

EYE ON HEALTH**The Lasik Spa: Technology, Expertise and a Touch of Paradise**By **KRISTINE C. MOSQUEDA**

Picture yourself getting a great massage in a cozy room with soft lights and soothing music.

The pampering feels so good that you find yourself drifting away to dreamland in no time. Minutes later, you come to and realize you were supposed to have Lasik eye surgery. Then you begin to wonder if you're in the wrong place. Not if you're having the procedure at The Lasik Spa Medical Group in West Los Angeles.

The Lasik Spa is unlike any other. It is the only eye clinic in Los Angeles that combines advanced technology and expertise with some good pampering on the side.

Mayo Clinic-trained Dr. Michael Granberry, head of The Lasik Spa, recognizes that a medical procedure, no matter how long or short it takes, whether invasive or not, can cause fear and anxiety in patients so he thought of a way to put them at ease before the surgery.

"I experimented with the idea of incorporating a spa-like atmosphere in the clinic two years ago because of the fear and anxiety that I see in many of my patients," says Dr. Granberry.

It turned out to be a brilliant idea. A nice relaxing massage, Dr. Granberry observed, has kept most, if not all, of his patients calm and at ease during a Lasik surgery. "A relaxed patient makes for a quicker and easier procedure. It has definitely helped my patients and me as a doctor."

I went with a coworker to her surgery last week, and it sure looked more like a treat than a daunting medical operation. Before the surgery, a staff explained in detail what to expect during the surgery, after which she indulged in

a 15-minute pressure-point massage from Epicuren certified aesthetician Valerie Brooks.

"The massage really helped me calm my nerves and prepare myself for the operation. It also helped to know what is going on," she says.

After the procedure, which took no more than ten minutes, she was able to open her eyes and walk herself to a comfy lazy boy seat in a dimly lit room to rest until she felt ready to leave. Before she walked out of the facility, my coworker, who was nearsighted and couldn't go about without her contact lens, was declared to have 20/20 vision.

It is not only the unique spa-like environment that makes Lasik Spa the preferred and trusted name for Lasik surgery. Patients can walk in and out of the operating room knowing that they are under the care of the best.

A graduate of the University of Arizona College of Medicine in Tucson, Dr. Granberry is one of the most experienced Lasik surgeons in the world with over 30,000 successful Lasik surgeries to his credit. He completed his internship in general surgery and residency in ophthalmology at the world renowned Mayo Clinic in Rochester, Minnesota. He has several publications and presentations to his credit and has received several research awards. He is a member of the International Society of Cataract and Refractive Surgery, the American Society of Cataract and Refractive Surgery, the American Academy of Ophthalmology and a Diplomat of the National Board of Medical Examiners.

The Lasik Spa is committed to providing the most technologically advanced laser vision correction surgery.

It has three of the most advanced laser vision correction systems in the market. While all the FDA-approved lasers are good at treating refractive errors, each has its own strengths and weaknesses. Having three different lasers allows the surgeon to choose the best for a particular eye and prescription.

Lasik Spa specializes in 'wavefront-guided custom Lasik' designed for those seeking the best vision possible through laser vision correction. Like a fingerprint, no two eyes are the same. Even eyes with the same eyeglass or contact lens prescription will differ due to subtle abnormalities, which affect the quality of vision. With 'wavefront-guided Lasik', Dr. Granberry is able to measure and correct these subtle variations, in addition to the standard prescription, allowing for more precise vision and minimizing complaints of night vision problems such as glare and halos.

Lasik surgery is a quick non-invasive procedure, and patients can practically resume their regular daily activities shortly after the operation. Prior to the surgery, Dr. Granberry scans and collects data from a patient's eyes using state-of-the-art equipment that can accurately detect vision imperfections. The information is then transferred to the laser that will serve as the guide for the procedure.

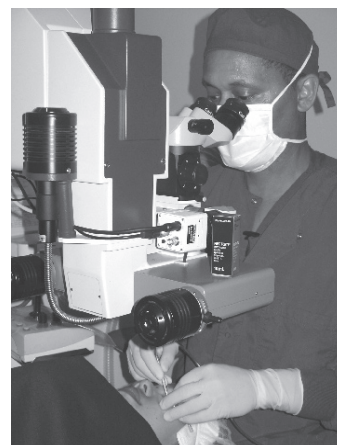
Dr. Granberry performs all the pre-op and post-op exams to personally assure optimal results. He works closely with very experienced clinic doctors to collect the data on the eyes. Each exam is reviewed and double- and triple-checked for accuracy and precision before the client is deemed a good candidate for laser vision correction and before the procedure is performed.



A staff briefs the patient on what to expect during the procedure



The patient is treated to a massage before the Lasik surgery



The surgery lasted about ten minutes

The non-invasive, virtually painless Lasik (short-hand for Laser Assisted In Situ Keratomileusis) surgery has become a popular and effective means of correcting certain types of vision problems. Anyone who has bad eyes and tried it all will tell you that Lasik surgery is more convenient than wearing eyeglasses and contact lenses.

The Lasik Spa offers affordable prices on Lasik surgery, starting at \$499 per eye, depending on a patient's prescription, the laser used for the procedure, and the



The downtime after a Lasik surgery is virtually zero. In photo is patient Nesz Manuel with Dr. Granberry a few minutes after the procedure ended.

enhancement package chosen. And like a true spa facility, services such as facial treatments, body scrubs and waxing are available at The Lasik Spa for those who want to relax and be pampered some more after the surgery.

Visit www.lasikspa.com to learn more about Lasik surgery or call 1-866-LA-LASIK to schedule your free consultation with Dr. Michael Granberry.