

SPECIAL TO THE ISSUE:

- **First LASIK Center in Santa Clarita opens doors,** page 1
- **Baby boomers begin to look for help with vision,** page 3
- **Celebrity Spotlight: Speaking with Stephanie Beacham,** page 3
- **Special offer for eye procedure,** page 3
- **Fun with Dr. Khanna: Word Search,** page 4

IN EVERY ISSUE:

- Expert Advice** 1
- Doctor's Note** 2
- Q&A** 2
- Patient Spotlight** 3
- Dr. Khanna's biography** 4

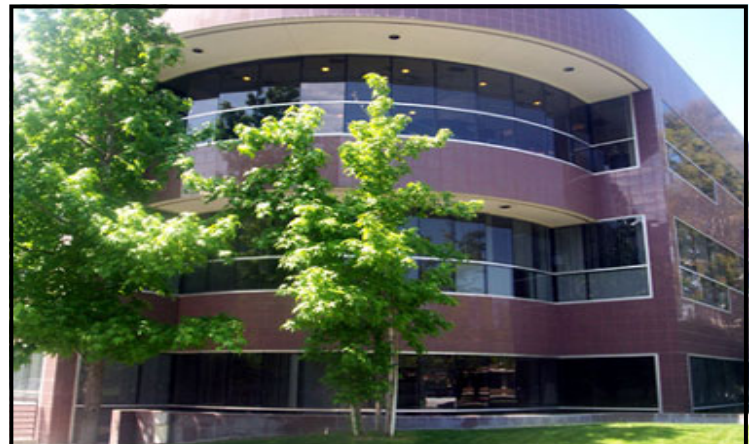
Santa Clarita makes LASIK map

Valencia, Calif. — Due to increasing demand for top-notch vision correction solutions, Khanna Institute, based in Westlake Village, has opened a LASIK and refractive surgery center in West Valencia.

Dr. Rajesh Khanna said he wanted to make expert eye care more available to serve the people of the Bakersfield and Santa Clarita regions.

“Patients have to drive 50 to 75 miles to come to our center,” Khanna said. “Based on patients’ requests, we opened the first refractive center in that area. The people of Valencia deserve better. “We’ve been able to respond to their needs and we feel fortunate to be able to provide them our service.”

With 16 years of experience under his belt, Khanna has performed thousands of surgeries, resulting in thousands of happy patients. The Institute offers free screenings, and as an inaugural special, is



Khanna Institute of LASIK—Valencia opened earlier this year, but has already served hundreds of patients.

offering \$1,000 off any surgery done by July 30.

The new offices are located at 23838 Valencia Blvd. #100. The Khanna Institute of LASIK—Valencia is open 8 a.m. to 5 p.m. Monday through Friday and 8 a.m. to 1 p.m. on Saturdays.

The Khanna Institute abides by the basic philosophy of “First, do no harm.” Only FDA-approved tech-

niques and equipment are used, and staff receives ongoing education to stay ahead of the field of eye care.

Khanna has been fellowship trained, and has pioneered many techniques in his field. He is a member of the American Medical Association, the American Academy of Ophthalmology and the American Society of Cataract and Refractive surgery.

Expert Advice: 7 Ways to Protect Eyes from Winds



Dr. Rajesh Khanna offers tips for combating unpredictable Southern California winds:

- ♦ Wear sunglasses to protect your eyes from sun and wind.
- ♦ Gently wash eyes after a day out.
- ♦ Use artificial tears when eyes feel dry.
- ♦ Follow Dr. Khanna’s 20/20/20 rule: For every 20 minutes of staring at the computer screen, look 20 meters away for 20 seconds.
- ♦ Don’t rub your eyes!
- ♦ Don’t use drops like Visine continuously.
- ♦ If symptoms persist, see a dry-eye specialist.



Doctor's Note

Hello,
I'm glad to see you've stumbled upon the inaugural issue of our new newsletter, Med-Ex. I've always had a desire to create a publication where people

can discover the advances in medical technology while also learning about the doctors in their area and the patients who visit them. As our Institute grows, I desire to create more opportunities for the people in our area. Feel free to email any questions to

Lasik@khannainstitute.com

There are challenges in growing older, however, as we see in this month's feature on the baby boomer generation hitting vision road blocks. But for some, a short procedure can give them a life they never dreamed of, as is the case with Randi Kramer.

Also, check out our patient spotlight on actress Stephanie Beacham and sections you'll be able to enjoy every month, including Q&A with Dr. K and Expert Advice.

As the Khanna Institute of LASIK expands—check out page 1 for a look at our new surgery center in Valencia—we hope you'll enjoy reading about the medical community surrounding you. Here at the Khanna Institute, our No. 1 focus is the patient. One day, we hope to serve you.

Best,
Dr. Rajesh Khanna

Q&A

With Dr. K

Q: I'm anxious about my upcoming LASIK procedure? Is it going to hurt?

A: Don't worry! The procedure is virtually pain free. The most you may feel is some pressure.

Q: How long will the procedure take?

A: The actual procedure takes approximately five minutes per eye.

Q: How should I choose a surgeon?

A: The surgeon should be board certified and fellowship trained. He should use the most advanced technology and be involved in patient care. Experience is key. Make sure he's done at least 1,000 surgeries.

\$500 off LASIK

Call 1-888-LASIK19

Bring in this newsletter to receive \$500 off a LASIK Wavefront procedure (\$250 per eye). Not valid with any other offer.

Baby boomers vision beginning to blur

As the baby boomer generation grows older, many are starting to experience weakening vision. But a fairly new lens paired with an established procedure is helping to restore clear vision.

Dr. Rajesh Khanna has been implanting multi-focal lenses since they were approved two years ago.

"A lot of baby boomers, they aren't able to see close anymore," Khanna said. "As they get into their 50s or 60s, even if they had LASIK earlier in life, they aren't able to read without glasses at this point in their lives."

That's where multi-focals come in, making reading sans glasses possible, while also improving vision of middle and far distances. LASIK can only affect one kind of vision in each eye, while multi-focals can conquer all distance challenges.

"People who love the outdoors, mountain climbing, skating--you don't have to carry reading glasses," Khanna said. "With multi-focal lenses you will be free from that encumbrance."

Using a relaxant and modern anesthetics, the pain-free surgery lasts

about 15 minutes. Using small incisions less than a tenth of an inch long, Khanna uses suction to remove the natural lens and places an implantable multi-focal lens. Right away patients can see far and near, and every day vision improves.

"Many people can be candidates for multi-focal lenses, whether a patient is in their 70s and having trouble reading or is a 27-year-old with an early appearance of cataracts."

Khanna schedules surgery for the second eye a week or two after the first, allowing the first to heal. The full benefit of the procedure won't occur until both eyes are done.

Although the lens was just approved by the Food and Drug Administration two years ago, the surgery itself is not new. The process is much like the cataracts procedure. The lens itself is the technological breakthrough.

Khanna said most patients say it was the best investment of their lives.

"I have never had vision like this," said Randi Kramer, 67, who had the surgery about a month ago. "I've worn

glasses since I was 2 or 3, and contacts from 17. My cataracts made it impossible to drive. It's a whole different ball game now.

"The procedure was a breeze. It was basically painless," Kramer added. "Dr. Khanna is a miracle worker. I can drive again and I can read. He's given me my life back."

Many people can be candidates for multi-focal lenses, whether a patient is in their 70s and having trouble reading or is a 27-year-old with an early appearance of cataracts. Even people with diabetes or high blood pressure thinners are candidates for the surgery.

A 30-year-old's vision may be corrected with LASIK, but as people age, their lenses have already experienced changes, making multi-focals the better choice. As patients get older, bad vision is one less thing to worry about after surgery, Khanna said.

In Khanna's experience, cost is always on patients' mind. While multi-focal lens surgery can be expensive, finance plans like the one offered at Khanna Institute can make surgery possible for \$89 per month. Insurance can cover the procedure if the patient has cataracts.

Patient Spotlight: Stephanie Beacham



Stephanie Beacham

Who: Stephanie Beacham, actress

You know her from: Soap opera hits like Dynasty, The Colbys, Beverly Hills 90210 and The Bold and the Beautiful.

Procedure: LASIK, which she tells Dr. Khanna was absolutely "wonderful."

What's next: Beacham is currently touring as the leading lady in the UK tour of Noel Coward's "Hay Fever".

For more Stephanie, visit www.simplystephaniebeacham.com



Khanna Institute of LASIK

Westlake Village

1220 La Venta Dr.

Suite 209

Valencia

23838 Valencia Blvd.

Suite 100

(805) 409-4909 phone

(805) 230-2199 fax

Lasik@

khannainstitute.com

WORD SEARCH

M	L	A	T	S	N	O	I	S	I	V	O	N	O	M
E	Y	E	B	A	L	L	S	I	S	K	L	M	A	K
S	A	O	I	I	K	E	Y	E	C	H	A	R	T	N
R	L	S	P	O	R	D	S	A	S	X	I	K	L	I
A	S	U	I	I	K	S	L	A	E	S	C	I	R	W
O	P	H	T	H	A	L	M	O	L	O	G	I	S	T
P	A	N	H	L	A	S	I	K	N	K	S	R	L	A
T	T	O	G	S	I	L	K	T	S	L	E	A	I	E
I	I	I	I	S	E	T	A	L	I	D	C	P	P	N
C	E	S	S	F	O	C	U	S	A	K	O	L	U	R
N	N	I	E	S	T	A	R	E	H	R	N	R	K	O
E	T	V	Y	S	A	S	R	I	E	E	E	K	C	C
R	P	R	E	S	B	Y	O	P	I	A	S	L	E	A
V	A	N	I	T	E	R	Y	T	I	U	C	A	H	S
E	S	I	D	E	K	H	A	N	N	A	K	L	C	A

ACUITY
CHECK UP
CONES
CONTACTS
CORNEA
DILATE
KHANNA
DROPS
EXAM
EYE CHART
EYEBALLS
EYESIGHT
FOCUS
GLASSES
HYPEROPIA
IRIS
LASHES
LASIK
MYOPIA
PATIENT
PUPIL
READERS
RETINA
RODS
STARE
TEAR
VISION
WINK

Sight paired with a smile is all he needs

Since an elementary teacher asked him what he wanted to do when he grew up, Dr. Rajesh Khanna has known he wanted to help people. Being a doctor was an early goal, and as his education furthered, it was the vision field that stood out.

“Seeing the suffering of people motivated me to become a doctor,” Khanna said, “especially the people who couldn’t see. To learn how a small eye operation could change someone’s life—the other fields of study I looked into didn’t touch people’s lives in the same way.”

Dr. Khanna has studied on both sides of the earth, first in India before moving from the East Coast to the West. Education was valued highly in Khanna’s middle-class family, and Dr. Khanna is proud to have worked his way up to a certified master of surgery and an in-

ternationally recognized LASIK and refractive vision-care specialist.

“I enjoy nearly everything about my work,” Khanna said. “I think the way people can see better and become less dependent on visual aides, it improves the outlook of the world, increasing confidence and quality of life. Seeing that smile on their face when a patient can finally see, it’s worth it all.”

Dr. Khanna, a member of the UCLA faculty, has won national awards and top honors from the World Health Organization, and because he was fellowship trained, has successfully performed thousands of eye surgeries.

In addition to the American Medical Association, Khanna is also a member of the prestigious American Academy of Ophthalmology and the American Society

of Cataract and Refractive surgery.

Khanna Institute offices are located in Santa Monica, Westlake Village and Valencia, where a new surgery center opened earlier this year.

