



Dr. Ikuko Toda's clinic performed LASIK surgery on Kevin and Caren Hoffman-Smith, opening their eyes to an active life of waterskiing, running and playing golf.

# Life Couldn't Be Better ... Clearer

## Minamiaoyama Eye Clinic

Skiing, golf and running have been a revelation since Kevin Hoffman-Smith opened his eyes to LASIK surgery. His wife, Caren, is equally delighted with a procedure that has enabled her to try out waterskiing without worrying about cumbersome glasses.

The simple LASIK procedures that the Hoffman-Smiths underwent have changed their lives, they say, and it is all due to Dr. Ikuko Toda and her team of vision experts at the Minamiaoyama Eye Clinic, celebrating its 10th anniversary this year.

"I had been nearsighted, and wore glasses for about 20 years," says Kevin, chief financial officer of Tokyo Star Bank. "My vision was not terrible, but it was bad enough that I needed glasses for sports, driving, reading or watching television."

He briefly tried contact lenses, but disliked the dryness and discomfort, while Caren suffered with eyeglasses pressing down on her nose.

Friends of the couple had undergone LASIK surgery, and were enthusiastic about the benefits. Caren found herself at a dinner party for around 30 women and was the only guest still wearing glasses.

"You have to treat it as surgery, even though you go home within a couple of hours," advises Kevin. "You have to take it very seriously, so we made sure that we asked a lot of questions about the nature of the procedure, the risks and the probability of success."

"Dr. Toda was very open to our questions—and we had a long list over several meetings, even up to the day of the operation," he recalls. "Everything she said reassured us."

Essentially, the LASIK procedure involves administering an anesthetic using eye drops, incising a flap on the eye's outer layer, then using an excimer laser to reshape the cornea before putting back the flap. The operation is quick, with no stitches required since the eye simply heals itself.

"After the procedure is completed, the patient's vision

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is blurred, though it is safe to take a train home," says Dr. Toda. "There is no pain, with only minor irritation sometimes; we recommend people go home and take a nap for a couple of hours. They wake up to clear vision and no discomfort."

Dr. Toda has carried out around 6,000 corrective operations. The growing popularity of the procedure has encouraged Minamiaoyama Eye Clinic to open branches in Yokohama and Fukuoka.

Most of Dr. Toda's patients play a lot of sports; others are unable to wear contact lenses for medical reasons. Another key motivation is the cosmetic improvement in doing away with spectacles, she says, with models, celebrities and television newscasters among her patients. Actress Yoko Saito says the quality of her life has improved dramatically since undergoing the operation

There are many advantages to LASIK surgery; it works out to be less expensive over the long term than frequently replacing your contact lens. "The procedure can also be completed for both eyes at the same time and, because of the rapid recovery rate, busy people do not even need to take time off work," says Dr. Toda.

"The operation has definitely changed my life," says Kevin. "Now I don't have to worry about the hassles of smudged lenses, cleaning them multiple times or asking myself where I've left my glasses. Added to that, I can run and play golf, and see what I'm doing perfectly."

"I was a little nervous before the operation, but my most vivid memory was of just making sure I did not move my head," he continues.

The entire procedure took just 15 seconds for each eye, and his eyes fully adjusted over the course of several weeks.

The Hoffman-Smiths have also been pleased with the clinic's post-operative care, with Caren saying that Dr. Toda and her staff "had been with us through the whole process, and we never felt that they were simply [just] letting us go."



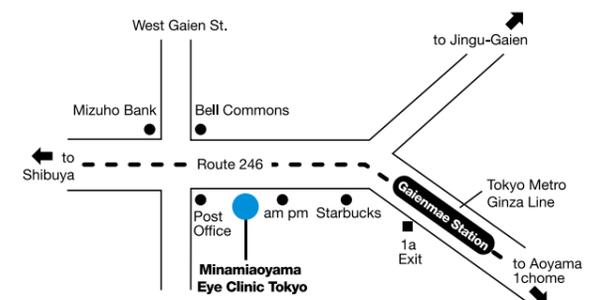
Kevin and Caren Hoffman-Smith say LASIK surgery has changed their lives by doing away with inconvenient, expensive contact lenses and glasses.

Dr. Toda says more and more people are coming to the clinic because they are increasingly confident in the technology.



**Minamiaoyama Eye Clinic**  
 Round Cross Aoyama 8F  
 2-27-25, Minamiaoyama  
 Minato-ku, Tokyo 107-0062

Toll-free: 0120-89-3810  
 Email: [info@minamiaoyama.or.jp](mailto:info@minamiaoyama.or.jp)  
[www.minamiaoyama.or.jp/en/english.html](http://www.minamiaoyama.or.jp/en/english.html)



**Minamiaoyama Eye Clinic celebrated its 10th anniversary on June 6th by offering a special Anniversary Plan of ¥100,000 off LASIK treatment performed between June and December 2007. The fee for the procedure will be ¥380,000 (¥399,000 with tax) instead of the regular ¥480,000 (¥504,000 with tax).**



Dr. Ikuko Toda has carried out over 6,000 corrective eyesight operations.