



# Eye Health

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## NEWS

*Insight from  
Dr. Genstler*



It's hard to believe it's been eight years since I started Genstler Eye Center. Kansas has been such a friendly and rewarding place to serve patients, that time has really flown by.

A lot has changed in ophthalmology over the past eight years. The biggest advances have been in technology. It wasn't so long ago that people were resigned to living out their senior years with declining vision. But with advances in cataract surgery and new medications and treatments for glaucoma and macular degeneration, many seniors are enjoying better vision than they had in their youth! It's been exciting to be part of this evolution, and there's nothing more rewarding than improving a person's quality of life.

It seems only fitting that I should thank all of you who have supported me over these past eight years, allowing me to do what I love to do. I look forward to continuing to serve you, and promise to provide the most advanced technology and treatments available.

**GENSTLER**  
eye center

3630 SW Fairlawn, Topeka, KS 66641  
785.273.8080

1104 Waters St , Manhattan, KS 66502  
785.537.3400

## No-stitch, no-patch cataract surgery means quicker recovery

Cataract surgery used to mean a hospital stay, followed by a lengthy recovery. Not any more! Modern cataract surgery is performed on an outpatient basis, with no stitches and no patches. In fact, most patients return to their regular activities within a day or so.

### What are cataracts?

Cataracts are a clouding of the normally-clear lens of the eye. When the lens becomes cloudy, light rays can't pass through it easily, and vision is blurred. Cataracts usually develop gradually, without pain. Everyone eventually develops them, most commonly after the age of 50. There's no way to prevent cataracts, but it's possible to delay them by not smoking, protecting your eyes from the sun and by eating your vegetables.

### Is it time for cataract surgery?

If your vision is only slightly blurry, changing your eyeglass prescription may improve your vision for a while. There are no medications, eyedrops, exercises or glasses that will cause cataracts to disappear; surgery is the only way to remove a cataract. When cataracts begin to interfere with your quality of life, it's time to consider cataract surgery.

### About cataract surgery

Before surgery, your eye will be measured to determine the proper

power of your new intraocular lens. At Genstler Eye Center, the doctors do this using an IOLMaster, a highly precise instrument proven to provide better vision quality following surgery.

The surgery is very quick. A small incision is created, the old lens is removed and a new one is inserted. The procedure requires no needles, no stitches and no eye patches. Surgery is performed on an outpatient basis at Topeka Surgery Center, which is located in the same building. They are the only ophthalmologists in the area to use WHITESTAR™ technology, a new system that dramatically reduces the energy directed into the eye, which reduces risk and speeds healing.

If you think cataracts may be impairing your vision, call Genstler Eye Center at 785-273-8080 for a comprehensive evaluation.

### Symptoms of cataracts:

- Sensitivity to light and glare
- Blurred vision
- Distorted images in either eye
- Changes in the way you see colors, or colors seem faded
- Cloudy, filmy or fuzzy vision
- Double vision
- Frequent changes in eyeglass prescriptions
- Changes in pupil color
- Poor night vision