

Robert Hall admits that, even under the best of circumstances, when his vision became cloudy for the first time, it was a little scary. “When we first moved into the area, my wife and I were concerned about establishing good eye care, and health care in general. Initially, we didn’t have any problems. We simply wanted to find good doctors for preventative reasons, and to build a history with physicians we could trust if anything serious came up.”

Their search revealed William J. Mallon, MD, a board-certified ophthalmologist and fellowship-trained ophthalmic plastic and reconstructive surgeon at the Center for Advanced Eye Care in Vero Beach. He and his staff focus much of the practice on educating their patients.

“Then, about three years ago, my wife’s vision began diminishing,” remembers Robert. “Dr. Mallon performed cataract surgery for her, and the results were perfect, just perfect. She also had droopy eyelids, and he repaired that as well.”

So, a few months ago, when Robert’s own vision became cloudy, he says he knew whom to contact: “I was going in periodically to have my eyes checked, and when I told Dr. Mallon about my vision and asked him about cataracts, he said, *You’ll know when you’re ready.*”

“I love that. There was no push or pull, no pressure. But I realized my cataracts had progressed to the point where I needed surgery. I could have gone maybe a little longer, but the mental strain of not being able to see well is debilitating; it’s emotionally draining.”

Robert recalls that he had very little anxiety: “Until you go through it, you don’t really know what the deal is, but after my wife’s procedures going so well and with so many people recommending Advanced Eye, I really had little trepidation.

“I think my confidence was based on the entire office – the pleasantness and the smiles. It’s just a comforting feeling. And then the expertise of the staff in their testing, their multiple and duplicate testing, and their assurances that the procedure will be successful. I think that all sets someone’s mind at ease. I felt a lot more comfortable knowing there was a team working cohesively with Dr. Mallon. It was just so harmonious.”

Seeing better

The caring staff at Center for Advanced Eye Care welcome your questions regarding ophthalmology and ophthalmic plastic and reconstructive surgery. To schedule an appointment, please contact Center for Advanced Eye Care, located at 3500 US Hwy. 1 in Vero Beach, at (772) 299-1404.

Dr. Mallon Turns Over Gavel as FSO President

After serving on its board for eight years, William J. Mallon, MD, a board-certified ophthalmologist and fellowship-trained ophthalmic plastic and reconstructive surgeon at the Center for Advanced Eye Care, was installed as president of the Florida Society of Ophthalmology (FSO), the preeminent nonprofit professional association for doctors who specialize in vision care, at its 2011 annual meeting. After serving his successful one-year term, he will be turning over the gavel to his immediate successor.



William J. Mallon, MD, is board certified by the prestigious American Board of Ophthalmology. After receiving his undergraduate degree from Michigan State University, East Lansing, he was awarded his medical degree from Wayne State University, Detroit. Dr. Mallon served his internship at Methodist Hospital, Memphis, TN, and completed his residency at the University of Tennessee in Memphis, followed by a fellowship in ophthalmic plastic & reconstructive surgery in Memphis. He is a member of numerous professional organizations, including the American Academy of Ophthalmology and the American Society of Cataract & Refractive Surgery, and is president of the board of the Florida Society of Ophthalmology.



J. Michael Schnell, MD, is board certified by the prestigious American Board of Ophthalmology. After receiving his undergraduate degree from Dickinson College and a Master’s degree in counseling from Colgate University, Dr. Schnell was awarded his medical degree from the University of Maryland, where he also served his medical internship and his residency in ophthalmology. He is a member of several professional organizations, including the International Association of Ocular Surgeons and the American Academy of Ophthalmology.



Adam M. Katz, MD, is board certified by the prestigious American Board of Ophthalmology. After receiving his undergraduate degree from Union College in New York, graduating summa cum laude and Phi Beta Kappa, he was awarded his medical degree from Albany Medical College, NY. Dr. Katz completed his internship in internal medicine at Lenox Hill Hospital in New York City. After completing a three-year residency in ophthalmology at Saint Vincent’s Hospital, Manhattan, he went on to complete a one-year medical retina fellowship at NYU and a second two-year retina fellowship in Memphis with world-renowned retinal surgeon Steve Charles, MD. Dr. Katz has over ten years of clinical experience treating patients with retinal and vitreous disorders.

More to Cataract Care Than Meets the Eye

When it comes to cataract surgery, patients do well to look for ophthalmologists who customize treatment and instill confidence.

Robert’s great vision helps him enjoy his butterfly garden.



Robert Hall

PHOTO BY MARC EDWARDS



WILLIAM J. MALLON, MD
J. MICHAEL SCHNELL, MD
ADAM M. KATZ, MD

Choosing the right IOL

Along with deciding when their eyesight has deteriorated to the point that they want their cataracts removed, patients also need to choose what type of eyesight they want following surgery. Dr. Mallon spends a lot of time with his cataract patients, discussing their needs and their post-cataract goals. “There are many intraocular lens [IOL] options and techniques to choose from,” he notes, “and my goal is to educate our patients so that they can make their own best choices.

“No one lens is perfect for every patient. With today’s improved predictability of cataract surgery, we are usually able to reduce patients’ dependence on eyeglasses for either distance vision or near vision, and sometimes for both. Although we have many patients who will never need glasses for any activity, results vary. That is why I really listen to my patients and spend enough time with each one to learn about his or her lifestyle so we can determine what is going to work best for that patient before selecting the right lens implants.”

He emphasizes that choosing the right lens is not a cookie-cutter process: “It should be highly individualized, and our philosophy has always been to help each patient make the choice that will maximize his or her vision goals.

“Along with standard IOLs, there are several types of premium lens implants available today. There is the Crystalens, which is designed to move inside the eye and help patients be more glasses independent.”

Then there are multifocal lenses, which work similarly to a bifocal and provide more than one focal distance.

“There are also different versions of what is called an *aspheric* IOL,” informs the doctor, “which have been shown to provide patients with improved contrast sensitivity.”

Additionally, for patients with astigmatism, there is an IOL called *toric* that can correct both vision and astigmatism simultaneously without having to make extra incisions on the eye. The doctor explains that astigmatism results from the unequal curvature of one or more refractive surfaces of the eye, resulting in blurred vision.

After consulting with Dr. Mallon, Robert chose to have both eyes corrected for distance vision with toric lenses.

Comfortable procedure

“One of the things that really appealed to me about Dr. Mallon is the approach he uses concerning anesthesia,”

reflects Robert. “I’ve had three atrial fibrillation ablations which averaged between five and seven hours each.”

Atrial fibrillation ablation is a procedure used to improve abnormal heart rhythms caused by unorganized electrical activity causing an irregular heart rate, or pulse.

“That means I was unconscious under anesthesia for extended periods of time,” continues Robert, “so I was extremely happy to learn that wouldn’t be the case here.”

Among the more innovative procedures Dr. Mallon performs in his practice is a cataract removal that does not require injections, stitches, or an eye patch afterward.

While cataract surgery is commonly presented to patients today as a “no-needle, no-stitch, no-patch” procedure, Dr. Mallon further clarifies the specific procedure he performs: “In my practice, ‘no-needle’ means no needle *anywhere*. I numb the eye with anesthetic drops, and then during the procedure I use what I call *verbal anesthesia*, meaning that patients and I communicate quietly with each other until everything has been completed. I stay in touch with how they are feeling, provide reassurance when needed, and let them know what to expect. This interaction keeps patients relaxed throughout the entire cataract removal and lens implantation.”

Dr. Mallon’s success in putting his patients at ease and talking them through procedures without the need for introducing the risks associated with intravenous (IV) sedation stems from his innate sensitivity to their feelings.

“It’s normal to be nervous about any surgery,” says Dr. Mallon, “but I have found that with soothing words and a little extra effort on my part, I am able to keep my patients relaxed. And, because I do not use IV sedation, I eliminate the potentially dangerous side effects associated with this type of anesthesia.”

It is attention to these types of details that determines the long-term success of the surgery and increases patient satisfaction.

“There was absolutely no pain,” assures Robert. “Dr. Mallon has a unique technique of walking you through the procedure. Both my

wife and I were just amazed.”

Excellent results

“I had immediate clarity in my vision following the procedures,” recounts Robert. “It really instills confidence in my driving, and I love being able to enjoy the wonderful, natural beauty of where we live here in Florida.

“I play softball, and when you’re approaching eighty and still able to get out there and hit a ball, that’s pretty good. I can see the ball better now. That’s exceptional.

“We have a butterfly garden, and to be able to see the full color of the butterflies with the enhancement of the correction is just priceless. It really is priceless.” **FHCN—Kris Kline**



Robert, who is approaching 80 years old and still plays softball, says he can see the ball much better now.