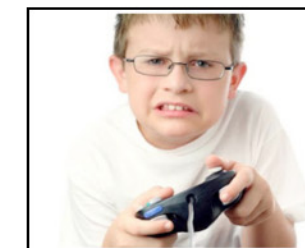
may be concerned because Nintendo and other manufacturers have posted warnings advising parents against allowing children younger than 6 years old to play

the new generation of 3D video games. Eye strain, eye fatigue or symptoms of nausea are all listed in the health and safety precautions of the Nintendo 3DS. 3D TV manufacturer, Samsung, cautions "Children and teenagers may be more susceptible to health issues associated with viewing in 3D."

The good news is that these warnings are being overly cautious. It is true that the development of the visual system in young kids is extremely sensitive until 10 years old. This is due to the continuous formation of the nerve connections between the brain and the eyes when they are young. Children need clear images to foster the growth of these

connections, which is why it is important to treat such conditions as lazy eye and glasses early. However, there is no scientific evidence that video games, 3D or otherwise, inhibits the growth of these brain connections.

A small subset of children may have difficulty viewing 3D video games or movies because of any underlying eye abnormality causing strain on the focusing and visual coordination system. These children may experience headaches or nausea and should have a comprehensive eye examination by a pediatric ophthalmologist. Though the video games themselves are not harmful to young eyes, there are many other reasons to limit the amount of time your child plays video games. Parents should use good judgement in permitting their children to play video games, encouraging frequent breaks when necessary.



Bon Voyage Kevin! Aloha Lia!

We are extremely sad to say goodbye to Kevin Mozdy, our optician. Kevin is embarking upon an amazing two year adventure in Germany and we wish him all the best. He is planning on returning back to Honolulu Eye Clinic at the conclusion of his wife's military deployment.

In his absence, Kevin has personally trained our newest board certified optician, Lia Hao. Lia has been a part of the Honolulu Eye Clinic Ohana for 2 years now and has worked as a technician as well as optical assistant. With a background in customer service, building a strong rapport with patients comes naturally. As an alumni of University of Hawaii Manoa, Lia enjoys supporting UH athletics, along with husband, Dustin.



The next time you're at Honolulu Eye Clinic please head over to the Optical Shop for a free adjustment and cleaning for your glasses and meet Lia, if you haven't already.

