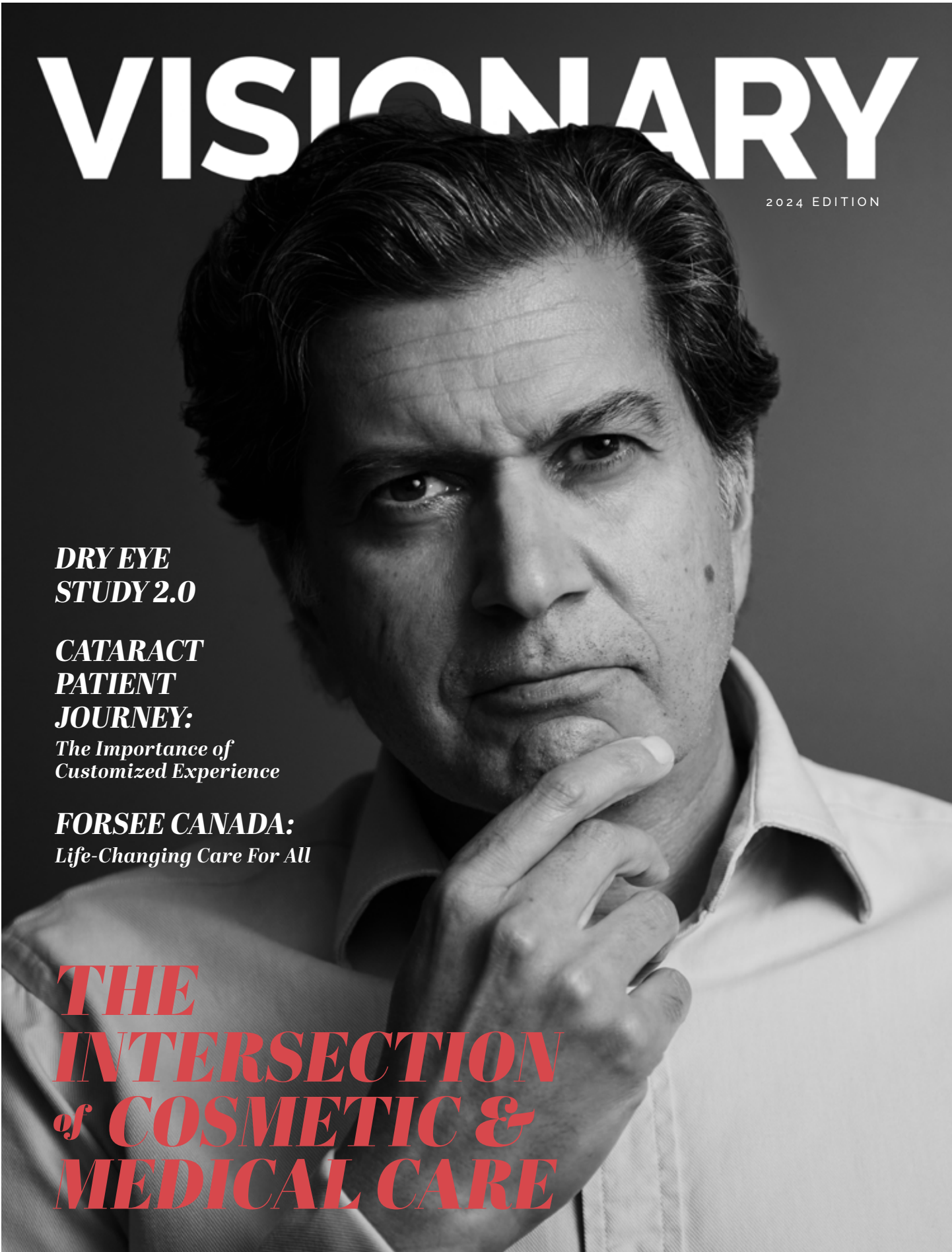


VISIONARY



2024 EDITION

**DRY EYE
STUDY 2.0**

**CATARACT
PATIENT
JOURNEY:**

*The Importance of
Customized Experience*

FORSEE CANADA:

Life-Changing Care For All

**THE
INTERSECTION
of COSMETIC &
MEDICAL CARE**



2024: EMBRACING PROGRESS AND VISION

A Glimpse into Our Journey

Welcome to the realm of 2024, a year that beckons us to embrace change and innovation. In these pages, we offer you a window into our ongoing voyage at U Vision Group – a journey punctuated by growth and exploration.

U Vision Group is defined by patient-centered care and we want to share a glimpse of the patient journey with you. Join us as we delve into the intricate interplay between ocular health and various medical conditions. This issue shines a spotlight on the quality of care offered through our Low Vision Clinic and unveils the spectrum of treatments for common eye conditions – from precise corneal transplants to innovative glaucoma surgery and the transformative journey of cataract procedures.

Our pursuit of excellence is relentless. We empower summer scholars, foster research, and lead advancements. One such endeavor shines a light on the research we are undertaking for dry eyes, unraveling the complexities of this condition and offering advanced management solutions.

Medical aesthetics find their place at U Eye Laser Cosmetics, where our services expand to meet your needs. Share in the patient experience undergoing a cosmetic procedure and understand the range of services that can enhance your natural beauty.

Yet, our impact reaches beyond our walls. Through our partnership with FORSEE Canada, our team's dedication creates ripples of positive change locally and globally. The uncertainties of today only deepen our gratitude for our team's unwavering commitment.

Indeed none of this would be possible without the incredible team. We are proud to celebrate a decade of service, commitment and dedication to the U Vision Group family from our stellar staff members.

Our diverse ensemble covers everything from cataracts and glaucoma to pediatrics, retina, oculoplastics, and cosmetic procedures. As we wish you a healthy year ahead, remember, we're here to navigate the evolving landscape with you.

Together, let's embrace the journey that lies ahead.

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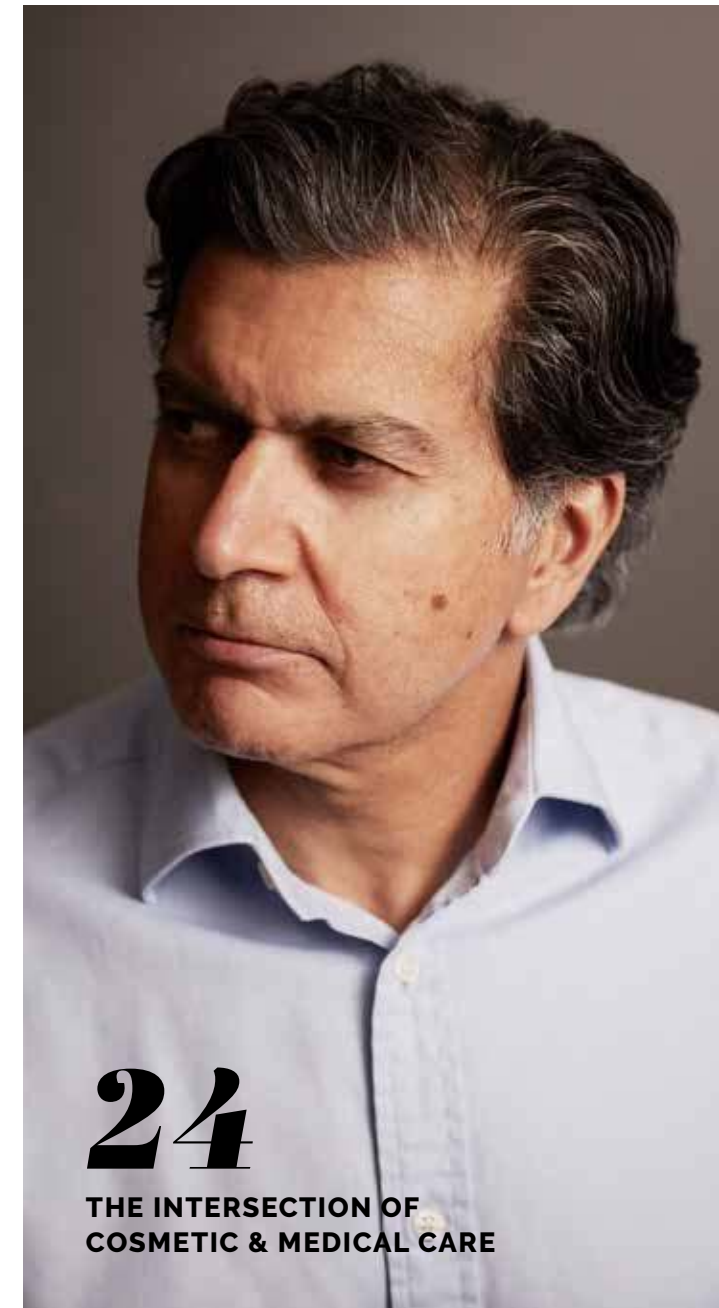
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**THE INTERSECTION OF
COSMETIC & MEDICAL CARE**

*You can't stop
people from
aging.* DR. MAINI



DRY EYE STUDY 2.0



DR. CHIU



MILENA CIOANA

I

n Canada, cataracts are the second leading cause of blindness, resulting in more than 350,000 surgeries

yearly, and even typical cataract surgery poses a high risk of dry eye. As the COVID-19 pandemic altered every aspect of day-to-day circumstances and drastically reshaped the global healthcare system, Canadians continued to suffer from cataracts and, therefore, dry eye symptoms. Seeking to determine what effects the pandemic had on postoperative dry eye and how that might impact patient quality of life, a superstar team of ophthalmologists and medical students began the Dry Eye Study 2.0.

"We were interested to know whether or not those underlying factors of the pandemic would affect our operations and whether or not that would affect more business coming back. If that were the case, there were things we would adjust after cataract surgery to ensure they have the best outcome and satisfaction possible," says Dr. Hannah Chiu, re-

nowned ophthalmologist and surgeon with FORSEE Canada and a primary author of the study.

Dry eye is a common condition that results from inadequate lubrication of the eye. Dry eye symptoms are also prevalent following cataract surgery due to tear film disruption, with one academic work showing that it affects over 40% of postoperative cataract patients. During the COVID-19 pandemic, screen time went up, whether due to lockdown entertainment or working from home, reducing blinking rates and keeping eyes from adequately lubricating. Face mask use also remained the leading viral prevention, which can cause exhaled air to move upwards over the cornea, creating dry spots. These circumstances exacerbated dry eye, an already frequent ailment for much of the population.

One hundred thirty-one patients undergoing typical cataract surgery in each of November 2019, 2020, and 2021 were given dry eye questionnaires to gauge their symptoms before their operation. University of Toronto medical student, Milena Cioana, joined the research team in 2020. *"The pandemic impacted everyone and had a huge impression on the healthcare system. It altered*

ophthalmology, and we don't really know to what extent," she notes. The team looked at the number of return visits post-surgery and broke that down to follow-ups contributing specifically to dry eye. *"We found that the total number of follow-ups decreased during and post-pandemic. It was a constant decline. The total numbers pre-pandemic were 73, during was 65, and post was 40,"* states Cioana.

These figures make up follow-ups as a whole, and as expected during a global pandemic, their prevalence diminished. However, further analysis of the data showed that the amount of return visits relating to dry eye expressly increased during the pandemic, comprising over 50% of the appointments. Post-pandemic, the measure of dry eye follow-ups decreased as restrictions loosened, but they remained higher than pre-pandemic levels. While we may be past the primary incidence of viral infection, lasting effects from COVID-19 linger, perhaps indefinitely. Working from home is more established, and screen time is up as we continue to adjust to a new normal.

Armed with their findings, Dr. Chiu knows how to best educate patients

"The pandemic impacted everyone and had a huge impression on the healthcare system." MILENA CIOANA

FORSEE CANADA: LIFE-CHANGING CARE FOR ALL



“It is helpful for patients to know what to expect.” DR. CHIU

to ensure they have an optimum experience. *“We tell patients that dry eye symptoms are very common after surgery so that they are more reassured that it’s not that there is something wrong but that it’s a normal thing. It is helpful for patients to know what to expect,”* shares Dr. Chiu.

Research is essential to maintaining top-notch patient care, and this study proposes outcomes helpful for all ophthalmologists as they manage patient expectations in a post-pandemic world. Luckily, knowing how to foster confidence before, during, and after surgery is what FORSEE Canada doctors do best.



The Foundation for Ocular Research & Surgical Eye Expeditions, FORSEE Canada, is an essential leader in the Toronto community. Its initiatives

to advance eye care extend to everyone, regardless of location or funds. The goal is to support endeavors in the field of ocular health through three main pillars: research, education, and outreach.

Ophthalmology is a dynamic field of medicine that progresses only with the utilization of research. With a holistic approach, constituting different sub-specialties in ophthalmology and allied partners, they can identify gaps in research to propel patient care. The research program also seeks to impact the next generation of skilled medical doctors and promotes future trainees to incorporate research in all facets of their careers.

Through education, FORSEE provides students with opportunities to delve deeper into the field of ophthalmology and increase exposure to the broader medical community, no matter where they end up. In a constructive learning environment, medical trainees pair with academically affiliated ophthalmologists of varied sub-specialties. The Summer Research Scholarship is a key feature, a competitive award for second-year Canadian medical students interested in pursuing ophthalmology. The recipient engages in an 8-week clinical curriculum that allows insight into different specializations through mentorship. For Felicia Tai, the Summer Research

“It’s not just the research but also the mentorship.

FELICIA TAI



Scholarship confirmed that ophthalmology was the proper route for her. In 2020, as a University of Toronto medical student, Tai applied and was chosen to be part of a clinical research project with doctors at FORSEE Canada, looking at the correlation between Diabetic Macular Edema and Obstructive Sleep Apnea. *“At the time, I was still debating between other medical specialties, and I think that experience really solidified it for me. It’s not just the research but also*

the mentorship that came with the scholarship,” conveys Tai.

Not only is it a pivotal experience to educate local medical students, but FORSEE seeks to educate other providers locally and internationally, which is why the third vital pillar of the organization is to enhance eye care for vulnerable populations where care might otherwise be neglected, leading to further visual impairment. Their work extends to various settings,

including homeless shelters, refugee homes, overseas clinics, and remote eye camps. Dr. Raj Maini, a renowned surgeon and clinician with FORSEE, has an extensive background in giving back. After working in Kenya for four years setting up a university eye surgery department, Dr. Maini is ready to head back to Nairobi and offer more of his expertise. *“The most common cause of blindness in Sub-Saharan Africa is cataracts, and we’re highly motivated to improve that aspect of things,”*



notes Maini. Preventable blindness is a terrifying hallmark of Kenyans living in poverty, but it also exacerbates poverty for future generations. With over 74% of Kenyans living in rural areas, access to care presents significant challenges. Without something as seemingly simple as eyeglasses, people lose the ability to go to school or live independently.

Dr. Maini spent several weeks this March in Nairobi developing a structured program with his Kenyan colleagues that educates on the new advances in cataract surgery. Older, outdated cataract surgery

practices make large incisions in the eye and extract the cataract manually. While this is still the most prevalent cataract method in most of Sub-Saharan Africa, techniques commonly practiced in the Western world are faster, have a better impact on vision, and reduce the incidence of complications such as infection. This more modern approach involves making a smaller incision in the eye and using a high-frequency ultrasonic probe to break up the cataract and aspirate it to remove it. Dr. Maini and his team are focused on shifting the paradigm of antiquated systems still predominant in Kenya. *“The old style of surgery is*



just not as good as this, so with this new technique, you can allow them to live independently without glasses and far more effectively and efficiently than the old technique,” says Maini. This ongoing program will send two to four skilled eye surgeons yearly to further the exchange, with plans to grow into more aspects of eye care, such as glaucoma and cornea surgery.

Throughout their three pillars, FORSEE Canada ensures that access to ocular health is at the forefront of its mission, pursuing life-changing efforts in eye care every day.



OUTSTANDING OUTCOMES IN MANAGMENT OF GLAUCOMA

G

laucoma is a disease that damages the optic nerve, causing vision loss and blindness. It is overwhelmingly the second leading agent of blindness worldwide. Symptoms start slowly, and the condition often goes unnoticed until it's too late. Nearly half of those with glaucoma don't know they have it despite over 720,000 affected in Canada alone.

Danka Mikulic came to Uptown Eye with uncontrolled pressure in her right eye. Dr. Kay Lam, an ophthalmologist with subspecialty expertise in the diagnosis and management of glaucoma, noticed her eye pressure was over 40. Ordinary eye pressure ranges from 12-21, and anything greater than 21 is considered high. If not sorted, intense pressures, such as that of 40, would lead to irreversible and permanent loss of vision. Mikulic remembers being anxious but trusting the clinic's expertise, "Dr. Lam told me everything, how it goes, and all the information. She said, 'Don't worry, everything is going to be okay.' It made me comfortable."

Glaucoma can be extremely variable for each patient. The majority of patients have mild, well-handled glaucoma with one or two medications, and that remains adequate for their whole life. Unfortunately, that wasn't the case this time around. "This patient had an unexpected course where she came in one day, and her pressures were entirely uncontrolled. It's a painless condition, so she was fully unaware of it and otherwise fine and asymptomatic. If it hadn't been discovered, if she didn't come in for her eye exam, then the result would have been remarkably different if it wasn't caught in a timely fashion," says Dr. Lam. Regular eye exams can detect interocular pressure, allowing for immediate treatment, and possibly prevent irrevocable blindness.

Dr. Lam first attempted to manage Mikulic's eye pressure with eye drops and oral medication, but it wasn't enough to reduce the pressure to a normal level, so surgical intervention was required. In a healthy eye, fluid flows through the eye from the front chamber and drains into the canal near the cornea. If this area becomes blocked, pressure begins to build inside the eye. Surgical therapy is often an eye stint, a tiny tube inserted into the eye to keep the fluid path unobstructed for optimal blood

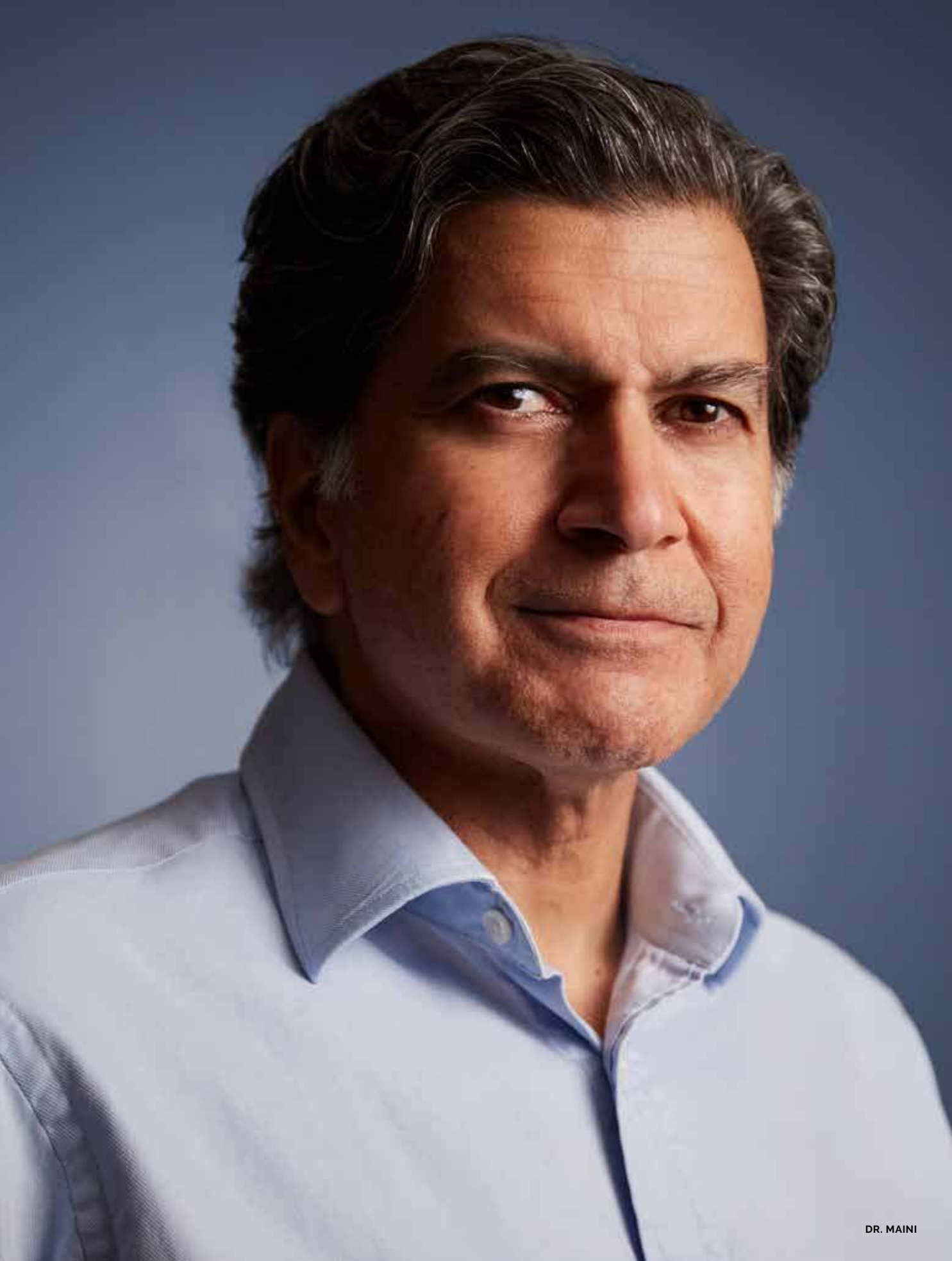
movement, allowing substances to flow and pressure to stay at ideal levels.

"I ended up doing a type of glaucoma drainage device; the one she got specifically was the Xen Gel Stent. It's a micro-stent for glaucoma, so it helps drain fluid from inside the anterior chamber into the subchondral tuber tissue," describes Dr. Lam. This technique allows clearing without any sutures, making for quick recovery and minor discomfort. Once complete, Mikulic had to use eyedrops intensely for two weeks and then gradually tapered down their incidence.

"This patient had a great outcome, and now her pressures are controlled in both eyes requiring no other medications, so she doesn't need her cocktail of glaucoma medications that she was previously on," shares Dr. Lam. "It was multiple bottles, multiple times a day and oral medication and now it's just the stent to regulate her eye pressure."

Danka Mikulic, another thrilled patient of Uptown Eye, expresses her joy, "When I saw Dr Lam after, I was so happy. She took care of me and my glaucoma. She is an excellent doctor."

“ When I saw Dr. Lam, after, I was so happy. She took care of me and my glaucoma. She is an excellent doctor. DANKA MIKULIC



DR. MAINI

RESTORING VISION: THROUGH CORNEAL TRANSPLANTATION

E

velyn Bola was referred to Uptown Eye and Dr. Maini by her optometrist for the cataract in her right eye. *"When he looked into my eye, Dr. Maini saw it was damaged, and he took it from there,"* says Bola. Dr. Maini, an experienced surgeon, noticed intense affliction to the cornea and, after further testing, confirmed it required a transplant.

The cornea is the transparent outer layer at the front of the eyeball, covering the iris and pupil. Its purpose is vital to vision as it helps focus light rays onto the retina at the back of the eye, transmitting the image to the brain. When the cornea is damaged, it can prevent light from reaching the retina, making the pictures sent to the brain fuzzy or distorted.

Dr. Maini successfully completed the cornea transplant, but after a while, the eye began to reject it. *"It's a transplant, which comes from someone else who has passed and donated their corneas,"* notes Dr. Maini. Rejection is not wholly uncommon; the immune system recognizes the new cornea as foreign and begins to attack what is now part of itself. *"In certain cases, rejection can occur, and if we catch that quickly, we can usually reverse it with medication,"* says Dr. Maini. Unfortunately, medication didn't work, and the

transplant failed. *"When the transplant fails, it becomes swollen and opaque, so we had to completely replace it."*

This March, Bola returned to the practice to replace her cornea. The procedure was a combined corneal transplant and cataract surgery, with a special lens fixated into the eye. It's an arduous procedure, but there was significant potential to restore her sight. *"I had confidence. Every time I went to the clinic, I felt nervous, but I spoke to Dr. Maini, and I forgot about my nervousness,"* she shares.

First, Dr. Maini changed the eye's misty lens for an intraocular implant through cataract surgery. Then, the damaged cornea was replaced with normal corneal tissue from an organ donor. Following an hour of surgery and a few days of recovery, Evelyn Bola's sight was crisp. *"Before, I used to see blotty, and now I can watch TV and see outside better."*

Although transplants can take up to a year to fully heal, Dr. Maini is pleased with her results. *"Her vision went from being able to see hand movements only to 20/80. She's not far out of the surgery, so that is a very good sign."* As for Evelyn, she is thrilled with her outcome and the exemplary care Dr. Maini and Uptown Eye took with her ocular health. *"He is an excellent doctor and gave me confidence. He always said, 'My dear, you'll be better,' and then I was. I'm so grateful."*

“He is an excellent doctor and gave me confidence.”

EVELYN BOLA



EMPOWERING THROUGH EDUCATION



DR. NAZEMI

Through education, even the most wary patient can go from anxious to empowered. Rajeev

Bhasin went to Uptown Eye with cataracts in both eyes, apprehensive about the procedure and worried about his worsening vision loss. At his first appointment, he came armed with questions and concerns. Luckily for him, this practice specializes in top-notch treatment and first-rate patient confidence.

Among others, Bhasin's surgical team comprised Dr. Fariba Nazemi and Jaswinder Kaur. This pair knows that the patient experience at Uptown Eye is just as essential as the high technology they provide. By offering extensive and incomparable treatment plans, they can instill courage in any patient. *"Quality care means addressing the patient's specific needs and tailoring the management of each patient based on their situation. It requires listening to patients and giving them a chance to express themselves, educating them about their options, and letting them choose what works best for them,"* shares Dr. Nazemi, distinguished cataract surgeon.

As his Surgical Counsellor, Jaswinder Kaur calmed Bhasin's fears, confirming that the surgery was safe, effective, and carried out by an excellent doctor. Just as important, though, Jaswinder discussed the operation's risks, features, and comprehensive steps. *"Through my expertise as a surgical counselor, I provide the patient reas-*

urance to help them make informed choices about their medical journey," she says. *"I will thoroughly enunciate the details related to the surgeries, including the risks and benefits, to ensure that the patient is aware and in control. I also ease any doubts the patient might have and assure them they will be supported with optimal care."*

Education plays a crucial role in the preoperative course. By preparing patients for every stage of the procedure, patients can be involved in the decisions regarding their personal health. *"This is only possible through patient's education,"* notes Dr. Nazemi.

Caring is what makes Uptown Eye unique. Three days after his cataract surgery, Bhasin returned to the office for

a follow-up. *"I saw a different Rajeev. He was so happy and excited,"* describes Jaswinder. *"This practice sheds light on the more human side of the patient's journey. It prevents the patient from getting reduced to just another customer. It enhances the hard work and compassion that goes into ensuring a successful medical procedure."*

As eye care continues to advance and technology is upgraded and refined, so is the patient experience. Complex options grant each surgical crew the opportunity to impart their mastery, establishing that all patients feel qualified to take on their own ocular health.



“I saw a different Rajeev. He was so happy and excited,

JASWINDER KAUR



“It is a very complete, well-rounded treatment.” DR. KAZIMI

HOW TO ACHIEVE YOUTHFUL SKIN WITHOUT SURGERY



It's a blessing to age; creasing skin and smile lines can be seen as proof of a life well lived.

Facial bone loss is an inevitable part of aging, though, altering the contours of the face. Skin begins to thin, and complexion clouds. For many, these changes can feel drastic and alarming. Luckily, UELC provides simple solutions for those seeking to mature gracefully.

At UELC, care is entirely tailored to and dependent upon each patient's consideration. Hina Kazimi, a skillful Medical Aesthetician, invites patients first for a free consultation. To ensure treatment is safe and fit to produce the desired outcomes, she takes a thorough medical history. "After getting to know the patient and their main concerns and what they are looking for, I'm able to direct them to the proper regimen recommendation," Kazimi shares.

Fotona 4D is an advanced, state-of-the-art laser that targets the exterior skin and the interior oral cavity to taut and tighten without injectables or surgery, completely changing the cosmetic industry. In less than an hour, with little discomfort, the face becomes refreshed, with continued improvement over the next few months by aiming for the deepest, middle, and outermost layers of skin with laser technology. Fotona 4D is most commonly recommended for someone looking for a facelift but interested in a non-surgical route. "As the name suggests, this is a four-dimensional approach to facelift, so we are targeting the skin deep down from inside the mouth and surface of the skin," says Kazimi. "It is a very complete, well-rounded treatment that addresses any loose or sagging skin. It helps with skin tone, texture, pigmentation, and it will also help with overall rejuvenation of the skin."

Recovery time for a full Fotona 4D experience is four to five days, with nonstrenuous activities allowed to resume immediately. However, based on the patient's need, rest is

wholly customizable. "If someone has an important event coming up and they don't want a very long downtime, we can modify that by choosing the options that would give the least downtime," Kazimi shares.

One of the critical components of Fotona 4D therapy is its ability to focus on the lower half of the face, something not accomplished by most treatment options. This is opportune to treat nasolabial folds, the shallow indents on either side of the mouth running up to the nose. These facial folds deepen quickly, becoming one of the earliest signs of aging. Without needles, Fotona 4D lasers promote collagen around the jawline and perioral region, causing it to become plump and elastic, similar to the result of dermal filler.

Each patient that walks into UELC is unique, and so are their goals. By offering a personalized approach, Hina and the entire staff work are able to diligently develop individualized plans for cosmetic, medical, or combined care.

DIABETES AND THE EYE



DR. TONG

Bibi Hussein was referred to Uptown Eye Specialists after noticing her vision begin to worsen. Dr. Lili Tong, comprehensive ophthalmologist and refractive surgeon, quickly noticed cataract surgery was necessary to try and improve the vision loss. It was clear that Hussein had significant diabetes in the eye, but the back of the eye wasn't adequately visible as the cataract was blocking the view. *"When I talk to patients about cataract surgery, I always tell them it doesn't fix the back of the eye, so sometimes we have to do surgery just to decide how to treat the rest,"* explains Dr. Tong.

After a successful cataract surgery, Dr. Tong noted that the diabetes in the back of the eye was dire. Urgently, she completed an intravenous fluorescein dye test to examine the blood flow and immediately started medicated injections to manage swelling. *"There are several forms of diabetes in the eye; there is an abnormal blood vessel form of diabetes called proliferative diabetic retinopathy, a form with less abnormal blood vessel called non-proliferative diabetic retinopathy, and you can have swelling called diabetic macular*



edema," says Dr. Tong. Bibi had an abnormal blood vessel form of diabetes called proliferative diabetic retinopathy, or PDR, which is usually treated with laser. However, she also had diabetic macular edema that needed to be handled first.

After a few months of injections to get the swelling under control, pan-retinal photocoagulation, or diabetic laser,

was the next stage of action. *"If you do the laser first and then do the injections, the swelling actually gets worse, so that's why I do a few injections to get the swelling under control first, and then the laser, and then a few more injections. Once the swelling is all gone, you can try stopping the injections,"* Dr. Tong expresses. Laser is a long-term treatment for PDR, so following a lengthy treatment regimen,

Bibi's diabetes was managed, and her vision is now clear. Dr. Tong continues to observe the patient, but this time, with no treatment at all.

"I am really happy to have this surgery done as I now have two grandsons, and I am able to see their beautiful faces," Hussein remarks. *"It is truly a blessing."*

Dr. Tong needed to be deliberate at

“I am really happy to have this surgery done as I now have two grandsons, and I am able to see their beautiful faces, It is truly a blessing.

BIBI HUSSEIN



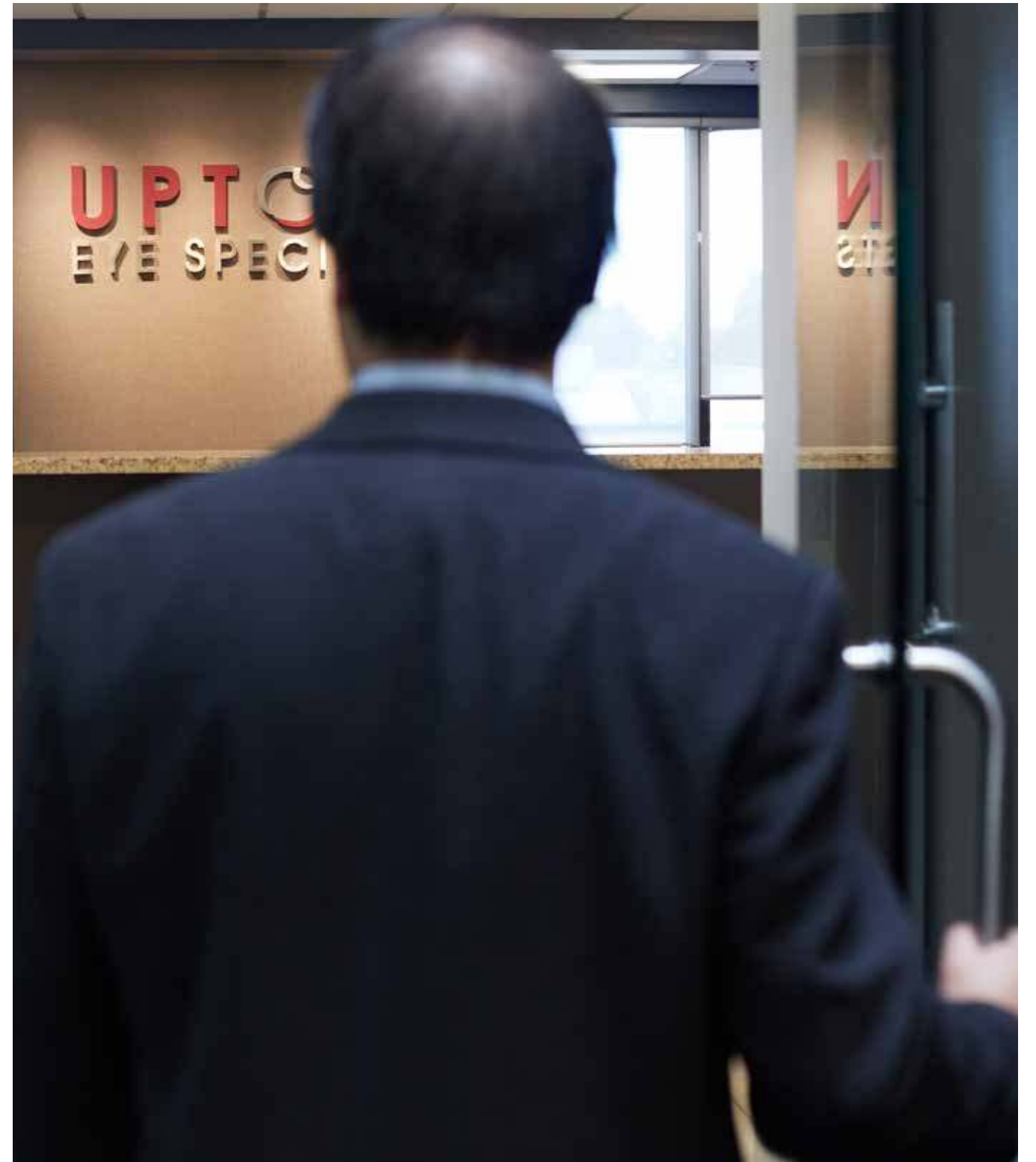
each step to ensure successful and long-term results. Untreated diabetic eye diseases can cause bleeding in the eye, leading to retinal detachment and blindness. *"I couldn't see the eye well enough to treat it properly before cataract surgery,"* shares Dr. Tong, *"but I also had to do something in order to get a better sense of her vision and see what else we can improve."*

Early detection and interception are crucial to retaining sight, and routine eye exams with a local optometrist are an imperative portion of preventing vision loss. A complete ocular health check will look at the front surface of the eyes for allergies or dry eye. It will even monitor for conditions like cataracts, glaucoma, retinal holes, and retinopathy. *"It is very important to*

have your vision tested regularly," says Hussein, *"Detecting any type of eye issues, the eye doctor can work with you to have it corrected before it gets to visual impairment."*

A grateful patient, Bibi Hussein is delighted with her transformative experience, *"Thanks, Dr. Tong."*

CATARACT PATIENT JOURNEY: THE IMPORTANCE OF CUSTOMIZED EXPERIENCE



Uptown Eye is known for excellence in surgery, but they understand a supported patient experience

is just as vital as access to advanced technology. A cataract is the most common cause of vision loss in adults and one of the most frequent procedures seen at the practice. Dr. Eric Tam, one of the practice's distinguished surgeons, takes us through each step of the Cataract Patient Journey. *"We developed a journey, a series of meetings the patients will have with our Cataract Care Team to convey essential information stepwise, ensuring that it's not overwhelming and that they have a lot of time and opportunities to digest information and ask questions,"* he shares.

Successful cataract surgery involves heavy detail about a patient's vision function, comorbidities, and other conditions that may affect how they respond to surgery and how well they might heal. Dr. Tam adds, *"There are a lot of technological innovations in cataract surgery and lens implants that can cause confusion and anxiety for patients, but if explained and discussed positively, the patient can get the full benefit of what technology can offer and what's best customized to their vision and lifestyle needs."*

Surgical Education

The process starts with a referral from



an optometrist, and an initial meeting is scheduled with a Surgical Educator at Uptown Eye. At this visit, the Educator will go over the anatomy and explanation of a cataract as well as gather an understanding of the patient's symptoms and priorities. At this time, the patient is shown the technology upgrade options. There are two categories patients can decide on: the surgical technique and the lens implant.

Surgical Techniques

OHIP covers a base option for manual cataract surgery. Surgical Educators take patients through the ins and outs of this preference before supplying information on the technical upgrade of laser-assisted surgery called Ultra-view ReLACS. With Refractive Laser Assisted Cataract Surgery, specific steps in the traditional cataract surgery are performed with a computer-driven, imaging-guided femtosecond laser.

Lens Implants

One aspect of lens implants is to optimize uncorrected vision. Having a differently shaped cornea can dictate how much dependence one has on glasses, so lens implants can be customized to the shape of the patient's cornea. The other aspect, multifocal implants, allow patients to manage multiple distances without glasses. *"We also emphasize the newer lens technologies that extend the depth of focus so we can minimize the compromise between night vision problems that can occur with multifocal lens and extend the depth of focus, but not necessarily the whole range,"* explains Dr. Tam.

All patients are encouraged to attend this visit with a family member or translator as needed. The Surgical Educator presents 3D models and computer visuals to help the patient

comprehend concepts related to depth of focus, night vision symptoms that they may have with their current cataracts, or lens implant options. Everyone is given Uptown Eye's Cataract Information Booklet, which includes every detail discussed so that they have space to review it at home.

Ocular Hygienist

At this first appointment, patients are also seen by an Ocular Hygienist who looks for dry eye symptoms currently present in the eye. Dr. Tam says, "We recognize dry eye is the most common side effect from cataract surgery, and if the patient has pre-existing dry eye, there will be issues with the accuracy of measurements." If dry eye symptoms exist, the Ocular Hygienist will initiate treatment with the patient immediately before any measurements are taken so they can begin optimizing the eyes for receiving cataract surgery.

Surgeon Visit

After patients are given a week or two to absorb and digest the provided material, they come in to see the surgeon. In this visit, the patient is given a complete eye assessment, not only of the cataract but to assess any other aspects of ocular health and the ongoing status of the eye. This is an opportunity for the surgeon to attend

to any questions the patient might have from the prior appointment and present a recommendation on what might suit the patient best, prioritizing lifestyle and budget.

Surgical Coordinator

After receiving a recommendation from the surgeon, the patient is brought to the Surgical Coordinator, a central advisor for the rest of the patient journey, including scheduling the surgery date, pre and postoperative care, as well as coordinating with the Ocular Hygienist and surgeon.

Measurement

The patient comes in for their third visit one to two weeks before surgery. The Surgical Coordinator will assign time with the Ocular Hygienist and a Dry Eye Specialist as needed and ask the patient to confirm their chosen treatment plan. Measurements of the eye are completed.

Procedure Day

On surgery day, the patient is taken through each step of the surgical process by the surgical team to ensure the best safety and comfort for the patient. After surgery is concluded, a surgeon assessment immediately follows. In case of any concerns, patients are given emergency contact information so that someone can have

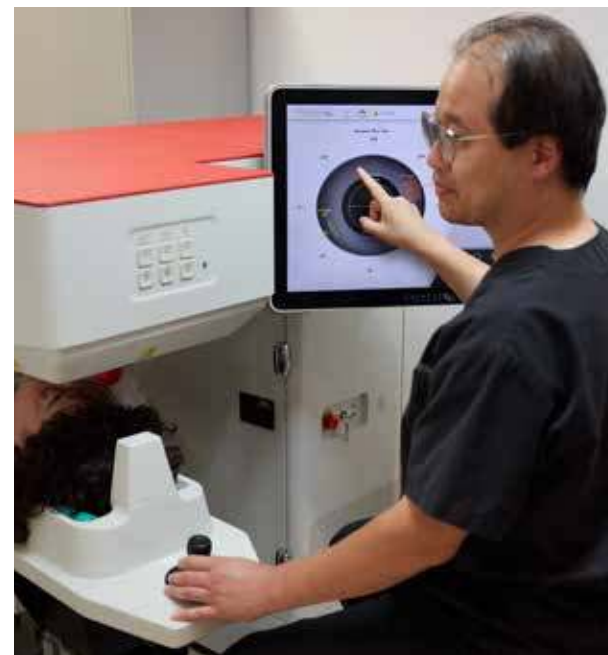
peace of mind that any concerns will be addressed efficiently, but that's not all. "We have a robust postoperative system with a courtesy call to patients to ensure everything is okay after they get home from surgery. If there is any serious concern, we can help them over the phone, but they can come back the next day if necessary to see a surgeon," describes Dr. Tam.

Follow-Up Care

Patients are seen one week following the procedure to measure and assess the eye. Additional follow-up is available if needed, but if all is well, patients are returned to the referring doctor after this review. However, Uptown Eye has an open-door policy for patients to return to the office directly over the next year if they have any uncertainty.

Dr. Tam provides more insight, pointing out, *"The cataract journey that we follow today has evolved over the years based on a lot of patient feedback. We see the need to educate and prepare patients mentally and their caretakers so that many of their concerns and questions are addressed over multiple visits with the entire team. That level of support prior to surgery is important to gain patient trust in the team's approach."*

"The cataract journey that we follow today has evolved over the years based on a lot of patient feedback." DR. TAM



"We see the need to educate and prepare patients." DR. TAM



THE INTERSECTION of COSMETIC & MEDICAL CARE

U Eye Laser Cosmetics provides the Greater Toronto Area with a critical intersection between cosmetic and medical care. Integrating these two together is what Dr. Raj Maini, Oculoplastic and Refractive Surgeon, does with ease. As we mature, our eyes do, too, both visibly and imperceptibly, affecting our quality of life in unique ways. There is a growing field of research on the link between cosmetic care and self-confidence. In one study, more than 87% of patients who underwent a cosmetic procedure exhibited fewer negative emotions towards their body when put in social situations. Appearance and self-esteem are intrinsically linked, meaning that when you feel your best, you look your best.

The eyelids are one of the first areas to show aging with drooping, periorbital discoloration, and under-eye bags. Eye creams can temporarily tighten the area, and makeup can cover pigmented complexion, but only surgery can offer long-term results to reduce dark circles, eliminate puffy bags, and regain more energetic skin. One of the most common procedures the UELC sees is eyelid surgery.

Blepharoplasty is a surgical option to remove fat and excess skin from the upper eyelids, lower eyelids, or both. In the right hands, it's a short and straightforward process that can significantly enhance your personal image. *"Bleph is an aesthetic surgery for people with aging skin and heavy eyelids, so a lot that we do is helping patients function better as well as feel better about their appearance,"* says Dr. Maini.

What makes this practice unparalleled is the ability to operate on the upper and lower eyelids. *"It's what distinguishes us from other places. Upper eyelids are much easier to operate on, and the lower eyelid surgery is somewhat more challenging and less commonly offered,"* shares Dr. Maini. *"We do both the upper and lower eyelids, and if needed, elevate the eyebrow too."*

Upper eyelid surgery incisions are often made in the natural fold of the lid, ensuring that any possible scarring blends in with the fold. With lower eyelid surgery, incisions are made just below the lower lash line or inside the lower lid to prevent visible scarring. The key to an excellent outcome, however, is a surgeon who understands how to make subtle but effective modifications. *"You can't stop people from aging,"* says Dr. Maini. Blepharoplasty doesn't attempt to stop aging but instead seeks to turn back the clock, assuring that

“ a lot that we do is helping patients function better as well as feel better about their appearance.

DR. MAINI



**“ You can’t
stop people
from aging.**

DR. MAINI

as patients age, the eyes look youthful, rested, and alive.

Immediately after the procedure, UELC staff observe patients and release them to return home with a friend or family member once the anesthesia has worn off. At home, it is advised to unwind, cut down on screen time for the first few days, and keep your head slightly elevated to decrease bruising and swelling. One week post-operative, there is a follow-up to monitor the healing progress. The eyelid will likely be swollen and bruised for one to three weeks, but many patients are ready to resume normal activities after around ten days.

UELC has well-equipped cosmetic clinics for eyelid surgery in Vaughan, Brampton, and Toronto. By being a clinic focused on the pursuit of visual perfection and beauty enhancement, they offer a wide variety of surgical and non-surgical vision correction and cosmetic operations to help complement your appearance in one accommodating location. Are you ready to look as young as you feel?

Featured Services

at UELC



Laser Vision Correction

Our surgeons employ state-of-the-art technologies, and every aspect of your treatment is customized and tailored to help you achieve the best possible vision for you.



U SHOPPE

Dry Eye Institute

We have the expertise to manage even the most severe dry eye cases, approaching dry eye problems head-on with a wide array of treatments tailored to various diagnoses. For those looking to establish a home maintenance program, you can easily purchase all your eye care products from our **U Shoppe** online store and choose either delivery or pickup at any of our locations.



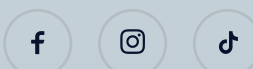
Facial, Head & Neck Rejuvenation treatments

At UELC, our unwavering commitment is to deliver safe, aesthetically pleasing, and naturally appearing results through individually tailored surgical and non-surgical cosmetic procedures, harnessing the latest advancements in technology available in the market.



Laser & Medical Aesthetic Treatments

We offer a comprehensive selection of safe, results-oriented non-surgical treatment options, specifically tailored to help you achieve your desired outcomes. Our experienced service providers perform these treatments with your unique needs in mind



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PUTTING THE EYE IN TEAM: UPTOWN EYE'S SURGICAL EXPERTISE

Dr. Hannah Chiu and Amarpreet Kaur make quite a dynamic surgical team. As a Cataract Surgeon and Surgical Counselor, respectively, both are vital to ensure a quality patient experience. This past June, the duo helped patient Christine Onodi

regain invaluable vision. *"I couldn't drive at night anymore. It sneaks up on you; I couldn't see anything even with my prescription glasses on,"* Onodi conveys.

Onodi left her first appointment armed with material on her surgical options for the cataract in her right eye. Kaur, her Surgical Counselor, used her expertise to communicate the operation process, potential risks, benefits, and recovery



“I haven’t had vision like this since... I don’t remember when. It actually makes me tear up.”

CHRISTINE ONODI

expectations. *"Throughout, the Surgical Counselor offers guidance, ensuring a seamless experience from consultation to recovery, resulting in restored vision and enhanced quality of life."* Kaur describes, *"This information empowers patients to make informed decisions about their treatment."* Onodi's priorities were removing the cataract and maintaining her close-up vision, but she also had astigmatism, adding another level of necessary precision to her operation. She elected a surgical upgrade and multifocal lens implant to optimize her vision and give Dr. Chiu the best possible chances for success. *"I decided on the enhanced lens and upgraded procedure by reading the literature they gave me. They spent a lot of time with me, played with different lenses, and showed me what it would look like,"* says Onodi.

Dr. Chiu discussed and helped the patient select a personalized treatment plan, and Onodi returned to her Surgical Counselor. Kaur provided in-depth details about the chosen upgrades, completed preoperative assessments, and guided Onodi through the healing process while offering instruction on proper eye care and medication management. On surgery day, Dr. Chiu performed the quick but intricate procedure, replacing the cloudy lens with a multifocal implant using ReLACS laser-assisted surgery.

Refractive laser-assisted cataract surgery uses a femtosecond laser to create an opening in the eye capsule, reducing the risk of an irregular opening that might occur with the typical manual approach. ReLACS also allows surgeons to construct custom, blade-free incisions in the cornea, producing a rounder shape in an oval cornea. Reducing astigmatism improves vision and can lessen dependence on glasses.

After a postoperative assessment, Onodi returned home to a call from Uptown Eye inquiring about her comfort levels. *"It provides a lot of patient satisfaction that we're checking in on them after, and it helps us identify if there are any issues,"* shares Dr. Chiu. Kaur adds, *"This patient-centric model guarantees a smoother experience, addresses individual concerns, and tailors the journey to each person's needs."*

Now, a little over a month postoperative, Christine Onodi is elated with her results, *"I don't need a prescription to drive, I have great close-up vision, I haven't had vision like this since... I don't remember when. It actually makes me tear up."* To celebrate her crisp, restored vision, she's off to Italy to gaze at the cerulean blue sea, leaving her old prescription glasses in the drawer.

THE DRY EYE INSTITUTE



The Dry Eye Institute is designed to diagnose, classify, and treat all aspects of dry eye. Unique in the Greater

Toronto Area, the clinic approaches dry eye management with multispecialty. *"The Dry Eye Institute, in a nutshell, is the marriage of multiple stakeholders in the dry eye space, coupled with an ongoing dedication to education and research. We are trying to deliver the most evidence-based, cutting-edge treatment for patients who suffer from dry eye,"* says Dr. Sohail Somani, an esteemed ophthalmologist and attending surgeon.

Dry eye is a prevalent condition that arises when the eye is inadequately lubricated, often caused by atypical or deficient tear quality and/or quantity. Tears are comprised of three layers, one of which is the lipid layer, whose function naturally diminishes as we age. However, many factors, like diseases, surgery, medication, or hormone changes, can further exacerbate dry eye. An estimated quarter of Canadians suffer from Dry Eye Disease, making it a widespread condition that eye care providers face daily.

"By engaging the patient through dedicated providers in a dedicated infrastructure space," describes Dr. Somani, *"our aim is to successfully manage what is ultimately a very chronic, potentially disabling disease."*

The three main pillars of the Dry Eye Institute include Stakeholders, Education, and Research.

The Institute comprises ophthalmologists, optometrists, ophthalmic technicians, and ocular hygienists, each immersed in patient care at different times in their visual journey. It's vital to include the unique perspectives of each eye care provider to provide insight into their diagnosis and management aspects. Having all these providers under one roof, partaking together, allows them to unify towards a common direction to conquer dry eye.

At least once a year, the group meets for the Dry Eye Working Group to discuss the latest techniques in diagnosing and managing dry eye and critique current treatment algorithms. *"The Working Group is an internal symposium that we've dedicated and give credence to, to ensure that all of us are on the same page to create a unified approach to dry eye within the organization,"* shares Dr. Somani. Bringing together providers and sharing techniques leads to the discovery of new research. Currently, the institute

has three ongoing studies in various stages of publication that are presented at Working Group meetings. Dr. Somani explains, *"When we marry the providers with the latest research and learn from each other through the education piece, we hope we can then provide the patient with a full spectrum of dry eye treatment."*

Not all eye care providers have access to complete treatment offerings for dry eye, and oftentimes, providers in the area may refer patients to the Dry Eye Institute for tertiary services they wouldn't otherwise have access to. Some treatments may include autologous serum, Platelet-Rich Plasma drops, or dry eye laser. The Institute is a resource not only to patients through the clinic but also to the ocular community through research and education. As one of the first to formalize dry eye care in a proper organization, every given year, there is more and more interest in the dry eye sphere. As patients may only engage with the clinic for brief medical interventions or a particular part of their ocular journey, it was essential to create an avenue to continue engaging with the Dry Eye Institute after treatment ends was essential. To this end, an e-commerce platform is the newest thing, allowing access to treatment algorithms that may not be available over the counter or at retail providers.

"We are trying to deliver the most evidence-based, cutting-edge treatment for patients who suffer from dry eye." DR. SOMANI



SWING FOR SIGHT 2023 GOLF TOURNAMENT!





U VISION GROUP

More than 10 years of excellence



Nicole Sousa
Live every day like your last because it just might be.



Marissa Dela Rosa
The purpose of our lives is to be happy.



Monica Banchon
Uptown Eye is my second home.

Over the last decade, we've witnessed the first iPad, two royal weddings, a Mars rover landing, the Raptors playoff run, and 10 years of excellence from the U Vision Class of 2024. When asked what makes this a place worth staying for a decade and beyond, the answer was clear: U Vision is more than a workplace; it's a family. Teamwork is a hallmark of life at U Vision, with many sharing it feels like a second home. By providing resources and trainings to advance employee growth professionally and personally, this is a workplace that challenges everyone to thrive and flourish week after week. Congratulations to this year's outstanding 10 Years of Service Awardees!



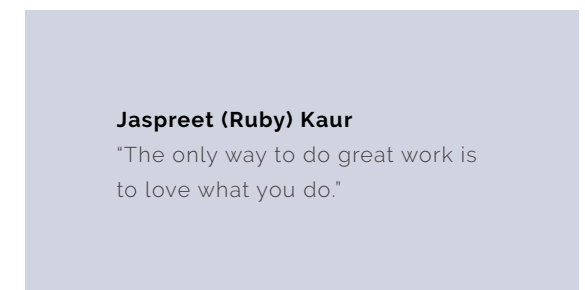
Min (Amy) Wang
"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well."
- Voltaire



Robina Estavillo
Coming together is the beginning, staying together is progress, and working together is success.



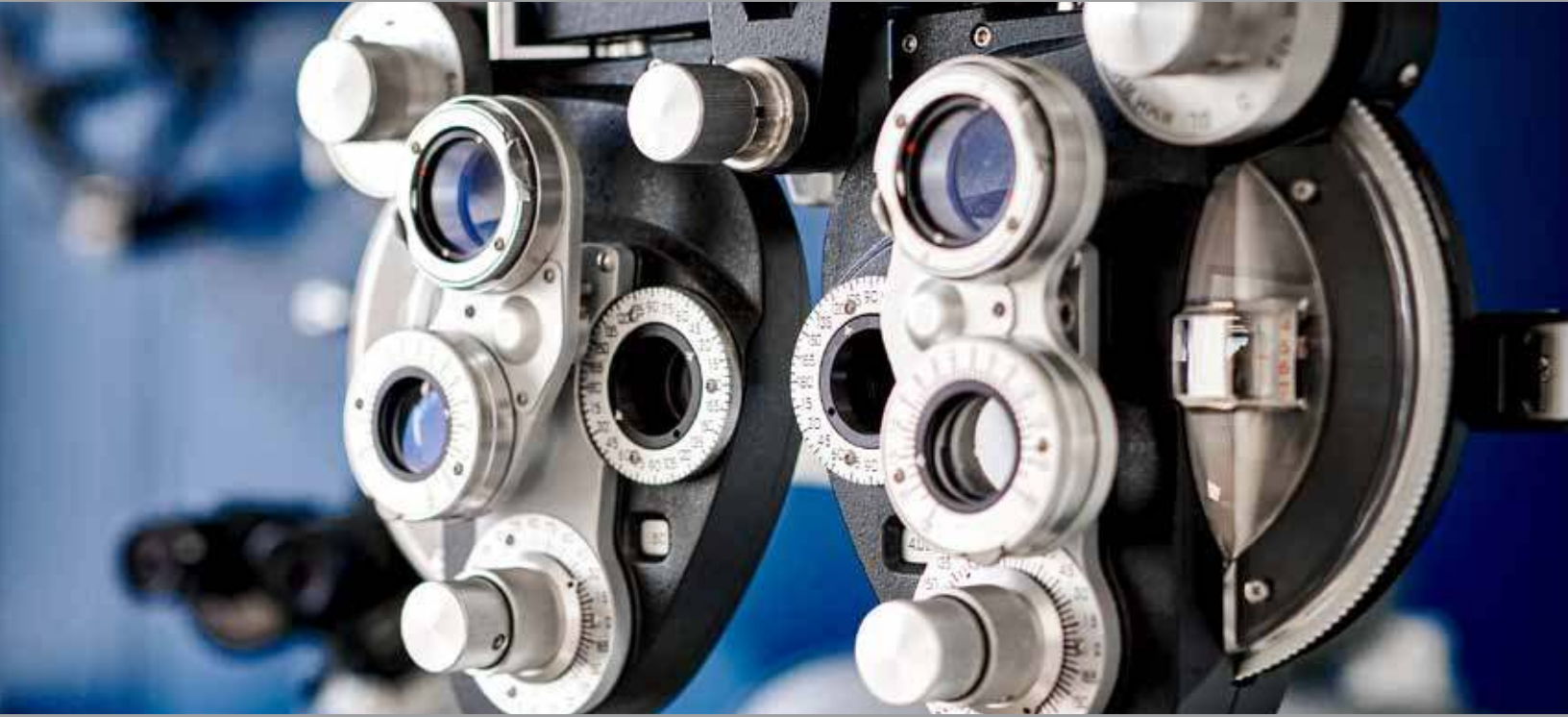
Mildred Mora
"Every day may not be good, but there's something good in every day." -Alice Morse Earle



Jaspreet (Ruby) Kaur
"The only way to do great work is to love what you do."



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