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Is LASIK Right for Me?

By David Snape

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The subject of LASIK is a very interesting one. There is a lot to investigate and understand about the process of getting your vision corrected through laser surgery. I hope this article helps to point you where you need to go to do the best research. There are both pros and cons to consider before submitting to this type of surgery.

First, if you are already firmly set in your decision to have LASIK, read these pointers:

1. Make sure you go to a doctor who uses the new Interlase laser for making the corneal flap.

Why? Because the Interlase is 100 times more precise than the "old fashioned" method of using a microkeratome to cut the initial flap. Many speculate that most of the problems that come from LASIK surgery have been due to the impreciseness of the microkeratome device used to cut the cornea.

2. Most definitely insist on a custom wavefront laser to do the actual reshaping of the cornea.

Why? Because the custom wavefront can get rid of what is called higher order aberrations.

What does this mean to you? It means much sharper vision after the surgery and a significantly reduced chance of having halos, starburst and other "complications" from LASIK.

Repeating: Make sure you go to a surgeon who is using both Interlase and Custom Wavefront technology to do LASIK surgery. Relatively few practices have these new technologies. Consider that surgeons who invest in these technologies may have more of your interests at heart.

One of the top 5 LASIK surgeons lives in Kansas City. Check out his site:

durrievision.com

Is LASIK Right for Me?

Look at the

information on his site including the videos where he explains what LASIK is all about. Compare your perspective surgeons website to his and you may detect a difference.

Next, you should be aware of the potential problems of LASIK surgery as you review

surgicaleyes.com

you may find that these horror stories came from procedures that didnt use interlase and custom wavefront technology together. See—there is a reason to go with the newer technologies. You can email the people on this site and ask them questions about their procedures and the complications that they faced or are still facing.

One of the problems with LASIK, has been the LASIK 20/20 phenomenon. Some people do technically see 20/20 after the procedure but it is not normal. Instead, it is hazy or blurred. This is probably due to the higher order aberrations mentioned earlier. That is why it is important to get custom LASIK done. The custom wave front lasers can remove those aberrations, hopefully allowing you avoid the LASIK 20/20 phenomenon.

If your doctor says that you dont need the custom treatment, I would ask him if he has a custom wave

front machine. There may be a few legitimate reasons to not have the custom procedure done, but I seriously doubt there are many.

If he doesnt have such a machine, I would wonder if his recommendation is based on the best thing for you as the patient. It always pays to get a second opinion anyway and in this case, you should.

These are your eyes that we are talking about and you owe it to yourself to get educated on every aspect of this surgery before undergoing treatment. The surgical eyes web site mentioned above is worth investigating. You need to know what could go wrong and how to choose a doctor and equipment that will allow you to avoid problems.

I will say it again. Try to go with Interlase to cut the corneal flap and try to go with a custom wavefront laser to reduce your risk of complications! I cannot stress this enough.

I went through a screening process to get LASIK done and was categorized as an excellent candidate. They even wanted me to participate in a study program that would save me about \$600. I still turned it down. In the end, I decided that I didnt want to get my eyes lasered.

Of course, there is something to be said about not wearing glasses or contacts anymore and there are many happy patients out there. I just want you to be aware of both the pros and the cons.

Do you really need to have LASIK done? I think its worth it to investigate natural vision therapy and see what you can do about correcting your vision naturally before permanently etching your current

Is LASIK Right for Me?

prescription into your cornea.

Many people have gotten results from vision therapy. A few have even gotten rid of their glasses and /or contacts forever. An industry insider has informed me that this does happen but not very often.

There are a couple of books to check out on natural vision improvement if you are interested in that alternative. Relearning to See by Thomas Quakenbush is one that comes to mind.

The original pioneer in vision improvement was Dr. Bates. He was an early 20th century ophthalmologist who really stuck his neck out to go against the prevailing theories of the day (that still persist). Many of the people who he helped were very grateful, Im sure.

I have dabbled with naturally improving my vision. I have experienced a decrease of tension, but I have not recovered 20/20 vision. This type of improvement does take work and determination.

That is why there is LASIK today; everyone is different in their wishes and expectations. If you are in a hurry and you dont mind the permanent etching of a prescription in your cornea, LASIK might be for you.

I hope this helps you on your quest to learn more about LASIK Surgery and point you in the right directions to gain more information so that you can make an informed decision before deciding to undergo this often expensive elective procedure.

This article is for informational purposes only and is not meant to diagnose or suggest treatment for any health condition. Please consult a health care professional if you have or suspect you have any health related problem for proper diagnoses and treatment

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Educate Yourself – LASIK Eye Surgery Could Be For You

By Nicola Kennedy

It might be the case that you are tired of wearing glasses, or you believe that it cramps your style. You also don't want to use contact lenses, in order to avoid infection or inflammation due to overuse. In

Is LASIK Right for Me?

such a scenario, you are likely to consider LASIK eye surgery, which is one of the most prevalent vision correction procedures. And therefore, you require some basic LASIK education, in order to get a clear picture of what you can expect from LASIK if you want to know whether you should do eye laser surgery.

If the light rays don't focus on the retina (light-sensing cells), the image you see is blurry. This is termed as refractive error, and may be caused due to an irregularly shaped cornea. LASIK surgery involves carving of the cornea in order to give it the perfect shape, thereby making light rays focus on the retina. LASIK surgery employs a high-precision laser, named Excimer, which is an ultraviolet chemical laser.

Scads of people have undergone LASIK, and most procedures have been successful. But as with any surgery, LASIK has associated risks and complications. However, LASIK has a relatively low complication rate, between 1% and 5%, which is among the lowest in the eye surgery field. Another trivia from the chapter on LASIK education is that LASIK may not result in perfect vision. That is, not all patients achieve a 20/20 vision.

If you suffered from myopia and have undergone LASIK as a corrective procedure, you would still require reading glasses (for near vision) in your late 40s. LASIK is an irreversible procedure, and most insurance companies do not cover LASIK surgery. Therefore, make sure that your surgery is performed by an experienced ophthalmologist. Also note that only eye MDs (ophthalmologists) are permitted to perform LASIK surgery.

Now that you are aware of the ins and outs of LASIK surgery, decision making is much easier. Have a discussion with an experienced ophthalmologist. It might be the case that you could very well forego the surgery. But if need be, LASIK is a superlative option to correct your vision.

Nicola Kennedy publishes articles and reports and provides news, information and views about whether

you should do eye laser surgery

at Your Lasik Information. <http://www.Your-LASIK.info>

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