



### Welcome to our Spring Newsletter

As soon as the Jasmine begins to bloom, I get excited that we are on our way to warmer weather and longer days. At HLV, we get busy at this time of year, as we approach Christmas and the holiday season. People want to be free from the hassle of glasses and contact lenses so that they can swim and enjoy the outdoor lifestyle. In this edition you can read all about our latest sponsorship and charitable efforts as we continue to lend our support to the local community.

Our close knit group continues to grow and in this edition we will introduce you to, Tracey Grierson and Ashlea Wilton. Also Krista, our delightful Canadian, is now utilising her nursing skills and is assisting in theatre.

It has been 11 years since I stepped into the position of Business Manager here at HLV and experience has shown me that people begin to investigate the option of laser vision correction when they have reached a certain level of frustration with glasses or contact lenses. Ideally, we like to assess patients early on to determine their suitability for laser vision correction, as this can minimise disappointment experienced if, for some reason, they are not a suitable candidate.

As a society we are becoming increasingly time poor. Trying to juggle work duties with household commitments and social obligations can be difficult and this is something that we at HLV understand all too well. For some people, it just isn't possible to have a consultation one day and then return at a later date for treatment especially for those people who have to travel. For this reason, we offer our patients the option to proceed with treatment on the same day as consultation. This option is becoming increasingly popular and many of our patients (75-85%) elect to proceed the same day if suitable.

Also in this edition, you will read about the different treatments offered at HLV and you will meet one of our talented patients, Geneane Gusse, who designed the beautiful bracelet for our last competition.

Remember Fleetwood Mac? They were certainly one of my favourites. If you would like the chance to see them at Hope Estate, whilst enjoying a wonderful gourmet hamper, then please send in your competition entry.

Cheers,  
*Sue Quadrelli*  
Business Manager



### HLV in the Community

Here at Hunter Laser Vision, we are committed to supporting ongoing education and health research and we strive to assist our local community through fundraising and sponsorship.

Recently, Hunter Laser Vision was approached by julEye to participate in their 2009 fundraising campaign. The campaign is dedicated to raising awareness and funding for eye health research and supports the ophthalmic community in research grants and development programs.



75% of vision loss is in fact preventable if detected early enough. With 30% of children suffering from some form of visual impairment, the research supported by the julEye campaign is vitally important and Hunter Laser Vision was only too happy to jump on board and lend support by selling julEye merchandise. As part of our 'duty of care' to patients, we suggest regular eye examinations with an optometrist following discharge from Hunter Laser Vision and we would encourage everyone to take this advice, whether you have had eye laser correction or not.



Throughout 2009, Hunter Laser Vision has continued to lend their support to Australia's largest regional welfare organization, the Samaritans and recently sponsored a group to a rendition of Rodgers and Hammerstein's South Pacific. We would like to thank Peter Teague of Constellation Wines Australia, one of our wonderful patients, for donating the wine for the evening and Frucor Beverages, who kindly donated the Evian water for the event.

## Meet Our New Staff

Spring has arrived and with the change in season, we have had another change in staff. We have two new staff members to introduce you to in this edition and we are excited to welcome Tracy Grierson and Ashlea Wilton to the growing team at Hunter Laser Vision.



Tracy started work with us in May this year and has quickly adapted her personality and skills to play an invaluable role at Hunter Laser Vision. Originally a registered nurse, Tracy is a Newcastle University commerce graduate and has five years experience working in a private general medical practice. Tracy has taken over our accounts and also works in an administrative role. Her positive attitude has seen her settle in to this role seamlessly.



Meet Ashlea, the latest addition to the administration team at Hunter Laser Vision. Ashlea joins us after completing a traineeship last year and achieving her Certificate III in Business Administration. Ashlea has applied her many skills to her position here at Hunter Laser Vision and her personable attitude has seen her quickly settle in to her role. We are very impressed by Ashlea's friendly and outgoing personality and we are sure this will impress you too.

## Win Tickets to FLEETWOOD MAC 'Unleashed' Tour



Spring is here and with it comes the promise of outdoor entertainment. Hunter Laser Vision is offering you the chance to enter the draw to win 2 tickets to see the legendary super group Fleetwood Mac perform live at Hope Estate Hunter Winery on Saturday December 5, 2009. As part of their "Unleashed" tour it promises to be one of the musical highlights of the year. The winner will enjoy a gourmet hamper while soaking up the ambience of the Hunter Valley. A total prize value of \$400.

To enter, simply fill in your details below and send to Hunter Laser Vision at P O Box 188, The Junction 2291

Name:..... Address:.....

Phone:..... Email:.....

Tickets are non transferable, cannot be redeemed for cash and are for Saturday December 5, 2009. Transport will be at winner's own expense. Drawn Friday 13th November and winner will be notified by telephone.



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## Why Choose Us?



When it comes to choosing a vision correction surgeon, many consumers find themselves weighing up the medical and financial benefits of the procedure and this can be a laborious and overwhelming process. Advertisements for bargain-priced surgery fill the airwaves and print media and all tend to sound the same. Here at Hunter Laser Vision, we believe that you can never be too careful when it comes to your eyesight and you should not compromise when it comes to choosing your vision correction surgeon.

### Experience and Expertise

Our surgeons have a combined 70 years experience as practicing ophthalmologists and have treated a cast of thousands from the Hunter, Mid-North Coast and New England region. They personally evaluate and treat each and every patient and regularly attend national and international conferences and maintain international affiliations to stay abreast with advances in laser refractive surgery and general ophthalmology.

### Our Extensive Assessment Process

At Hunter LaserVision, we have a straightforward and comprehensive consultation process to determine your suitability for laser vision correction. This examination takes approximately two hours and combines sophisticated corneal mapping with computerised vision testing.

### Technology

Hunter Laser Vision has proven safe and reliable technology that produces excellent results for our patients. We constantly review and upgrade to new technology if we believe that it can achieve a better result for our patients.

### Follow Up Care:

We believe that your post-operative care is every bit as important as the surgery itself. We see our patients at regular intervals for up to 12 months following their surgery so that we are able to monitor their visual progress and ensure that everything is going well and our surgeons are available on call, 24 hours a day.

### Locally Owned and Operated Centre

At Hunter Laser Vision, there is no need to make the long drive to Sydney for your consultation and then have to return again at a later date for your surgery. Choosing a local centre can minimize the inconvenience experienced, for both yourself and your driver. Our surgical theatres are in the same convenient location as our consultation rooms and our patients have the opportunity to have their consultation in the morning and if suitable, proceed with surgery that same day.

## Treatments Offered at Hunter Laser Vision

Hunter LaserVision offers a variety of surgical options to treat a scope of ocular health conditions and the individual condition of your eye will determine which type of procedure will be best suited to you. To determine the most suitable surgical procedure for each individual patient, we consider the results from our thorough ophthalmic consultation along with the important advice given by our expert ophthalmic surgeons. The following procedures are all offered at Hunter Laser Vision and are performed by our dedicated team of ophthalmic surgeons and experienced nursing staff.



Dr Ravi Singh



Dr Joe Davis



Dr Tim Ruddell



Dr Chandra  
Balachandran

### PRK (Photo Refractive Keratectomy)

PRK is a laser ablation on the corneal surface after the epithelial cells have been removed. A bandage contact lens is worn for 72 hours following surgery until the corneal surface has healed. PRK is used to correct lower amounts of myopia and hypermetropia with associated astigmatism and is an ideal treatment for those patients with thinner corneas.

### LASIK (Laser Insitu Keratomileusis)

Lasik is a laser ablation under a hinged flap of corneal tissue. Lasik is used to correct myopia and hypermetropia with associated astigmatism.

### Astigmatic Keratotomy

Astigmatic Keratotomy involves a corneal incision and is used to treat large amounts of astigmatism and can be performed alone or in conjunction with Lasik.

### PTK (Photo Therapeutic Keratectomy)

PTK is a therapeutic treatment which can be used to treat many visually significant corneal surface irregularities. The laser is applied to remove corneal tissue and is a non-invasive procedure which treats the pathology of corneal tissue. The treatment is not intended as a refractive procedure and it can be used alone or in conjunction with PRK.

### UV Light (Ultra Violet Light Corneal Collagen Cross Linking)

UV Light is used to treat patients with a condition known as Keratoconus. This is an hereditary and degenerative condition that causes the cornea to bulge and thin into a cone-like shape. This results in astigmatism which can become irregular and impair vision, even with glasses.

### Corneal Topography and Orbscan Testing

Patients who are seen by an optometrist or a specialist are sometimes referred to our centre for specialised corneal topography. Currently these tests are performed at a minimal charge to the patient as a professional courtesy to the medical community.

### Contact Lens Trials

A monovision arrangement can be trialed using contact lenses for patients with presbyopia, or who are of presbyopic age and who want to experience their proposed visual outcome before proceeding with surgery. A monovision trial allows one eye to be focused for reading vision and the other for distance vision. Presbyopia refers to a natural loss of the elasticity of the lens and is a common age related condition, usually first noticed with the deterioration of reading vision.

If you would like to confirm what the best treatment option is for you, book a consultation with Hunter Laser Vision and with a referral (after a Medicare rebate) your out of pocket is less than \$5. Call 1800 44 20 20.

## Geneane Gusse



Geneane Gusse is a mother of two active children and a prominent member of Newcastle's business community. Her locally owned business, Gallerie Fine Jewellery at Westfield, Kotara, is renowned for making beautiful and unique pieces of jewellery. The winner of our winter newsletter competition was the lucky recipient of one of Geneane's special pieces.

We first met Geneane in 2004, when she came in to our rooms for a consultation. Geneane was frustrated with wearing glasses and contact lenses and was looking for a way to free herself from the hassle for good. "I was wearing both contact lenses and glasses. I would

wear the contact lenses during the day and would take the lenses out at night and wear my glasses. It was frustrating because I would often not know where my glasses were... It was just a pain in the neck."

For many, making the decision to have laser surgery is an involved process, however for Geneane, this decision was easy. "I probably considered it for 12 months before proceeding with surgery. I had developed a problem with my eye, possibly attributed to wearing contact lenses and at that stage I thought, 'I am going to have laser surgery'. There was no doubt in my mind. I was going to have laser surgery as soon as I could."

Geneane was impressed by the patient education process offered at Hunter Laser Vision and by the amount of information given to her during her assessment. She also found the surgeon's attention to detail comforting. "Because I was having problems with my eyes [before the surgery], I had more than one consultation. The process was thorough and they made sure my eyes were healthy before I had the surgery."

Geneane lives a busy lifestyle, juggling her time between family and her business,

which makes for a rather hectic schedule. However, she still manages to find the time to give back to the local community. Like Hunter Laser Vision, Geneane is a long time supporter of the Hunter Medical Research Institute. "I am an avid supporter of the local community. That's why I chose Hunter Laser Vision. It was important for me to have a local surgeon. I didn't have the time or the inclination to go to Sydney. It just wasn't an option for me."

Geneane was amazed by the results of her surgery. "I could see the effects straight away." But it wasn't until a few days after her surgery that Geneane felt a true sense of what her new vision would be like. "There was a moment, a couple of days after the surgery where I thought, 'wow, I can see'."

Now, almost five years after her surgery, Geneane is enjoying living a life free from glasses and contact lenses. "I can see wherever I go. I can see my kids clearly at the beach, whether they are out in the water or on the sand and I can read the numbers on the back of their jerseys when they are playing rugby... I never want to go back to wearing glasses."

## Congratulations

We would like to congratulate Buruschke Kahts, the lucky winner of our Winter 2009 newsletter competition. Buruschke is a patient of Hunter Laser Vision and was ecstatic when we called to inform her that she had won the fresh water pearl and yellow sapphire jewel bracelet designed by Geneane Gusse of Gallerie Fine Jewellery.



# Lunch is on us!



**Present this voucher to Hunter Laser Vision for validation on the day of your surgery and receive a free lunch (valued up to \$30) from Lotus Espresso Bar before 31st December, 2009.**

\*Conditions apply:

Must be validated. Non transferable and non redeemable for cash. Lunch is for new patients having consultation and surgery on same day only.

