

HEALTH

Dance company cares about the cure



JENNIFER MEDINA/Acorn Newspapers

MOTIVATED TO MOVE—California Dance Theater Dance instructor Jennifer Medby White, above, leads a jazz dance class in honor of her younger sister, Courtney Campbell—who was recently diagnosed with breast cancer—during Dance for the Cure last Sunday at the studio in Agoura. At left, Oak Park residents Zoe White, left, 15, and Hannah Wright, 14, take part in the special class. Zoe is the daughter of Medby White. All proceeds of the event will go to the National Breast Cancer Foundation.

COMMENTARY | Lens replacement surgery

Seniors keep eye on ocular health

More than 100 seniors came to Thousand Oaks on Oct. 18 to hear a talk by Dr. Rajesh Khanna, a board-certified and internationally recognized Lasik surgeon who specializes in disorders of the eye.

The event at Los Robles Hospital was part of the hospital's ongoing health chat series that features a variety of doctors offering medical advice to community members.

Khanna discussed the significance and development of cataracts and the most promising and advanced treatment called Prelex, a replacement of the eye's lens.

Khanna began his discussion by explaining the structure of the eye and the changes that occur over time. One of the most common eye ailments is cataracts. More than 20.5 million Americans over the age of 45 are affected by cataracts each year.

A cataract is the natural deterioration of the lens and can cause blurry vision. If the cataract is advanced it can make it extremely difficult to see.

Common treatments that are often recommended include drops and vitamins, but Khanna said research shows that neither of those options is useful. Instead, he suggests the cataract procedure.

Forms of cataract surgery have been in existence for hundreds of years, but procedures weren't refined until modern cataract surgery was developed about 40 years ago. Recent advances in refractive cataract and Prelex procedures take the treatment to a new level.

Laser-assisted cataract surgery, for example, can also correct astigmatism. Cataract surgery can be performed even in the presence of dry macular degeneration.

Khanna also talked about another benefit of Prelex in which presbyopic implants, such as

Restore, Tecnis and Crystalens, are used as the eye's new lens and are able to improve its ability to see up close.

Presbyopia is a condition in which the lens of the eye loses its ability to focus on close-up objects.

People over 50 who become dependent on reading glasses are excellent candidates for Prelex surgery, said Khanna, whose new book, "Prelex," is available on Amazon.com.

Khanna's website is www.khannainstitute.com. His offices are in Thousand Oaks and Beverly Hills.

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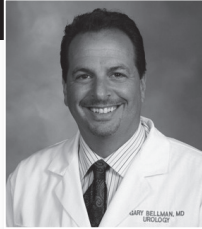
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