



CLEAR VISION

SPRING 2008



“Our mission is to provide excellent visual outcomes with compassion and personalized care.”

says Drs. Flowers

DR. FLOWERS VISION INSTITUTE
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LASER VISION CORRECTION WITH COMPASSION

At the Dr. Flowers Vision Institute each patient meets one-on-one with the surgeon to develop a personalized laser vision correction plan. Dr. Flowers makes a concerted effort to understand the visual demands each patient faces at home, on the job, and during recreational activities. He then designs a laser vision correction plan that matches the individualized visual needs of each patient.

The Doctor feels that each patient deserves the care and concern they would give to their own family members. In keeping with this commitment, Dr. Flowers has had family members undergo laser vision correction at the institute.

To reduce your dependence on contact lenses and glasses, contact our office today.

OPTIMIZING SPORTS VISION

Vision plays a critical role in athletic performance. Coordination, balance, concentration, accuracy, and reaction time are all visually-related abilities that impacts one's performance during a sporting activity. The visual skills needed for peak athletic performance are:

- Dynamic Visual Acuity
- Eye Tracking
- Eye Focusing
- Peripheral Vision
- Depth Perception
- Color Vision
- Fusion Flexibility

The limitations of contact lenses and spectacles can compromise these visual skills and hinder an athlete from performing at their peak. Perspiration and challenging environmental conditions degrade the optics of contact lenses and lead to visual

Continued next page

If you'd like to refer a friend or relative who might benefit from laser vision correction, please call our referral line at 1-800-456-LASER

OPTIMIZING SPORTS VISION

fluctuations. Spectacles impair mobility and peripheral vision. Laser vision correction on the other hand provides stable crisp optics and the visual freedom required for peak athletic performance. The testimonials and enhanced performance of pro athletes who have had the surgery bear this out.

- **Greg Maddux**, a major league baseball pitcher was 0-3 in six starts before his surgery and won 9 of his next 10 after his LASIK surgery.
- **Tiger Woods** lost 16 straight tournaments before his surgery and won 7 of his next 10 tournaments after his LASIK surgery.
- **Javon Walker**, wide receiver for the Green Bay Packers, dropped 9 of 59 passes during his 2002 season. After his LASIK surgery in June of 2003, he only dropped 5 of 233 passes in the '03 and '04 seasons combined, citing his improved vision for the stellar performance.

Laser vision correction has elevated our ability to enhance visual performance to a whole new level and is steadily getting better with each new technological advance.

CONGRATULATIONS!!!

John Randall was the Spring winner of our free LASIK drawing. John now enjoys 20/20 vision thanks to Dr. Flowers and Staff.



SUN AND FUN

Spring is upon us and summer is just around the corner. Because of the increased sunlight during these times of the year, it is imperative that you have the appropriate eye sunwear to protect your eyes. In purchasing sunglasses make sure your lenses have the following:

- 95% UVA, 99%UVB blocking
- 75% visible light blocked
- Wrap-around and side-shield models provide the best protection



USAF AIMS FOR "WEAPONS GRADE VISION"

The U.S. Air Force recently approved Custom-LASIK for aviators in aircraft with cabin altitudes of less than 14,000 feet. The U.S. Air Force considers Custom-LASIK a performance enhancement procedure and Air Force pilots feel that this procedure gives them a competitive or combat edge.



NASA APPROVES LASIK

As a result of the recent advances in LASIK technology NASA has given the OK for astronaut applicants to undergo LASIK. Cleaning contacts is very difficult with no gravity and so is wearing glasses. LASIK has removed a huge barrier for individuals who could not formerly become astronauts.



EYES ON THE FUTURE

On November 3, 2005, The Dr. Flowers Vision Institute launched the Eyes on the Future Educational Program for middle school students throughout San Diego County. As part of our effort to reach out and give back to the San Diego community at large, we invite middle school students into our office to observe live LASIK surgeries and speak with our doctor.