

Renowned doctor is in the business of protecting precious sight

The eye is the window to the world, the opening to all we see. Helping to maintain and restore precious sight is Dr. Thomas John, ophthalmic surgeon, clinical associate professor in the department of ophthalmology at Loyola University Medical Center and founder of the Thomas John Vision Institute. His ophthalmology training included a residency at the University of Pennsylvania, and a clinical cornea fellowship at Harvard Medical School, Massachusetts Eye & Ear Infirmary in Boston.

A world-renowned expert in lamellar corneal surgery and well experienced in diseases and conditions that affect the eye, John offers a full complement of eye care at both the Thomas John Vision Institute's Tinley Park and Oak Lawn locations.

He was recently featured as one of Chicago Magazine's top doctors, which included a close-up profile highlighting some of his achievements, especially in the area of corneal transplants. John uses an advanced technique that eliminates the corneal wound and sutures thus maintaining the corneal strength, with no troublesome stitches on the cornea to worry about. Instead, the doctor uses a very thin slice of a donor cornea that he attaches to the patient's cornea from the inside of the eye using an air bubble.

John has written three surgical text books on the subject (lamellar keratoplasty) and has taught this



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technique to eye surgeons in the United States and abroad. As an invited surgeon from the United States he has performed live surgery, namely no-stitch (no corneal sutures) corneal transplant in

Italy.

One of the corneal diseases is called keratoconus. It is a degenerative disorder that causes the cornea to thin and change its shape to a more conical shape. This causes blurred vision. After trying glasses in the early stages, the person often requires contact lenses for optimal vision. However, with further deterioration of the keratoconus one may no longer be able to wear contact lenses and require corneal transplant surgery.

John performs an advanced surgical technique called total lamellar keratoplasty (TALK), where the inner lining of the cornea is retained (unlike regular corneal transplant). The advantage of this technique is that the body will not reject the cornea during the entire lifetime, which is a huge advantage over the regular corneal transplant surgery.

In addition to performing no-stitch cataract and refractive surgery, namely LASIK and PRK, the doctor performs several advanced surgical techniques to improve vision in eyes that are compromised. He performs artificial cornea surgery, which can restore good vision in eyes that are not suitable for corneal transplant.

John is well known for pterygium surgery — a mini-excision with amniotic membrane graft — and has received a first place award from the ASCRS society for the best surgical video presenta-

tion. He performs glaucoma surgery including Ahmed and Express shunt procedures that decrease the eye pressure and help in eyes that are otherwise not fully controlled with glaucoma medications.

The expertise John applies to such a delicate procedure as cornea transplant is applied to every service within his practice, including cataract surgery, LASIK and its alternative PRK, and other disorders and conditions of the eye.

"With vision being such a precious gift, it is important to protect it and hence consider having a yearly check up," says John. "This will usually help in the early detection of asymptomatic early disease states if any and will lead to early treatment. If on the other hand you have any visual symptoms, don't wait to see an eye doctor. The symptoms may be blurred vision, redness, discomfort or pain, discharge from the eye, sensitivity to light, and other visual disturbances."

No matter what your vision concerns or fears, Dr. Thomas John and the Thomas John Vision Institute offer a wealth of experience and professional care, safeguarding your window to the world.

Thomas John Vision Institute has two location: 16532 S. Oak Park Ave., Suite 201, Tinley Park, 708-429-2223; 10315 S. Cicero Ave., Oak Lawn, 708-499-3939. Or visit www.drthomasjohn.com

Seek harmony in the new year

More than a month into 2010 – what's happened to your New Year's health resolutions? We usually make the same ones year after year: to lose weight, exercise more, stop smoking, etc. And we find that most of our resolutions have fallen by the wayside in a month or two.

So to help break that habit, consider ayurveda, a science of medicine from ancient India that has been in practice for more than 6,000 years. This form of medicine seeks to re-establish the harmony between the mind, body and environment. Ayurveda's premise is that keeping this balance maintains health, and, conversely, a loss of balance leads to physical ailments.

The following is a list of quick and easy ayurvedic lifestyle changes that will improve your health and can be sustained through the year and beyond:

- Start out the day with a glass of water.

Ayurveda says a glass of warm water helps start the digestion for the rest of the day. (Anecdotally, some find that it helps chronic constipation.)

- Stop eating before you are full; instead, eat until you are only 80 percent satiated. You will find that this practice prevents overeating but does not leave you starving.

- Eat minimally processed foods. Try to eat foods in their natural state, simple and nourishing. Additionally, try to eat foods that are in season. This promotes harmony with your environment.

- Find peace in your evenings. Use this time to find emotional rest, and try to avoid the computer or TV after sundown. Sundown, called goraj muhurta, is a special time of balance between day and night. This is the time for meditation and quiet.

- Experience nature daily. Take a walk in nature; stroll and experience the five elements. This helps bring a balance back with your environment.

- Practice mindful breathing, or pranayama, for 10 minutes a day or more. Deep breathing has been scientifically linked to decreased stress, reduced blood pressure and a feeling of well-being.

- And finally, this quote from the 11th century poet Omar Khayyam says it all: "Enjoy this moment, this moment is your life."

– MCT News Services



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Join Us for a Ladies Bazaar...

Red Dress Day!

Friday, Feb. 5th

8:30 am – 12:30 pm

at GOOD SHEPHERD HOSPITAL HEALTH & FITNESS CENTER – MAIN LOBBY

Open to the Public.

Free guest day for all women over 18 years of age.

Membership Specials for Everyone!

Raffle \$5.00.

Here's your chance to win a Personal Training Package, Spa Services, or a Gift Basket from Barrington Chocolates!

All raffle proceeds to be donated to the **American Heart Association.**

Cholestech Bonus

This month only. Purchase Cholestech for \$25 and get \$5 back in club bucks to use on any service inside of the club.

(cannot be applied toward Membership fee's or dues)

For more information please contact our Nurse: Carol Olbur, RN, BSN
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