




our vision is
your vision

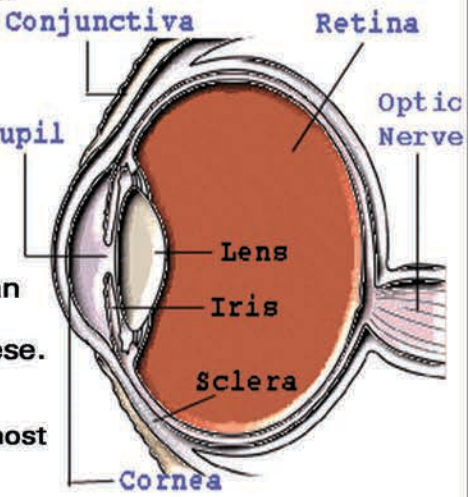
Winter 2012

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- Susan Fromer, M.D.
- Brian Brazzo, M.D.
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- Maayan Keshet, M.D.
- Kenneth Schor, M.D.
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VITAMINS THAT HELP IMPROVE YOUR EYESIGHT

Eyesight degeneration is something that naturally happens to everyone during the process of aging. Specific vitamins through certain foods and supplements can slow down certain eye diseases.



The three main vitamins necessary for maintaining good eyesight are vitamins A, C, and E. Vitamin A improves vision during the nighttime and in low-light. A concentrated amount of vitamin A can be found in carrots, spinach, broccoli, sweet potatoes, squash, eggs and cheese.

Vitamin C, an antioxidant that aids in the prevention of cataracts, can be found in most fruits. High quantities of vitamin C can be found in oranges and other citrus fruits. Vitamin C supplements have grown increasingly available because vitamin C increases immune system functionality.

Vitamin E, another antioxidant, prevents cell damage and aging in the eyes. Asparagus, avocado, milk, eggs, spinach, nuts, vegetable oils, and whole grain foods are all high in vitamin E.

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On Friday September 16, 2011 Dr. Mark Fromer and Dr. Jason Compton traveled to The Rangers camp for a final eye examination before the start of the season.

Dr. Mark Fromer is the Eye Surgeon Director for the New York Rangers (National Hockey League)

Fromer Eye Centers would like to thank Dr. Maurice Luntz for his dedication to our Center for the last ten years. After 59 years of practice, Dr. Luntz is hanging up his gloves. He will be greatly missed by our staff, his colleagues and patients. Fromer Eye Centers welcomes Dr. Kenneth Schor. Dr. Schor is a board-certified glaucoma-trained ophthalmologist. He graduated from the renowned combined baccalaureate/MD program at the University of Michigan in Ann Arbor.

He then completed his ophthalmology residency at the Cullen Eye Institute, Baylor College of Medicine in Houston, TX where he received the Steven N. Schindler award for high ethical and humane standards. He then went on to complete a clinical and surgical fellowship in glaucoma at the world renowned New York Eye & Ear Infirmary.



Dr. Maurice Luntz and Dr. Kenneth Schor

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For retinal health, omega-3 fatty acids found in fish oil play an important role. One particular omega-3 fatty acid known as DHA has been found to improve color and depth perception. These oils can be integrated into any diet either by eating fish or by taking fish oil supplements.

Another substance, known as lutein, is found in many green vegetables and eggs and is important for preventing macular degeneration. Lutein is one of many types of carotenoids that can be found in vegetables, all of which help preserve eye health. Aside from fighting cataract development, lutein also slows macular degeneration in the eye that happens normally through aging. 10% of the population aged 66-74 experience macular degeneration and 30% of people 75-85 years old experience it. Some foods with high levels of lutein are kale, spinach, peas, broccoli, zucchini, and eggs. Zinc is also known to slow and prevent macular degeneration. The seeds of pumpkin, squash, and watermelon all contain zinc.

What Is Pink Eye? How Do You Get It? Is it Contagious?

Pink eye, also called conjunctivitis, is redness and swelling of the conjunctiva, the mucous membrane that lines the eyelid and eye surface. The lining of the eye is usually clear. If irritation or infection occurs, the lining becomes red and swollen. These thin layers of tissue react to a wide range of bacteria, viruses and allergy-provoking agents.

While viral pink eye may not require an antibiotic, those affected should see a doctor, as occasionally this form of pink eye can be associated with infection of the cornea (the clear portion of the front of the eyeball). This infection must be correctly detected and treated. Viral pink eye is highly contagious. The symptoms of viral pink eye can last one to two weeks. Symptoms are pronounced for the first three to five days after symptoms appear, with slow resolution over the following one to two weeks. Bacterial pink eye is treated by antibiotic eye drops or ointment prescribed by the doctor. Common symptoms of pink eye are; redness of the eyes, swollen red eyelids, tearing, foreign-body sensation, itching or burning feeling, mild light sensitivity, and discharge from the eye. Most cases of pink eye are caused by viruses or bacteria, dry eyes from lack of tears or exposure to wind and sun, chemicals, fumes, or smoke and allergies.

Viral and bacterial pink eye are contagious and spread very easily. Since most pink eye is caused by viruses for which there is usually no medical treatment, preventing its spread is important. Poor hand-washing is the main cause of the spread of pink eye. Sharing an object, such as a washcloth or towel, with a person who has pink eye can spread the infection. People with infectious pink eye should not go to school or day care, or go to work until symptoms improve.

Pink eye may be more serious if you have a condition that decreases your body's ability to fight infection, have vision in only one eye, or wear contact lenses.

CHILDREN'S EYE CARE & WHAT PARENTS NEED TO KNOW

Healthy eyes and vision are a critical part of children's development. Their eyes should be examined regularly, as many vision problems and eye diseases can be detected and treated early.

Different kinds of doctors offer eye care, and the names can be confusing: Ophthalmologists are medical doctors (have gone to medical school) who provide comprehensive eye care with medicine and surgery. Pediatric ophthalmologists have additional special training to treat children's eye problems. Optometrists provide services that may be similar to ophthalmologists, but they do not perform surgery. Some optometrists specialize in children's eye problems. In the first year of life, all infants should be routinely screened for eye health during checkups with their pediatrician or family doctor.

Around age 3½, children should undergo an eye health screening, including a visual acuity test and an eye alignment evaluation by their pediatrician. Those who fail their test should be examined by a pediatric ophthalmologist.

After age 5, further routine screenings should be done at school or the doctor's office. Children who wear prescription glasses or contacts should have annual checkups by an eye doctor to screen for vision changes.

Signs that a child may have vision problems include: constant eye rubbing, extreme light sensitivity, poor focusing, poor visual tracking (following an object), abnormal alignment, movement of the eyes (after 6 months of age), chronic redness of the eyes, chronic tearing of the eyes, and a white pupil instead of black.

In school-age children, watch for other signs such as: inability to see objects at a distance, inability to read the blackboard, squinting, difficulty reading, and sitting too close to the TV.

Watch your child for evidence of poor vision or crossed eyes. If you notice any eye problems, have your child examined immediately so that the problem doesn't become permanent. To make an appointment, contact our pediatric ophthalmologist. Remember, eye conditions often can be reversed if caught early.

FROMER EYE CENTERS IN THE NEWS



ON NOV. 17, 2011 Dr. Mark Fromer was interviewed by HealthDay News. Since 1997 the percentage of diabetics reporting vision problems dropped. Part of the reason for this finding is better management of diabetes. If diabetes isn't controlled, another condition called diabetic retinopathy can develop, which can cause blood vessels in the eye to bleed, said Dr. Fromer. The best way for diabetics to reduce the risk of vision problems is to control their blood sugar. In addition, diabetics who have no vision problems should see an eye doctor once a year. More serious retina swelling is treated with laser or the drug Avastin, said Dr. Fromer.

Dr. Fromer noted that in his practice he is seeing more diabetic patients before they develop vision problems. "General practitioners are recognizing that diabetics need to be seen early," he said. "Not only that, we have different diagnostic tests to diagnose the problem earlier," Dr. Fromer said. "If patients are getting treatment earlier, and with better treatment options, the conditions will improve."

MONDAY, AUG. 8, 2011, Dr. Mark Fromer was interviewed by HealthDay News on frequent visual field testing which will help doctors detect the progression of glaucoma at an earlier stage. A new study shows screening patients twice a year is better than annual screenings. Glaucoma is one of the leading causes of blindness worldwide," noted Dr. Mark Fromer "Left untreated, patients will suffer a permanent loss of vision. This disease is treatable with topical medications, laser therapy and microsurgery."

Dr. Fromer said "the new study has wide implications for the detection of disease in millions of patients. "In summary, we found that a twice-yearly schedule of visual field testing resulted in earlier detection of glaucoma progression compared with a yearly schedule, especially with global trend analyses."



ON JUNE 24, 2011, Dr. Jay Adlersberg, the health and medical reporter of ABC 7's Eyewitness News interviewed Dr. Mark Fromer on Dry Eye. "Eyes that burn, feel gritty or become red might all be signs of a serious problem. However, many times, it is only a very common problem called dry eyes" said Dr. Fromer. A film of tears over the front of the eye is the first thing that light passes through in order to start the focusing process. Lack of that film can cause intermittent blurred vision.

Staring at computer monitors all day reduces normal blinking, and bright lights and blowing air conditioners also can cause symptoms of burning. It may feel as if an eyelash is caught under the eyelid. Women are more at risk than men, especially around menopause. The cure is simple - many times, it is over-the-counter artificial tears. If dry eyes persist, it is worth seeing an eye care professional to see if there are other solutions or an underlying disorder that needs to be treated,"

ON MARCH 18, 2011, Dr. Jay Adlersberg interviewed Dr. Mark Fromer on dietary omega-3 fatty acid intake associated with reduced risk of age-related macular degeneration. Our eyes and our vision are very precious to all of us, but we need to be wary of the fact that age can take a toll on both.

One possible problem for aging eyes is Macular Degeneration. The Macula is the part of the retina we use to read print and perform close work activities. As we age, we are more at risk for Macular Degeneration, or M-D. Fortunately, a new study shows steps we can take to prevent M-D from occurring. Certain vitamins can reduce the risk for M-D. Fish and fish oils can also reduce the risk. "There are things commonly found in the diet, such as green leafy vegetables, and nuts, which are very high in the kinds of vitamins you need to protect your retina," Dr. Fromer said. The Macula is located in the center of the retina. The most common type of M-D is Dry Macular Degeneration. This is where waste products are deposited in the Macula.

Another type of M-D is Wet Macular Degeneration. This form of M-D occurs when there is bleeding in the Macula. There is a treatment called Avastin, which is used for Wet Macular Degeneration. Doctors inject the medicine directly into the eye to stop abnormal blood vessels from growing and bleeding in the retina. "You really don't feel anything at all," said Dr. Fromer.

Unfortunately, Dry Macular Degeneration is the form that accounts for ninety percent of M-D cases, and at present time, there is no effective treatment for it. Caucasians are more likely than African Americans to get M-D. Other risk factors include obesity, family history, and something controllable - smoking. Another controllable tip to prevent M-D is to wear sunglasses. UV light can affect the retina and increase the risk of developing M-D, so people can reduce their risk by wearing sunglasses.



MONDAY, AUGUST 22, 2011
News 12 THE BRONX, interview
with Dr. Mark Fromer.

Students should get an eye exam before school. According to Dr. Mark Fromer, poor vision problems are often misdiagnosed as a behavioral issue. A child with undetected vision problems can be frustrated or bored in school because he can't see the board or read a book easily. Warning signs include squinting often, tilting their head or appearing disinterested in class.



ON MONDAY, OCTOBER 24, 2011

Dr. Mark Fromer was interviewed live by SiriusXM/DoctorRadio after attending the American Academy of Ophthalmology. Dr. Mark Fromer gave a brief review of the meeting and answered callers' questions nationwide.



Juvenile Diabetes Research Foundation Walk to Cure Diabetes

On Sunday, October 2nd more than 40 of Fromer Eye Centers' staff, friends and family joined together for the Juvenile Diabetes Research Foundation fundraising at Battery Park in Manhattan. Fromer Eye Centers' team raised more than \$5,000.00 this year.

EDUCATIONAL PROGRAMS

ON MARCH 3, 2011 - **Dr. Maayan Keshet** lectured on "Conjunctival Tumors" and **Dr. Mark Fromer** lectured on "ANCILLARY TESTING FOR THE DIAGNOSIS & MANAGEMENT OF OCULAR DISEASE" to 100 optometrists.

THE LECTURES BELOW WERE REPEATED ON THE FOLLOWING DAYS TO ALLOW FOR A LARGER AUDIENCE; **October 18, October 30, and November 19, 2011.**

Dr. Kenneth Schor lectured on Pigment Dispersion Syndrome and Pigmentary Glaucoma and **Dr. Maayan Keshet** lectured on Descemet's Stripping Automated Endothelial Keratoplasty.

All the lectures were CE approved by Council on Optometric Practitioner Education

Diabetic Retinopathy • Sutureless Cataract Surgery • Glaucoma • Macular Degeneration • Pediatric Eye Care • Cornea disease
• Laser Vision Correction • Age Related Retinal Diseases • Plastics, Cosmetic & Reconstructive Eye Surgery • Botox



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After 5 years of planning the dream is now a reality.

On August 8, 2011, Fromer Eye Centers reopened the Bronx location. This is the largest multispecialty privately run eye center in NY City.

It has the most technologically advanced equipment available for the diagnosis and treatment of eye diseases.

Our center provides the highest level of care. Our doctors are fellowship trained in retina, cornea, external disease, glaucoma, pediatric eye care, strabismus & oculoplastics.

Mark Fromer, MD
Medical Director