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Ophthalmologist emphasizes prevention, recommends yearly eye exam

While Waldemar Torres was a third year medical school student, his father suffered vision loss, prompting a visit to an ophthalmologist. Waldemar watched in amazement as his father's failing vision returned as the result of a laser treatment administered by the doctor. This experience, along with accompanying his brother, an optometrist, to work on the weekends, led to Torres' decision to become an ophthalmologist.

"Can you imagine? This doctor was able to return my father's vision, enabling him to work for the next five years. Now my father is retired, he can still drive and enjoy his life."

According to Dr. Torres, many eye conditions can be easily prevented. He recommends at least a yearly eye exam to discover and treat complications that may arise from diabetes, the No. 1 cause of blindness in this country.

"For macular degeneration, there are a lot of treatments that weren't available five years ago," he says, referring to injections to stop bleeding in the eye. "Now we can do the injections and people regain their vision."

"It is so easy to prevent blindness and other complications of different eye conditions just by doing a simple eye test," Dr. Torres reports. Through pupil dilation he can look at a patient's retina and see if

he is diabetic, has high blood pressure, cancer, glaucoma or cataracts. "You can tell so many things just by looking at the eyes."

Among many leading eye-care techniques, Dr. Torres performs sutureless surgery for retinal detachment. "Patients can go home with an eye patch, and without sutures they have no pain the next day. Instead of taking two or three weeks to heal, it only takes a couple of days."

Near St. Joseph's Hospital, Dr. Torres' solo practice is equipped with the latest, state-of-the-art eye-care technology, including laser and imaging equipment. He is a Board Certified Ophthalmologist, a Diplomate of the American Board of Ophthalmology and a Fellow of the American Academy of Ophthalmology.

Dr. Torres proudly offers prompt appointments. With an emphasis on "prevention through quality, compassionate eye care," he treats newborns, the elderly and everyone in between. On call for several area hospitals and one of only a few doctors handling trauma cases at University Community Hospital and St. Joseph's Hospital, Dr. Torres shares, "as a doctor, you have to serve. Putting your abilities and skills to work for society ... that's the essence of being a doctor."