



Florida Health Care News

Florida's Largest Health Care Information Publications

For additional health care information, visit us on the web at www.ifoundMYdoctor.com

OPHTHALMOLOGY

When Only the Best Will Do

A highly regarded ophthalmologist brings his mother to Florida to have his partner perform her cataract surgery.



Elaine Katz

FHCN PHOTO BY NERISSA JOHNSON

“I knew I had the beginnings of cataracts,” says New York resident Elaine Katz. “I had a little trouble seeing at night and things weren’t as sharp.”

Prior to having her cataracts addressed, Elaine had a longstanding vision problem that required her to wear either glasses or contact lenses. Like most people, she chose to wear contacts as often as possible.

“I needed glasses whenever I took my contacts out,” she explains. “When I took off my makeup at night, the first thing I would do is take out my contact lenses.”

Naturally, even contact lenses have their own built-in inconveniences, recalls Elaine.

“In the middle of the night, I used to not be able to see the clock,” she says. “Then in the morning, I would have to reach toward the night table to get my glasses.”

Elaine hoped to reduce her need for glasses or contacts when it was time for cataract surgery.

Lucky patient

Fortunately, Elaine’s son is Adam M. Katz, MD, of Center for Advanced Eye Care in Vero Beach. Dr. Katz is board certified by the American Board of Ophthalmology, with dual fellowship training in retina care. Dr. Katz referred his mother to his partner, William J. Mallon, MD, for her cataracts.



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

The doctor reflects that there wouldn’t have been anything wrong with sending his mother to one of New York’s many skilled ophthalmologists for her surgery.

“I grew up in New York, and did most of my training in New York,” he explains. “I practiced there for ten years before I moved down to Florida. So the easiest, most obvious thing would have been to refer my mom to one of New York’s highly respected cataract surgeons.”

However, continues Dr. Katz, his years of working side by side with Dr. Mallon – and seeing the results of the skilled surgeon’s work – have made him consider his partner the number one choice for friends or relatives.

“Dr. Mallon is an excellent surgeon and I trust him one hundred percent,” Dr. Katz emphasizes. “I’ve known Dr. Mallon for nearly seventeen years, I know what a great surgeon he is, and I like the way things are done here. So I insisted that my mom fly down to Florida and have her cataract surgery with him.”

About cataracts

“Cataracts are along the lines of getting gray hair and wrinkles,” says Dr. Katz. “It’s not a disease. Everyone gets them.”

A cataract is actually a clouding of the natural lens in the eye. The lenses in our eyes grow throughout our lives, with new layers added each year, like rings around a tree. Eventually, these layers become cloudy and darken. As light is blocked, blurred images form on the retina.

Widely considered one of the safest, most predictable surgeries performed anywhere in the world, cataract surgery involves removing the lens of the eye and replacing it with a clear, synthetic lens that restores unobstructed vision and improves visual acuity.

Dr. Mallon notes that choosing the right lens is a highly individualized process: “Our philosophy has always been to help every patient make the choice that will maximize his or her vision goals,” he assures. “Each lens we offer is patient-dependent, meaning that no one lens is perfect for every patient. With the improved predictability of today’s cataract surgery, we are typically able to reduce or eliminate patients’ dependence on eye-glasses for distance vision or near vision, and sometimes even for both.

“Although we have many patients who will never need glasses for any activity, results vary,” cautions Dr. Mallon. “I listen carefully and spend enough time with each patient to learn about his or her lifestyle so that we can determine what’s going to work best before selecting lens implants.”

Patients can have both eyes corrected with standard lenses for distance vision, in which case they will likely require glasses for near vision, or they may choose to have

Also In This

EDITION

Florida Health Care News
Florida's Largest Health Care Information Publications

PRRSTSD.
U.S. POSTAGE
PAID
Tampa, FL
Permit No. 2397

Carrier-Route Pre Sort
Health Care Patron

ifoundMYdoctor.com

For more information, scan the barcode to the right with your mobile device to visit us online.



When Only the Best Will Do

(continued from page 1)

their eyes corrected for close-up vision, in which case they will probably require glasses for distance. Some patients choose monovision, a technique where the dominant eye is focused for distance vision and the other eye is focused for near-to-intermediate vision.

In Elaine's case, multifocal lenses actually provided the best option for vision at all distances.

"Although she was accustomed to monovision with her contact lenses, we gave Elaine a trial with multifocal contacts and she really enjoyed it," explains Dr. Mallon. "She liked the concept, and her brain took to the different type of lens immediately. The subsequent cataract procedure was successful, and she is doing very well today. It's always flattering when a fellow ophthalmologist refers a family member or colleague for surgery."

During Elaine's time in Florida, Dr. Mallon performed another invaluable procedure: he removed a skin

cancer on her face.

"She had a lesion on her cheek which we biopsied and it came back as a squamous cell carcinoma," he explains. "I'm also an ophthalmic plastic surgeon, and perform a fair amount of skin cancer removals and reconstructive surgeries. So we took care of that as well."

No more glasses

Now back in New York, Elaine is thankful she listened to her son and agreed to come to Florida for the cataract surgery.

"It was the easiest thing in the world," she says. "Dr. Mallon does a procedure that's amazing: there was zero pain. He gave me no injections, just [anesthetic] eye drops. There was no patch, nothing."

"After it was done," Elaine continues, "I got up and left and went to the supermarket. He told me I could go back to work if I were working; I could go play golf; I could do anything!"

Even more amazing, her



"It's like a miracle," says Elaine, who is now glasses free and seeing 20/20 after cataract surgery.

vision improvement was both fast and substantial.

"Immediately, it was so clear and bright," Elaine marvels. "When I go outside, I put on my sunglasses because I have such good vision now. I don't need glasses or contacts: I've got 20/20 vision."

She thanks Dr. Mallon,

adding that she appreciated her son's insistence on having him perform the procedure.

"He's an excellent doctor. My son wouldn't have let him do surgery on his mother if he weren't an excellent doctor," she adds with a laugh. "He's a perfectionist, and the results were perfect."

FHCN—Michael J. Sahn



FHCN PHOTOS BY NERISSA JOHNSON

Center for Advanced Eye Care is pleased to announce that William J. Mallon, MD, has received the John R. Brayton, Jr., MD, Leadership Award, which recognizes a Florida-based ophthalmologist who exemplifies leadership and dedication to the profession. This prestigious award was presented to Dr. Mallon at the annual *Masters in Ophthalmology* meeting of the *Florida Society of Ophthalmology*, held June 28-30 in Palm Beach. It is the preeminent professional association for medical and osteopathic physicians who specialize in vision care.



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 past president of the board of the Florida Society 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.



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.

Florida Health Care News

215 Bullard Parkway
Temple Terrace, FL 33617
(813) 989-1330

Winter 2014

Barry P. Levine
Executive Publisher

Gail Goldy
Senior Associate Publisher

Gina L. d'Angelo
CFO/HR Manager

Judy Wade
Editorial Manager

Michael J. Sahn
Senior Writer

Patti DiPanfilo
Melanie Casey
Editorial Staff

Michelle Brooks
Creative Director

Nerissa Johnson
Graphic Designer

Marc Edwards
Nerissa Johnson
Photography

Brian Levine
Project Coordinator

???????

Administrative Assistant

Steve Turk
McCarter Jackson
Daniel Budd
John Gribus
Distribution

Contributing Editors

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.



PHOTO COURTESY OF DR. KATZ

Florida Health Care News is published by Florida Health Care News, Inc.

Florida Health Care News, Inc., reserves the right to decline any advertising/marketing article.

Florida Health Care News is provided for information only and should not be construed as medical advice or instruction. If you have questions concerning articles in this edition, feel free to call our contributing editors.

Florida Health Care News provides a paid forum for medical professionals to present their ideas about various aspects of medical treatment and procedures. Florida Health Care News, Inc. is not responsible for the medical care delivered by the contributing editors presented in this edition.

Articles reflect the opinion of the sponsoring professional or organization and do not necessarily reflect the opinions of other contributing editors. Contributing editors have approved all text contained within their respective articles.

© 2014 Florida Health Care News, Inc. All rights reserved. The contents of this publication, including articles, may not be reproduced in any form without written permission from the publisher.