World Class Care

Pacific Cataract and Laser Institute (PCLI) specializes in cataract surgery and LASIK. Our team of surgeons has performed over 500,000 micro-surgeries, making us one of North America’s foremost and experienced eye care facilities. As a referral center, we do not advertise. Instead, patients are recommended and referred by family eye doctors—optometric physicians. Our team of specialists is committed to working in close cooperation with your family eye doctor. Over 1700 doctors from Alaska to New Mexico have come to trust the organization’s expertise and high caliber of service.

Originally founded in the small town of Chehalis, Washington, halfway between Seattle and Portland, PCLI is made up of an exceptional group of physicians and surgeons, caring staff who bring a gentle touch to the sophistication of eye surgery.

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

North American Locations

<table>
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<tr>
<th>Location</th>
<th>Phone Number</th>
<th>Toll-Free</th>
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<tbody>
<tr>
<td>ALASKA</td>
<td>(907) 272-2423</td>
<td>800-557-7254</td>
</tr>
<tr>
<td>IDAHO</td>
<td>(208) 398-7664</td>
<td>800-926-7380</td>
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<tr>
<td>MONTANA</td>
<td>(406) 454-2202</td>
<td>800-527-4881</td>
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<tr>
<td>NEW MEXICO</td>
<td>(505) 797-4466</td>
<td>800-434-7254</td>
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<tr>
<td>WASHINGTON</td>
<td>(206) 682-7664</td>
<td>800-926-3007</td>
</tr>
<tr>
<td>OREGON</td>
<td>(503) 522-2002</td>
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New Surgery Center in Bellevue, Washington

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FIND US AT

2606 116th Avenue NE, Suite 100
Bellevue, Washington 98004

Call (425) 454-2202 or (800) 926-3007 Toll-Free
The shop’s friendly, laidback atmosphere compliments the light, beachy interior. The heart of SEA LEVEL is its exceptional service and products using scratch-baked methods and European techniques. The brainchild of owners Liz and Jason Menke, their beautiful handcrafted work is sought after by tourists and local residents. “Our goal is to serve people beyond what they expect,” says Liz. “Guests refer to it as love in the food.”

THE DREAM

“It all started when I was a young mom with 3 little kids living in Lincoln City, Oregon,” begins Liz. “My husband, Jason, became fascinated with how to roast coffee so it tasted more exciting. Receiving an air popper and green coffee beans for Christmas, he started roasting tiny batches and frequenting specialty shops to find the best-tasting coffee.” Discovering the unique essence of coffees became a passion for him, and he thought about starting a roasting business. One day, while Liz was thinking about Jason’s love of surfing, the thought struck her that they would probably always live at sea level. “I named him the name SEA LEVEL Roasting—and he loved it.” At the same time, Liz was researching wellness and slow food traditions around the globe and
During the surfer convention, Liz met Jason Menke, a Portland, Oregon resident with the U.S. Army. At the end of the conference, Jason returned home. “But there were things about his character, personality, and passions that impressed me well. Four days of playing hard to get are over, Liz!“”

After 19 months in France, Liz completed the Surfer’s Bible and set up a 4-day English immersion program for the French military. As the wife of a U.S. Army lieutenant colonel stationed at Fort Lewis in Yakima, Washington, they built a home and a 200-acre farm to raise their children. After 1 year of marriage, they moved to the Tiree Peninsula, where they married and had two children, a daughter and son. Liz joined the American Red Cross, serving as a volunteer for 5 years. In 2015, she received the organization’s highest honor, the Distinguished Service Award, for her contributions to disaster response and community service.

LIZ AND JASON

With a strong French heritage, Jason grew up spending summers in France visiting his grandparents in their manor house by the sea. He remembers the easy walk to the beach, the family’s favorite place to relax. After graduating from the University of Washington, Jason joined the U.S. Army. The young couple moved to the Tiree Peninsula with their daughter, Paloma, and son, Lucie, to live a simple life, focusing on family, community, and service.

STUDYING IN FRANCE

After her first year of college, Liz took off a year to learn French with her parents at a linguistic study program in Normandy. She spent the year learning the language, living in a family home with her grandparents, and attending classes at the local high school. During this time, she became fluent in French and developed a love for the culture.

BAKERY AND COFFEE SHOP

Making bread is a time-consuming process. On average, it takes 6 hours, day in, day out. “The bread can make you cry when it’s perfect,” she says.

“Aftersitting it for 30 minutes, it can start coming down in minutes. It takes time and patience to understand the process. Whether it runs out over a vitamin or induce the second chapter in your baking experience.”

Liz teaches that the only ones she has a love for sourdough starters. “Every day, we feed them, love them and make sure they’re nice and healthy. Do the same thing. “They’re living organisms that help us make bread. They’re used to make bread, and we use them to make bread. They’re used to make bread, and we use them to make bread.”

FORMING SOURDOUGH LOAVES

Liz’s LASIK Experience

I got my first glasses in 2nd grade for nearsightedness. I couldn’t wear them during sports, but I could wear them during study periods. That was not an option. When I was 13, I moved up to contact lenses, which were a significant improvement. I was able to sleep in them, cleaning them every day. That was better than taking out and cleaning them every day. I didn’t have to worry about them, but the vision was not as clear. I tried LASIK at Coastal Eye Care in Seattle, Washington, to discuss the possibility of LASIK laser vision correction. I went to Pacific Coast Laser and Eye Consultants (PCLI) because several of my friends had surgery with them, and they were satisfied with the results.

Even with my confidence in PCLI, I was nervous on the day of surgery. I was a bit nervous, but I did not have the same level of anxiety as I did before. The surgery was quick, and I was able to return home the same day. I had no discomfort that night, and I was able to get to sleep easily. The following day, I had a few blinks, but it was nothing compared to my previous experience. My vision was significantly improved, and I was able to see everything clearly. I was able to return to my normal routine, and I was very satisfied with the results.

Looking Ahead

I feel that LASIK has made my life a lot easier. I no longer feel the need to wear glasses or contact lenses, and I am able to see clearly without any issues. I am very grateful for the opportunity to have LASIK surgery, and I would recommend it to anyone who is considering it. I am looking forward to enjoying the benefits of LASIK for many years to come.
LASIK Laser Vision Correction

IMAGINE LIFE WITHOUT DEPENDENCE ON CORRECTIVE EYEWEAR: THE FREEDOM TO GET UP AND GO. STARTING YOUR DAY WITHOUT CONTACTS, OR BEING ABLE TO LEAVE YOUR GLASSES BEHIND. DOING THINGS YOU LOVE WITH YOUR NATURAL VISION. SWIMMING, GOING FOR A RUN, WORKING OUT, PLAYING SPORTS, AND ENJOYING OUTDOOR ADVENTURES IN ANY KIND OF WEATHER.

Reliance on glasses can be frustrating and inhibiting. LASIK is an opportunity to break that dependence and simplify your life. After surgery most people experience a dramatic reduction in their need for glasses. Many function well without them, while others enjoy reduced dependency but still require some correction.

WORLDWIDE SUCCESS
LASIK has attained remarkable success. More than 40 million procedures have been performed around the globe—making LASIK the most popular elective surgery. According to an international body of scientific literature, 95.4% of treated individuals are satisfied with their new vision.

INCREASED VISUAL PERFORMANCE
The US military utilizes laser vision correction instead of contact lenses or glasses for many service men and women. In fact, military surgeons perform about 20% of all laser vision correction cases done nationwide. Treatment has been shown to increase visual performance, helping service members see better in challenging conditions.

In a study of Navy pilots who have had LASIK:
> 95.9% believe treatment improved effectiveness
> 99.6% would recommend the procedure to others

HOW TREATMENT WORKS
Our surgeons utilize remarkably precise techniques and technology. Although LASIK is a sophisticated microsurgical procedure, it is relatively simple for those undergoing treatment and takes just a few minutes. First, a thin flap is created on the surface of the eye. Then laser light gently reshapes underlying tissue. An advanced computer-guided laser evaporates a small amount of tissue to adjust the eye’s focusing power. This is usually less than the thickness of a human hair. Most people can drive and return to work the next day.

WORLD-CLASS CARE
We are privileged to have a wonderful team of surgeon specialists. In addition to being kind and genuinely caring, each is highly skilled—performing as many surgical procedures every year as many eye surgeons have opportunity to do in a lifetime.

When you continue with the care of your vision, our team of experts concentrates their skills on giving you the best possible outcome. Having performed more than 500,000 micro eye surgeries, including 95,000 LASIK procedures, we have earned a reputation for world-class care.

QUESTIONS
If you have questions about LASIK, talk with your family optometric physician. Or call 888-884-7254 and speak with one of our Refractive Surgery Counselors. Learn more at lasik.pcli.com.

FOR GOOD CANDIDATES with realistic expectations, LASIK is life-changing. Each year more than 700,000 Americans enjoy this visual freedom.

IS LASIK RIGHT FOR YOU?
Although a stable prescription, healthy eyes and certain vision measurements may qualify you for LASIK, your personality and expectations are equally important.

Good candidates:
> Are usually between 18 and 50 years of age
> Feel handicapped by dependence on corrective lenses
> Have not been very successful with contacts
> Want more freedom to participate in sports and other activities
> Believe good natural vision without the hassle of corrective lenses is more important than perfect vision with corrective lenses
> Are generally easygoing and adaptable

IS LASIK RIGHT FOR YOU?

Dear PCLI...
I just wanted to thank all of you for your wonderful care and consideration before and during my surgeries. You took the fear out of it. What a surprise to see what I already thought I was seeing; and those things I wasn’t seeing. Thank you to everyone.

Cataract surgery patient from Lewiston, ID

I cannot begin to thank all the PCLI staff from start to finish. I was treated with top notch care and concern and so appreciated the surgeons’ prayer. Thank you for answering my endless questions and concerns. The atmosphere was comfortable, professional and personal. Thank you so much for the gift of my sight. I feel truly blessed to have met you all.

LASIK laser vision correction patient from Juneau, AK

I am a retired police officer and US Navy veteran. My travels have taken me through many different working and lifestyle conditions and I’ve been treated for several medical issues along the way. The treatment for my cataracts had me completely shaken with the thought of being awake during surgery. But, I was buoyed by words of encouragement from friends and relatives... On the day of my surgery, I was taken care of as if I was the only patient they had. I felt pampered by their attitude and sense of humanity. It took a lot of the fear factor away. My sincere gratitude to the entire PCLI team for creating an environment and business model to be proud of...Observe attention to detail with the key being friendly, positive staff with the patient in mind was very evident... I find no words adequate to convey my appreciation. Thank you to all the PCLI doctors and staff.

Cataract surgery patient from Kennewick, WA

Comments from LASIK laser vision correction patients:
> Thank you so much! It is so amazing to go from 20/800 to 20/15—Great falls, MT

> Every day, I wake up with my sight fully restored. You have changed my life in one of the most beautiful ways. Thank you from the deepest point of my heart. You make miracles happen—Jewel, ID

> The entire experience was beyond expectations! I could not have been more happy or impressed with the care and treatment I was given. Thank you—Kennesaw, GA

> The surgeons and staff did a great job. Keep it up! A wonderful company—Delaware, DE

> One of the most positive rewarding things I’ve done—very happy with the results—Locust, ID

> I couldn’t be happier with my LASIK at your clinic—it was amazing! Thank you for a life-changing experience—Belfast, RI

> It meant so much that the surgeons prayed with me before surgery. What a wonderful experience—Great Falls, MT

> The experience was so much better than I expected, as was the outcome—Bellevue, WA

Never in my entire life have I been in a medical facility that functioned with such wonderful organization and excellence. I was treated with respect, kindness and thoughtful consideration from everyone. You cover your bases so well, I had no questions. You made my experience so easy and made me feel so blessed. Thank you!

Cataract surgery patient from Venice, FL

I was unsure if this procedure was right for me. But the second I walked out of surgery, I knew it was the best decision I had ever made for my eyes. PCLI took amazing care of me from start to finish—everything was very fast and thorough. I would recommend everyone who wishes to get the surgery to choose PCLI.

LASIK laser vision correction patient from Chocorua, FL
**YOUTH**

I was born in a suburb of Chicago, Illinois and grew up 100 miles north in Milwaukee, Wisconsin on the shore of Lake Michigan. Our family moved there for my dad’s job. We lived 10 minutes from downtown in a typical house with a backyard and garden. I walked to middle school a block away and grew up with lots of cats, dogs, rabbits, and geckos,” remembers Dr. Edgington.

With one brother 3½ years older, Bryan was a funny, talkative, comical kid who didn’t like to sit still. “As a youngster, I was one of those who never took a nap, was always in motion, and could easily occupy myself,” he grins. “If there were ice in the backyard, I was happy playing with it. But I could be unassuming too.”

Bryan’s father, a chemist with a doctorate degree, studied lake sediment around the country. “My dad was a great guy who loved to travel and made sure we got to go with him a lot. When we went on vacation, he would assign a research project out on the lake where we were vacationing. My dad loved what he did and was good at getting us outdoors finding interesting things,” Sadly, he passed away 3 years ago.

“My mom was pretty outgoing and chatty and could talk to anyone about anything. She took training in psychology and taught school when I was really young. But she was home most of the time when we were kids. My parents valued reading and learning and made sure we got a good education.”

In addition to traveling, the family had a great car collection. “Bryan bought a new car every year. We bought a block away and grew up with lots of cats, dogs, rabbits, and geckos,” remembers Dr. Edgington.

**CATARACT AND LASIK SURGEON, CORNEAL SPECIALIST**

Curious, adventurous and light-hearted, Dr. Edgington easily connects with a wide range of people. While gifted with a quick wit and dry sense of humor, his demeanor is quiet, soft-spoken, and sensitive to what is going on around him. A free spirit at heart, he enjoys visiting remote countries, befriending the local people, and learning about their culture. Friendly and relaxed, Dr. Edgington is respected for his open honesty and genuine desire to help others.

After 2 years with the Peace Corps, Bryan applied and was accepted to medical school. Since diabetes didn’t start for a few months, he took a long distance home—backpacking through several countries and meeting people from different parts of the world. “Traveling on a shoestring taught me to be more flexible, welcoming person. And I learned that there are probably 20 different ways to do any one thing.”

After medical school, Dr. Edgington took an epidemiology residency because he was attracted to the physics of eye care optics and the technology used in this specialty. “I planned to do international work, and this field of medicine is very portable.” After finishing his residency, Dr. Edgington completed advanced fellowship training in corneal care and surgery.

**LIFE AT HOME**

The philosophy that Dr. Edgington lives by is that life should be good and it should be fun. “On the family side, I get lucky I have a super fun wife,” he gushes. “And when it comes to other people, they tend to treat you the same way you treat them.”

Dr. Edgington met Tara, his wife to be, at a charity event in Washington, DC. “I think she accused me of being boring that evening,” he teases. She has an MBA in international business and worked 10 years for the U.S. Department of Labor. Married 6 years, Dr. Edgington says, “Tara’s very stable, fun-loving, adaptable, and willing to go on adventures she’s never done. Though Tara had never been in a running event, she signed up and trained and taught me my love of recreational sports.” The family has two rescue dogs—Tinka, a Boxer mix, and Gains, a black Lab–Terrier blend. An outdoor enthusiast, Dr. Edgington’s outdoor activities include skiing, snowboarding, hiking, kayaking, canoing, traveling and exploring.

**INTERNATIONAL SURGERY**

For 8 years, Dr. Edgington taught ophthalmology residents the skills of cataract, corneal, and refractive surgery at the George Washington University School of Medicine in Washington, DC. He also was a clinical and surgical instructor at the nearby VA Hospital in Martinsburg, WV. Then, for 6 years Dr. Edgington served as director of cataract service at the Veterans Affairs Medical Center in Portland, Oregon and associate professor of ophthalmology at Casey Eye Institute, OHSU, in Portland. He joined Pacific Cataract and Laser Institute in the spring of 2018.

“What I like about surgery is the difference it can make in the quality of someone’s vision,” states Dr. Edgington. “I try to do my very best for each patient, and I trust their experiences to be easier than expected. For staff, I try to make the office and surgery environment a fun, relaxed place to work.”

“Once his 13-year career, Dr. Edgington has volunteered his surgical skills across the globe— in Bolivia, Ecuador, Honduras, Ghana, Nepal, India, Vietnam, Vanuatu, the Philippines, and the Dominican Republic. “Since getting married and becoming a dad, I’ve cut back my missions to one trip a year. But it’s still important to me.”

“I enjoy helping people see better and improving their situation so they can remain self-sufficient,” explains Dr. Edgington. “Cataract surgery can make a big change in someone’s life. Many people in other countries are blind from cataracts, yet must wait years before they can have surgery because there are so few surgeons in their region.”

“Doing eye surgery on a worldwide basis has taught me that helping individuals see better makes them stand out about PCLI is the easy, natural way this organization works.”

“This organization’s a fun place to work with a lot of great people. Each day I do surgery, I know I’m going to take care of a lot of people, and it’s going to go very well. All the staff are super impressive and because of everything they do, I can focus on surgery.”

PCLI works closely with hundreds of ophthalmic physicians in the community. “These doctors are primary care specialists, and the working relationship is built totally on trust and mutual respect,” states Dr. Edgington. “We take patients to us for surgery, they know the high quality of care they’ll receive.”

**PROFESSIONAL PROFILE**

**MEDICAL SCHOOL**

2000 – University of Wisconsin School of Medicine, Madison, WI

**RESIDENCY**

2005 – Ophthalmology – The George Washington University Medical Center, Washington, DC

2006 – Corneal and External Disease – Tufts Medical Center and Ophthalmic Consultants of Boston, MA

**MEDICAL PRACTICE**

2006 to 2012 – The George Washington University School of Medicine, Washington, DC and the VA Hospital in Martinsburg, WV

2012 – Pacific Cataract and Laser Institute, Portland, OR

“I came to Pacific Cataract and Laser Institute because of their efficiency, the way they treat patients and staff, and the opportunity to focus on surgery,” explains Dr. Edgington. “What really stands out about PCLI is the easy, natural way this organization works.”

“The first time I visited PCLI everyone I met seemed happy to be there. While I was sitting in the viewing area watching surgery, the surgical team made everything look smooth and effortless like a dance routine,” notes Dr. Edgington. “No one missed a step. The rhythm was so perfect it could have been set to music.”

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Cover Photo: Nicole Mason

inside
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Our Surgeons Getting to know Dr. Bryan Edgington
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Liz Menke
OLD-WORLD BAKER