World-Class Care

Pacific Cataract and Laser Institute (PCLI) was founded in 1985 in Chehalis, Washington as a medical eye care referral and consultation facility for optometric physicians. Today, with a staff of over 350 staff in 17 locations, PCLI provides specialized eye care to the states of Washington, Oregon, Idaho, Montana, Alaska, and New Mexico.

Surgical excellence and compassionate concern for referring doctors and their patients has formed the cornerstone of the Institute’s success. While PCLI is designed to meet the most sophisticated medical needs of referring doctors, it also provides the ultimate in patient care. A comfortable, homelike atmosphere ensures patients and their families are treated as special guests, and their concerns are attended to.

Known for its world-class surgery, the Institute continues to develop new and improved surgical techniques and bring them to the sophisticated eye surgery. Long after their treatment at PCLI, patients remember the quality of service—excellent surgery, exceptional patient care, and professional cooperation with their family eye doctors.

A grateful patient thanks Dr. Jacob for his sight after cataract surgery.

There is no simple way to gain your confidence—we earn it every day.

PCLI Surgeons Work with Dr. Jacob

Pacific Cataract and Laser Institute has had the pleasure of hosting Dr. Jacob on several occasions. After watching a video of his surgery, two of our surgeons decided to see it firsthand. Dr. Paul Chung spent a week with Dr. Jacob at a cataract camp in India in January 2013 and Dr. Joyce Choe spent seven days at one of his camps this January. Both were inspired by this exceptional surgeon and plan to use his technique when they go on medical missions where cataracts are dense and hard.

DR. PAUL CHUNG

“Dr. Jacob is a diligent worker and very busy with lots of stamina. His surgery is so smooth there is not a wasted movement. His secret to doing 400 or more surgeries a day is lots of practice, experience and gifted hands. Dr. Jacob has done well over 100,000 surgeries, encountered every situation imaginable and knows how to deal with complications. He receives lots of praise, but remains a very humble man.”

DR. JOYCE CHOE

“At his cataract camp, we all experienced Dr. Jacob’s kindness and patience. He made us feel like family. He was doing about 450 surgeries a day when I was there, yet took time to teach us, help us with our surgery techniques, answer our questions and make sure we were comfortable. It is unbelievable to witness the sheer volume of people who are receiving the incredible gift of sight from his hands.”

PCLI Surgeons

Visiting Dr. Jacob’s cataract camps in India

Restoring Sight

to India’s Blind

inside

Cataract Surgery

Through the eyes of a nurse

Our Physicians

Getting to know Dr. Mark Maraman

PCLI Surgeons

Visiting Dr. Jacob’s cataract camps in India

SUMMER 2014
n the chilly morning mist, hundreds of impoverished blind people assemble for eye exams at a Hindu temple in northern India. They have traveled from miles around to the cataract camp in this rural village in hopes of having surgery and a chance to see again. Women wrapped in colorful saris and men wearing dhoti pants and shirts with sandals sit quietly on the cold floor waiting to be assessed. Many will have cataract surgery today by a young surgeon, Jacob Prabhakar, known as Dr. Jacob. His cataract camps are well-known throughout India for the great numbers of people he is restoring to sight. What is so remarkable is that Dr. Jacob can perform 300 to 400 surgeries in a day. To put that in perspective, a busy ophthalmologist in the United States may perform 400 surgeries over the course of an entire year.

India is home to 15 million blind people—almost half of the world’s sightless population. Their plight is heartbreaking since these poor people must eke out a pitiful existence in darkness. Unable to see to cook, work, take care of themselves or their families, they often are considered worthless by society.

The most common cause of their blindness is cataracts, which typically develop earlier in people of India than those in Western countries. Most of India’s sightless live in rural areas where no eye care is available. Left untreated, cataracts mature, becoming dense and opaque with a thick cloudiness that completely obscures vision. The logistics are mind boggling. Surgeons in India perform 2 million cataract surgeries a year, yet almost that many new people become blinded each year with cataracts. So reducing the immense backlog is a daunting task.

When cataracts begin to distort vision in the U.S., the majority of Americans have them removed early in order to keep their driver’s license. But India’s poor population does not have that choice. Most have little hope of ever having surgery or seeing again and will likely die blind. Eye surgeons usually live in cities where there are hospitals and medical services, which the poor blind cannot afford. So Dr. Jacob, the 48-year-old Medical Director of Ruby Nelson Memorial Hospital, has chosen to make these needy blind his mission. Whenever and wherever he can, Dr. Jacob travels to rural villages to set up cataract camps where he performs surgery, bringing sight to over ten thousand people a year. As news of his amazing work spreads, communities all across India have invited him to hold cataract camps in their area.

Dr. Jacob’s cheerful demeanor, captivating personality and love of people is as memorable as his ready smile and spontaneous laughter. Behind his quiet modesty is a fast talking, charming conversationalist, and a fearless tour de force of surgical skill with the single-minded focus of bringing sight to as many blind as possible.

“There is great satisfaction in helping these poor, needy people see again,” says Dr. Jacob. "Before surgery they cannot do anything on their own without help. They cannot do household chores or bend over without losing their balance. They are very helpless. Often, widows are abandoned because they are no longer considered..."
When Dr. Jacob was 5, the pattern of their dreams was recognized and the potential in this bright, energetic youngster and took him to a mission boarding school to get an education. “Without his help, I doubt I could be a surgeon,” states Dr. Jacob. “Like all the other kids in our village, I would have been unable to go to school. At the boarding school, I spent time reading and studying, they called me Joycean.”

All the way through high school, Dr. Jacob was first in his class—and first in his school. “When my teachers asked me what I would like to do, I told them to please leave me alone. I knew I probably would not get there, it is very expensive to take medicine.”

I then realized that just by being in boarding school was a big dream come true so my inspiration became [God] doing it’s impossible.”

When Dr. Jacob was accepted into medical school, he wanted to take ophthalmology training and become an eye surgeon, but the chance of finding an opening in an ophthalmology residency program was very slim. Where the opportunity dropped in his lap, Dr. Jacob was full of gratitude. 

Now the only problem he faced was financial. “But since [God] opened the door for me to go to medical school and be trained as an ophthalmologist, I trusted [God] would let me complete it. And He did—people came forward to pay my school bills.”

In medical school, Dr. Jacob met his wife, Bindah, who was also studying to be a physician. “She is very sweet, kind and quiet and never shows me how much she used to do,” smiles Dr. Jacob. “She supports me and my goals 300% and that’s what’s keeping me back from what I need to do”, states Dr. Jacob. “She is very grateful. She supports me and we graduate 300% and that’s the only reason I am in medical school and be trained as an ophthalmologist.”

Dr. Jacob operates while the next patient is prepared for surgery.

CATARACT CAMPS

Following the example of a simple Jewish carpenter, Dr. Jacob goes out to the villages to meet the blind where they are. “When Jesus was on earth, He didn’t expect people to come to Him, He went to them!” So this humble surgeon travels up to 48 hours into countryside villages, where he runs 1 to 2 cataract programs a day to bring sight to those who cannot see. These camps are only held between September and March because summers are so hot it’s not safe to operate.

Cataract camps usually are organized by host and humanitarian groups like the Lions Club who announce dates in the local newspapers and select a large public facility to hold them. Just as a school building or temple complex. On the first day of camp, Dr. Jacob and his team arrive around 5:00 AM, to inaugurate and set up the operating room, assemble equipment and set up medical stations for screening patients.

A crowd of people with their eyes marked for surgery.

“Other doctors say it’s impossible to do this many surgeries a day. And top medical schools don’t think it’s humanly possible to do 300 to 400 surgeries in a day either,” says Dr. Jacob. “The truth is that I have done 465 in a day. You can’t see it. It’s impossible to believe. After all, how could this happen unless [Jesus] is in control of the number and the results? I wouldn’t believe it myself if I wasn’t there.”

UNBREAKABLE JOY

Dr. Jacob measures how he does by the impact it will have on the number of surgeries he can perform. “If I take a break, I will lose an hour or more to scrub and gown again,” explains Dr. Jacob. “Each break would lead 33-35 surgeries so a couple breaks a day would mean 100 less surgeries.”

In five days would leave 500 patients still blind—something that is unacceptable to Dr. Jacob. The need is so great that some of his larger cataract camps have 2 to 3 thousand people waiting for surgery. So once he starts doing surgery, Dr. Jacob forgoes his own comforts, even bathroom breaks, to be able to operate to meet the need.

Patient having cataract surgery. They are so excited and happy when they can see. “My desire is motivated by the endless number of people who cannot see. These patients have nothing and can benefit,” contends Dr. Jacob. “It’s not a business—it’s a mission! These patients have nothing and can benefit,” contends Dr. Jacob. “It’s not a business—it’s a mission! These patients have nothing and can

Dr. Jacob and his wife, Bindah.

I was performing magic. But I told them I didn’t believe in magic—I believe in miracles. We prayed to God this morning and He’s allowed us to do this miracle.”

“On Saturday I didn’t do any surgeries because it’s a day Sabbath, but the other surgeons operated all day,” continues Dr. Jacob. “The people at the temple complex asked me to study the Bible with them. So I taught them and shared that there is a God who loves everyone regardless of their religion. We played our musical instruments, sang songs and prayed—some of the Buddhists wept.”

The next morning, all the surgeries turned in their surgery records. The 400 surgeries completed a total of 430 surgeries. Dr. Jacob, who operated alone and did no surgeries on Saturday, quickly notes. “With the help of [Jesus], we were able to do 977 surgeries.”

When the priest saw how fast my surgeries went, he announced that I was performing magic. But I told him I didn’t believe in magic—I believe in miracles. We prayed to God this morning and He’s allowed us to do these miracles.”

“On Saturday I didn’t do any surgeries because it’s a day Sabbath, but the other surgeons operated all day,” continues Dr. Jacob. “The people at the temple complex asked me to study the Bible with them. So I taught them and shared that there is a God who loves everyone regardless of their religion. We played our musical instruments, sang songs and prayed—some of the Buddhists wept.”

The next morning, all the surgeries turned in their surgery records. The 400 surgeries completed a total of 430 surgeries. Dr. Jacob, who operated alone and did no surgeries on Saturday, quickly notes. “With the help of [Jesus], we were able to do 977 surgeries.”

A FRIENDLY CONTEST

Some years ago, Dr. Jacob was invited to operate at a Hindu temple along with 9 other eye surgeons. As always, the goal was to do as many cataract surgeries as possible to bring sight to the blind in that region. Separate operating theaters were set up in a large room with the nine surgeons on one side and Dr. Jacob on the other. It became a lighthearted contest between the Hindu surgeons and Dr. Jacob.

“On the first morning, the Hindu high priest with two health ministries came bearing their drums to invoke the name of their gods for the other surgeons,” says Dr. Jacob. “When the priest came to me, I told him I would pray to Jesus so let me pray. Our surgeries went very smoothly that day.”

When the priest saw how fast my surgeries went, he announced that I was performing magic. But I told him I didn’t believe in magic—I believe in miracles. We prayed to God this morning and He’s allowed us to do this miracle.”

“On Saturday I didn’t do any surgeries because it’s a day Sabbath, but the other surgeons operated all day,” continues Dr. Jacob. “The people at the temple complex asked me to study the Bible with them. So I taught them and shared that there is a God who loves everyone regardless of their religion. We played our musical instruments, sang songs and prayed—some of the Buddhists wept.”

The next morning, all the surgeries turned in their surgery records. The 400 surgeries completed a total of 430 surgeries. Dr. Jacob, who operated alone and did no surgeries on Saturday, quickly notes. “With the help of [Jesus], we were able to do 977 surgeries.”

When the priest saw how fast my surgeries went, he announced that I was performing magic. But I told him I didn’t believe in magic—I believe in miracles. We prayed to God this morning and He’s allowed us to do this miracle.”

“On Saturday I didn’t do any surgeries because it’s a day Sabbath, but the other surgeons operated all day,” continues Dr. Jacob. “The people at the temple complex asked me to study the Bible with them. So I taught them and shared that there is a God who loves everyone regardless of their religion. We played our musical instruments, sang songs and prayed—some of the Buddhists wept.”

The next morning, all the surgeries turned in their surgery records. The 400 surgeries completed a total of 430 surgeries. Dr. Jacob, who operated alone and did no surgeries on Saturday, quickly notes. “With the help of [Jesus], we were able to do 977 surgeries.”

When the priest saw how fast my surgeries went, he announced that I was performing magic. But I told him I didn’t believe in magic—I believe in miracles. We prayed to God this morning and He’s allowed us to do this miracle.”

“On Saturday I didn’t do any surgeries because it’s a day Sabbath, but the other surgeons operated all day,” continues Dr. Jacob. “The people at the temple complex asked me to study the Bible with them. So I taught them and shared that there is a God who loves everyone regardless of their religion. We played our musical instruments, sang songs and prayed—some of the Buddhists wept.”

The next morning, all the surgeries turned in their surgery records. The 400 surgeries completed a total of 430 surgeries. Dr. Jacob, who operated alone and did no surgeries on Saturday, quickly notes. “With the help of [Jesus], we were able to do 977 surgeries.”

When the priest saw how fast my surgeries went, he announced that I was performing magic. But I told him I didn’t believe in magic—I believe in miracles. We prayed to God this morning and He’s allowed us to do this miracle.”

“On Saturday I didn’t do any surgeries because it’s a day Sabbath, but the other surgeons operated all day,” continues Dr. Jacob. “The people at the temple complex asked me to study the Bible with them. So I taught them and shared that there is a God who loves everyone regardless of their religion. We played our musical instruments, sang songs and prayed—some of the Buddhists wept.”

The next morning, all the surgeries turned in their surgery records. The 400 surgeries completed a total of 430 surgeries. Dr. Jacob, who operated alone and did no surgeries on Saturday, quickly notes. “With the help of [Jesus], we were able to do 977 surgeries.”

DR. JACOB’S GOAL

There have been small clippings in local Indian newspapers about Dr. Jacob but no mass media coverage. However, he says he is working for the blind and does not need media coverage since patients keep coming in droves. “We are doing surgery to help poor people see, not for financial benefit,” contends Dr. Jacob. “It’s not a business—it’s a mission! These patients have nothing and can’t pay anything. Our only desire is to help as many people as possible so we never turn away anyone.”

Every morning when Dr. Jacob arrives, he is motivated by the endless number of people waiting for surgery and the smile of joy that will light up their faces when they can see. “My desire is to make surgeons learn this technique to free from the responsibility to see,” he says thoughtfully. “That’s why I’m training surgeons and technicians for additional cataract camps. It’s one day and one eye at a time,” he smiles. “I have plans to get tired or retire.”

If you would like to help support Dr. Jacob’s work, visit www.miraclesindia.org/yourvision

Meditations are very poor that have nowhere to sleep at night. Students cannot see. These camps are only held between September and March because summers are so hot it’s not safe to operate.

If you would like to help support Dr. Jacob’s work, visit www.miraclesindia.org/yourvission

Meditations are very poor that have nowhere to sleep at night. Students cannot see. These camps are only held between September and March because summers are so hot it’s not safe to operate.
Florence Hendrickson is a retired nurse with an impressive resume. Her career spans 34 years, during which she served as Director of Nursing at two different institutions and was Executive Director for the New Mexico Nurses Association. Florence’s most recent position was running a smoking cessation clinic for Albuquerque Healthcare for the Homeless. She is currently the caregiver for her handicapped son.

Florence recently shared her story of cataract surgery in our Albuquerque, New Mexico facility. We hope this veteran medical provider’s observations will be helpful to anyone considering cataract surgery.

**VISUAL CHALLENGES**

“About 2½ years before my cataract surgery, I noticed increasing difficulty seeing clearly at night. There were big starbursts around lights that made it difficult to drive. In addition, my vision was getting blurred so I had to be very careful to read my son’s medicine bottles correctly. As concerts and the theatre, I could not see the faces of actors or musicians anymore. I knew I needed cataract surgery and told myself ‘JUST DO IT!’ So I went to see my ophthalmologist.”

“The Wende Waggoner validated everything in her careful eye examination. She nodded with, ‘Uh huh! Yeah!’ to confirm that I had cataracts in both eyes. I’m not a fearful person, but I had a little bit of trepidation because I had never had any surgery before. This was a new experience! Dr. Waggoner recommended that I have my surgery at Pacific Cataract and Laser Institute.”

**FIRST VISIT**

“My initial appointment gave me a lot of confidence. The staff was welcoming and genuinely kind with no artificiality in their demeanor. Everyone I spoke to was very cordial. They were very skilled, helpful and informative. I didn’t have to ask many questions because they already answered them. There was no stress and everyone seemed to enjoy and be excited about what they were doing.”

**MY SURGERY**

“The day I went in for my first surgery, the nurse took my blood pressure and asked if I was nervous, I said, ‘No!’ but my blood pressure was 185/90 and I’ve never been that high. Nursing staff usually have some very distinct parameters, but this individual did what was necessary without a lot of nonsense or pricking order. Once she took my blood pressure was a bit high, the nurse went off and was back in 2 minutes with medication to help my system calm down.”

“The staff’s camaraderie and playfulness was fun and helped me feel at ease. When people laugh at diffused tension, I’ve been in situations where that doesn’t happen—where teamwork is talked about but not practiced. Here, it was like everyone was in concert together. And there didn’t seem to be any of that little, quiet, biting competitiveness I’ve often seen and felt in other places.”

“The pre and post-operative area was attractive but not overdone. I felt extremely comfortable, calm and relaxed. The calming effect comes from the way the whole unit is set up and handled—now we do this, now we do that. There were at least 8 patients in the pre-operative area and I was fascinated by how much individual attention was given to each one. It was exciting for me as a nurse because I don’t see that very often.”

“Since I’ve never had another surgery, I can only speak about what I have observed during my career and in other offices and treatment centers in the care of my son. Many times, treatment staff is a little tense and impersonal—making one to stand back from patients they’re working with. At Pacific Cataract and Laser Institute, the overall atmosphere was incredibly comfortable and staff members made me feel they really cared for me, not just my medical needs.”

“When I got to the surgical suite, the surgeon asked if I would mind if he said a little prayer and I was perfectly OK with that. He didn’t pray for me directly but for the guidance of his hands, which was very comforting. Both surgeries were completely painless.”

**MY NEW VISION**

“The day after surgery on my first eye, I realized my eyes were still blue! Cataracts had made them look duller. I went back to another eye center where I had last been seen before my surgery. I have 20/20 vision, and how much correction was needed, he couldn’t estimate! Several times he commented that the surgeon did an amazing job. He said his eyes were like mine but didn’t think he was a candidate. Even though he works for a surgery center, I thought maybe he should call you. I just wanted to tell your surgeon that although I’ve always appreciated the great job on my eyes, I’m even more grateful knowing another eye doctor was so blown away. Thank you so much for your skill and expertise. You have made a huge difference in the quality of my life and I’m forever grateful.”

“An open letter following my LASIK surgery. A little nervous upon arrival. Most pleased when I left. Facilities were great. Staff a blend of efficiency, professionalism and warm sense of humor. Surgeons—quiet professionals who quickly put you at ease. His asking if you minded a pronatal prayer was much appreciated. Best of all, the vision was, to return to a pun, eye-opening. Better than I ever expected. Only regret was that I didn’t have it done 20 years ago.”

“Top notch staff! The whole operation was A+!”

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider made it difficult to drive. I have 20/20 vision, and how much correction was needed, he couldn’t estimate! Several times he commented that the surgeon did an amazing job. He said his eyes were like mine but didn’t think he was a candidate. Even though he works for a surgery center, I thought maybe he should call you. I just wanted to tell your surgeon that although I’ve always appreciated the great job on my eyes, I’m even more grateful knowing another eye doctor was so blown away. Thank you so much for your skill and expertise. You have made a huge difference in the quality of my life and I’m forever grateful.

“Laser vision correction patient from Missoula, MT”

“Laser vision correction patient from Sandpoint, ID”

“Top-notch staff! The whole operation was A+!”

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.

“Dear PCLI...”

My surgeries were a year ago. I have been enjoying distance vision the entire time. Tonight, special THANK YOU’s for the lack of glare. I needed to drive home alone from Albuquerque 50 miles and recall the white knuckle drive from the pre-surgery days when a faded lane divider could create much concern. Rain exacerbated the problem. Tonight, I received a sudden splash from a truck and only needed to reach for the wiper control.
Friendly, optimistic and full of enthusiasm, Dr. Maraman’s cheerful confidence and upbeat attitude make him a positive force and encouragement to others. His enjoyment of people and ability to get along creates a comfortable, fun-loving environment. Although meticulous and serious about his work, he is able to step back and see the whole person he is treating. Dr. Maraman is strong-minded and decisive, as well as outgoing, pleasant and a good communicator who is always willing to help anyone in need.

WINDING CAREER PATH

While taking undergraduate studies at the university, Mark worked as an intern and planned to go to optometry school after college. But he got talked out of it. Graduating with a biology degree, Mark went on to earn a master’s degree in cellular biology with emphasis in immunology. “Being a person I didn’t like being cooped up in a lab by myself doing tests all day,” grins Dr. Maraman. “But luckily, the university asked me to teach advanced biology labs to upperclassmen so I got to interact with students. I enjoyed teaching and the job paid for my advanced degree.”

“Getting a master’s degree allowed me time to figure out what I wanted to do with my life,” says Dr. Maraman. Feeling burned out after so much schooling, Mark decided against going to medical school or doing research. Instead, he took a job in pharmaceutical sales, working at first with general medications and then switching to eye meds for ophthalmologists and optometrists.

“I was born and raised in Lincoln, Nebraska—my dad was a football player and my mom played basketball,” says Dr. Maraman. “I was good at both but basketball was my favorite sport,” grins Dr. Maraman. The middle child, Mark has an older brother and a younger sister and was the proverbial family peacemaker. Mark’s caring dad was the budget and finance director for the Department of Roads in Nebraska until he retired last year. “I was a lot of hoops with him as a kid,” he says. “He was always looking for ways to not be the best at anything, even to turn the table.”

Dr. Maraman graduated valedictorian of his class. He went on to finish hospital-based residency training in primary care, geriatric and blind rehabilitation at the Nebraska Medical Center in Omaha, where he joined Pacific Cataract and Laser Institute.

IMPORTANCE OF FAMILY

“Talking is the easiest thing for me to do when I’m with people,” Dr. Maraman says. “I’ve learned that when you enjoy what you do, you’re really easy to be upbeat. But that shy part of me can still come out when I’m around strangers. As home I can get so focused on my work that I may become unapproachable and have a hard time releasing and putting it aside until it’s done. That’s probably why I’m an introvert—knowing that I’m doing something I will get totally engrossed in. I’ve married my wife, Kendra, at the University of Nebraska, where she was an undergraduate student from western Washington pursuing a degree in nursing. She was a very good student and had a passion for making math fun,” remembers Dr. Maraman. “Kendra is strong, independent, loyal and caring, and would do anything for her family and friends. She’ s the best worker I’ve ever had.”

A devoted father, Dr. Maraman looks forward to seeing his kids every evening. “Being a parent is my job and I enjoy it,” he says. “I have two sons: Lucas, 7, in first grade; and 4-year-old Reid. My kids are always fun—they light me up professionally. I enjoy teaching my boys—how to throw a football around and wrestling with them. His favorite activities are playing basketball, tennis, skiing, reading military history, watching comedies and funny stories, playing guitar, singing, traveling and weekends at the beach.

CARING FOR PATIENTS

Being around Dr. Maraman’s electricity can blind a person to the subtle traits of his character—like his steady reliability, kindness, open acceptance of people and his careful observations that make him good at reading their intentions.

“Doctors are problem solvers,” smiles Dr. Maraman. “When we walk into an exam room, our first priority is to find out what the problem is and how to fix it. Then, as we continue to talk with the patient, it becomes more of a relationship and we are able to get a better understanding of the person as a whole. Patients may come in with a small issue but also have other things going on in their eyes or their life. To be able to improve their problems and take it off their list of difficulties is very helpful. But sometimes all they need is a little empathy and encouragement.”

Each patient is like a mini-project to Dr. Maraman. “Sometimes getting to the bottom of an issue can be tough but interactions with patients are always fun—they light me up professionally. I like to have good relations with everyone, yet I also learn from challenging people so it’s never boring. I don’t like giving bad news, but if I find a pituitary tumor in a patient that allows them to get diagnosed and treated sooner, and our outcomes are better because of it, then I’m excited!”

Dr. Maraman graduated valedictorian of his class. He went on to finish hospital-based residency training in primary care, geriatric and blind rehabilitation at the Nebraska Medical Center in Omaha, where he joined Pacific Cataract and Laser Institute.

“Being able to improve their problem and take it off their list of difficulties is very helpful. But sometimes all they need is a little empathy and encouragement.”

Mark in first grade.

MARK MARAMAN, OD

OPTOMETRIC PHYSICIAN IN OUR CHEHALIS, WASHINGTON OFFICE

PROFESSIONAL PROFILE

Optometry Practice: 2008 – Pacific University College of Optometry, Forest Grove, OR

Residency: 2008 – American Lake VA Hospital, Tacoma, WA

Medical Practice: 2008 to present – Pacific Cataract and Laser Institute

Mark in first grade.

The Maramans—Lucas, Dr. Maraman, Kendra and Reid.

The Maraman’s—Lucas, Dr. Maraman, Kendra and Reid.

The Maramans—Lucas, Dr. Maraman, Kendra and Reid.

The Maraman’s—Lucas, Dr. Maraman, Kendra and Reid.

The Maramans—Lucas, Dr. Maraman, Kendra and Reid.

The Maramans—Lucas, Dr. Maraman, Kendra and Reid.

The Maramans—Lucas, Dr. Maraman, Kendra and Reid.

The Maramans—Lucas, Dr. Maraman, Kendra and Reid.

The Maramans—Lucas, Dr. Maraman, Kendra and Reid.

The Maramans—Lucas, Dr. Maraman, Kendra and Reid.

The Maramans—Lucas, Dr. Maraman, Kendra and Reid.
World-Class Care

Pacific Cataract and Laser Institute (PCLI) was founded in 1985 in Chehalis, Washington as a medical eye care referral and consultation facility for optometric physicians. Today, with a staff of over 800, PCLI provides specialized care to the states of Washington, Oregon, Idaho, Montana, Alaska and New Mexico.

Surgeons and compassionate care for referring doctors and their patients has been the cornerstone of the Institute’s success. While PCLI is designed to meet the most sophisticated medical needs of referring doctors, it also provides the ultimate in compassion and consideration. A comfortable, homelike atmosphere invites patients and maintains their fear of surgery.-Tentants and family are treated as special guests and their concerns are taken seriously.

Known for its world-class surgery, the Institute continues to develop new and improved surgical techniques and bring a human touch to the sophistication of eye surgery. Long after their treatment at PCLI, patients remember the quality of service—excellent surgery, exceptional patient care, and professional cooperation with their family eye doctors.

There is no simple way to gain your confidence— we earn it every day.

PCLI Surgeons Work with Dr. Jacob

Pacific Cataract and Laser Institute has had the pleasure of hosting Dr. Jacob on several occasions. After watching a video of his surgery, two of our surgeons decided to see it firsthand. Dr. Paul Chung spent a week with Dr. Jacob at a cataract camp in India in January 2013 and Dr. Joyce Choe spent seven days at one of his camps this January. Both were inspired by this exceptional surgeon and plan to use his technique when they go on medical missions where cataracts are dense and hard.

DR. PAUL CHUNG

“Dr. Jacob is a diligent worker and very hardy with lots of stamina. His surgery is so smooth there is not a wasted movement. His secret to doing 400 or more surgeries a day is lots of practice, experience and gifted hands. Dr. Jacob has done well over 100,000 surgeries, encountered every situation imaginable and knows how to deal with complications. He receives lots of praise, but remains a very humble man.”

DR. JOYCE CHOE

“As his cataract camp, we all experienced Dr. Jacob’s kindness and patience. He made us feel like family. He was doing about 450 surgeries a day when I was there, yet took time to teach us, help us with our surgery techniques, answer our questions and make sure we were comfortable. It is unbelievable to witness the sheer volume of people who are receiving the incredible gift of sight from his hands.”

Restoring Sight to India’s Blind

PCLI Surgeons

Visiting Dr. Jacob’s cataract camps in India