



A BETTER 2016

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As we near the end of 2015, we can't help but look ahead to the new year and plan a few positive changes. Who doesn't want to look better, feel better, perform better? That 's what 'new beginnings' are all about!

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A new device, the Kamra Inlay, was approved by the U.S. Food and Drug Administration in April for treatment of presbyopia, the loss of the eye's ability to change focus. Presbyopia, like so many maladies of aging, can result from stiffening tissues, in this case the eyes' lenses.

"The Kamra is the first of this class of corneal inlays," says Dr. Jay Pepose of Pepose Vision Institute. "It functions like the aperture of a camera. If you make your pupil small, you create more depth of focus by blocking the unfocused peripheral rays of light." The inlay, thinner and smaller than a contact lens, has a black outer ring with a small clear opening in the center. "It increases near vision without degrading distance vision," Pepose explains.

If Lasik was utilized to correct close vision in one eye, that eye would no longer see distant objects clearly, producing what is called monovision. One eye could be used for distance and the other for close-ups. "That requires the brain to suppress whichever image is out of focus," Pepose says.

Because light from distant objects still passes through the inlay, Kamra maintains better depth perception and good contrast, Pepose says. The Kamra Inlay, which costs \$5,000 to \$6,000, has improved vision to the point that the average patient can read newsprint-sized type, he says. After a small opening is made with a femtosecond laser, the inlay is placed in the patient's nondominant eye in a 10- to 15-minute procedure. "One eye is enough to provide near vision," Pepose notes.

The brain adapts to a new way of seeing, he notes. "We have noticed that patients have better near vision at a month and even better vision at three months."