

PRESS RELEASE



TO: Editor in Charge
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For Immediate Release

**Photo Attached*



June is Cataract Awareness Month

(Wahiawa, Hawaii) June 7, 2016 – More than 24 million Americans suffer from cataracts, according to Prevent Blindness America and the National Eye Institute. June is designated Cataract Awareness Month by the American Academy of Ophthalmology to remind those at risk to be aware of the symptoms and to get regular eye exams. If left untreated, cataracts worsen over time and can lead to blindness.

“A cataract is a natural process of aging that occurs when the normally clear lens of the eye starts to become cloudy,” said Christopher Tortora, M.D., Medical Director of Hawaiian Eye Center. “Light necessary for the retina to process images is blocked and distorted. Signs of cataracts include blurred vision, sensitivity to light, fading or yellowing of colors, poor night vision, sensitivity to glare and seeing a halo around bright lights.”

Some risk factors include exposure to ultraviolet light, diet, smoking, diabetes, use of some steroid medications and serious eye injuries.

The good news is cataracts are treatable. Cataract surgery is one of the most common operations performed in the U.S. The general process involves removing the clouded lens of the eye and replacing it with an artificial lens implant. Modern cataract surgery can usually be upgraded to include vision correction to reduce dependency on glasses and contacts for those with vision impairments near, far and in between. Surgery is typically outpatient with very little pain or discomfort.

Hawaiian Eye Center is one of a few surgical centers on Oahu equipped with LENSAR, an advanced femtosecond laser system with a more precise and customizable treatment for cataracts. LENSAR's system integrates unique functions like Augmented Reality imaging, which provides a 3D view of the eye. Surgeons can fully automate and customize critical planning and execution steps for refractive cataract surgery. Surgical mapping tools allow for more specific parameters during surgery for increased accuracy and precision.

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If you are 40 and over, you should have a comprehensive dilated eye exam every two to three years from your eye care professional. If you are 40 and over with other risk factors or 60 and over, you should get an eye exam once a year.

Preventative measures and an early diagnosis can help you protect your vision from cataracts. Speak with your doctor and make sure you know the signs.

Christopher Tortora, M.D., and Steven Rhee, D.O., are board-certified ophthalmologists at Hawaiian Eye Center. Dr. Tortora and Dr. Rhee also host "The Hawaiian Eye Show," a weekly informational radio program about healthy vision broadcast live every Saturday at 8 a.m. on KHVH 830 AM/rebroadcast at 9 p.m. on KHBZ 990 AM. Hawaiian Eye's dedicated doctors and support staff are committed to educating the public about the importance of preventative eye care. To learn more about a variety of eye health issues, please call 621-8448 or visit HawaiianEye.com and Facebook.com/HawaiianEyeCenter. "For 40 over years, life has never looked better."

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