



COMPREHENSIVE EYE CARE

LASER EYE CORRECTION

PEDIATRIC EYE CARE

RETINAL CARE

COSMETIC PROCEDURES

An annual eye examination can detect early warning signs of disease. Make an appointment for a comprehensive eye examination every year.

Fromer Eye Centers is here to serve you in 2018, with enhanced services, technology and staff. This year we will be prepared to begin the construction of a lifelong dream. We will be building a dedicated eye hospital with outstanding clinical services and operating rooms. Our hope is to serve the 200,000 inhabitants of East Harlem and provide state of the art operating rooms in our new Manhattan facility. We will have the capability to see 30,000 patient visits and 25,000 eye surgeries in our new facility yearly. This year we will be expanding our pediatric eye services. We are doubling our space for pediatric eye care and will be bringing on two additional pediatric eye specialists to serve your children. We will be adding further retina services and comprehensive ophthalmologists to serve your needs with all of the fundamentals of the best eye care available. Our new physicians were trained in the top ranked training programs in the country. Our Doctors continue to lecture at national meetings to other physicians and remain at the forefront of our field. Our Bronx surgery center continues to be a leading institution, providing the finest surgery available for our patients. We continue to offer laser cataract surgery with advanced technology lenses which permit our patients to see without glasses for many of their daily activities. We perform the most sophisticated procedures available and surpassed New York City's specialty care hospitals in volume for these procedures. Our staff remains committed to providing the highest level of care in a compassionate manner. We will continuously strive to bring our best to every patient that walks through our door, as we have done since 1953. Our plan is to continue to expand our office locations into Brooklyn, Washington Heights, and throughout Queens in 2018. I personally thank you for trusting us with one of your most valuable assets; your sight. May 2018 be a year of true vision for us all.

Sincerely, Mark Fromer MD
Medical Director Fromer Eye Centers

The most advanced technologies in cataract surgery

The ORA System® is the latest advanced treatment in cataract surgery. This precise technology provides the surgeon with detailed measurements of your eye during cataract surgery. This allows surgeons to tailor your cataract surgery for your eye. We will be able to more accurately place your lens implant into your eye after the removal of your cataract for better results. This is the latest available state of the art technology which can now be provided for you at Fromer Eye Centers.

Optical Location

3130 Grand Concourse in The Bronx

We accept optical insurance plans. For more information, please call 718-741-3200



Visit our website: www.fromereye.com. Connect with us on Facebook.

MANHATTAN

550 Park Avenue
New York, NY
Tel: 212-832-9228

HARLEM

1966 Third Avenue
New York, NY
Tel: 212-534-1020

BRONX

3130 Grand Concourse
Bronx, NY
Tel: 718-741-3200

FOREST HILLS

109-33 71st Road
Forest Hills, NY
Tel: 718-261-3366



2017
A Year in Review

Manhattan
212-832-9228

Harlem
212-534-1020

Bronx
718-741-3200

Forest Hills
718-261-3366

OUR PROFESSIONALS

MARK FROMER, M.D. SUSAN FROMER, M.D. BRIAN BRAZZO, M.D.
CHAD KAPLAN, M.D. ALLIE NADELSON, M.D. REBECCA SHIELDS, M.D.
DIANE CALDERÓN, O.D. ANNA LANGE, O.D. ELSA SHEERER, O.D. ERICA STUBBS, O.D. MARINA SU, O.D.
CONNIE TAN, O.D. THUY TRAN, O.D. KIMBERLY UY, O.D.
ELIZABETH YUSUPOV, O.D.

Many eye disorders seem to favor women over men

Women are often the primary caretakers in their families. As a result, they may postpone their own health needs and concerns. Two-thirds of blindness and other visual impairments in the world occur in women. There are several reasons for why this occurs.

1. Women generally live longer than men.
2. Women have hormonal fluctuations during their lives that may negatively affect their eyes.
3. Birth control may cause blood clots and strokes which can cause vision problems. Taking birth control can also increase a woman's chances of developing cataracts and dry eye syndrome.
4. There are several changes that take place in a woman's body during pregnancy, such as dry eye syndrome, light sensitivity, refractive error changes, and eye puffiness. Migraines are often common as well. Higher blood pressure during pregnancy can cause blurry vision and retinal detachments.
5. Women who undergo menopause may experience dry eye syndrome and uveitis (eye inflammation).
6. Women who take fertility drugs may experience spots in their vision.
7. Drugs taken to treat or prevent breast cancer can increase the risk of cataracts, eye bleeds, itchy eyes and light sensitivity.
8. Women who suffer from autoimmune diseases, such as lupus, multiple sclerosis (MS), rheumatoid arthritis, and Sjogren's syndrome, can also have eye problems.

To prevent and monitor vision conditions, you should regularly schedule dilated comprehensive eye examinations to manage your eye health. If you are pregnant, discuss any vision changes with your eye doctor, so that you can get the correct prescription change in your glasses or contact lenses and be evaluated for any health changes in your eye. Eat a healthy diet that is rich in water intake, vitamin C, vitamin E, beta carotene, lutein, zinc, Omega-3 fatty acids and zeaxanthin. Also, remember to keep your diet low in sodium and caffeine. Quit smoking today as it increases your chance of developing eye disease. Take the necessary steps today. Put an eye examination on your to-do list.



Dr. Mark Fromer & Dr. Susan Fromer are the Eye Surgeons for the New York Rangers (National Hockey-League) and Honorary Police Surgeons



IN THE MEDIA

Health Day News: Jan. 18, 2017

An experimental drug may one day make treatment simpler for patients suffering from vision-threatening age-related macular degeneration, researchers say.



So far, the drug -- called AXT107 -- has been only tested on mice and rabbits, but it requires far fewer injections than current therapy to prevent vision loss. Current treatment requires frequent injections directly into the eye. "We anticipate injection of AXT107 in humans may have a substantially longer effect than current treatment," said lead researcher Dr. Peter Campochiaro. He's a professor of ophthalmology at Johns Hopkins University in Baltimore. "Instead of eye injections every four to six weeks, we hope it would be several months between injections," he said. The drug test in rabbits lasted only two months, but the drug appeared both safe and effective.

Researchers hope to start the first human trials later this year. This phase 1 trial would test the safety of the drug in people, but further tests would be required to see how effective it is.

Research with animals does not always produce similar results in people. Age-related macular degeneration is a common eye condition and a leading cause of vision loss among people age 60 and older, according to the U.S. National Institutes of Health. The condition causes damage to the macula, a small spot near the center of the retina and the part of the eye needed for sharp vision. In some people, age-related macular degeneration advances so slowly that vision loss doesn't occur for a long time. In others, the disease progresses faster and may lead to a loss of vision in one or both eyes, according to the NIH. As age-related macular degeneration progresses, a blurred area near the center of vision is a common symptom. Over time, the blurred area may grow larger and blank spots may develop in central vision. Objects also may not appear as bright as they used to. Age-related macular degeneration by itself doesn't lead to complete blindness. The loss of central vision can, however, interfere with simple activities, such as the ability to see faces, drive, cook, read and write. One type of this condition is known as "wet" or neovascular age-related macular degeneration. This type develops when new blood vessels form and leak fluid and blood into the eye, causing swelling and damage. Treatments for this type of macular degeneration have limited effectiveness and require monthly injections directly into the eye to prevent irreversible vision loss. But the injections of AXT107 in animals lasted twice as long as the usual drugs, such as preventing blood vessel growth by blocking a protein called vascular endothelial growth factor (VEGF). AXT107 also targets VEGF and three other factors that promote blood vessel growth.

Moreover, AXT107 forms a gel within the eye, which allows it to be released over several months, reducing the number of eye injections patients need to control the disease. "Patients with age-related macular degeneration are flooding our offices with multiple injections," said Dr. Mark Fromer, an ophthalmologist in New York City. "We need treatments that last longer, because you have 60- to 80-year old patients, it's almost impossible for them to come to the office every month. They do it, but it's rough," Dr. Fromer said. The less a patient has to come to the doctor's office, the better the compliance, he said. "If they can come in five or six times a year, it is much better for patient compliance and may also result in better care," Dr. Fromer said. "Anything we can do to reduce patient visits is a plus."

Health Day News: April 27, 2017

A condition called age-related macular degeneration (AMD) may be going undiagnosed too often, new research suggests.



The new study involved 644 people aged 60 and older who were found to have normal eye health in their most recent examination by either a primary eye care ophthalmologist or optometrist.

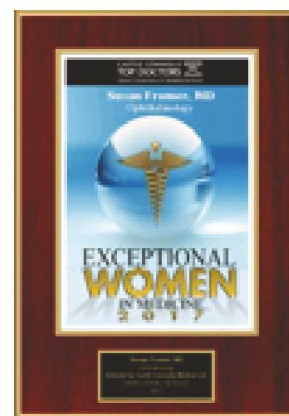
However, when re-examined by a research team at the University of Alabama at Birmingham, about 25 percent of the study participants showed evidence of age-related macular degeneration.

Just why initial exams didn't always pick up the condition remains "unclear," wrote a team led by the university's Dr. David Neely.

But, "as treatments for the earliest stages of AMD are developed in the coming years, correct identification of AMD in primary eyecare will be critical for routing patients to treatment as soon as possible so that the disease can be treated in its earliest phases and central vision loss avoided," the study authors said. According to the researchers, about 14 million Americans have AMD.

"It is imperative that the highest standards be adhered to in the detection of this common place disease," said Dr. Mark Fromer in New York City. "A dilated examination, with careful inspection of the eye's macula [center of the retina] is necessary to determine if there are characteristic findings of this disease in the patient."

If age-related macular degeneration is suspected, much can be done, Dr. Fromer explained. "Dietary change and the use of nutritional supplements can dramatically slow the progression of macular disease," he noted.



Castle Connolly Exceptional Women In Medicine-2017
We are pleased to announce that Dr. Susan Fromer has been selected for the first ever awarding of Castle Connolly's Exceptional Women in Medicine! Congratulations on breaking down walls and shattering glass ceilings to enter this elite category.

What does diabetes have to do with my eyes?

Diabetes can harm your vision, or even cause blindness. With diabetes, your body does not use sugar the right way. This can affect the blood vessels (arteries and veins) in your eyes and other parts of your body.

What is diabetic retinopathy?

Diabetic retinopathy is the most common eye disease that occurs in people with diabetes. It is a major but preventable cause of blindness. The retina, located at the back of the eye, sends the pictures of what we see to the brain. Diabetic retinopathy harms the blood vessels in the retina, causing blurry vision. The longer you have diabetes, the more likely you are to get diabetic retinopathy.

How do I know if I have diabetic eye disease?

You might not know. There are often no signs when you first have the disease. In the early stages when treatment is most effective, your vision will not change much, and you won't feel any pain. However, severe vision loss can usually be prevented if treated early and appropriately. The best time to treat diabetic eye disease is before you have any symptoms.

If you have diabetes, have your eyes examined by a medical eye care practitioner annually.

An Eye Examination Can Save Your Sight.

2017 Educational Programs for the Optometrists in the Community

All Continuing Education (CE) courses were approved by the Council on Optometric Practitioner Education (COPE)

October 18th & 25th: Dr. Brian Brazzo "Fundamentals of Oculoplastics"

June 14th, & 28th, & August 23rd: Dr. Chad Kaplan, "My patient has glaucoma, now what?"

March 15th, March 22nd & December 6th: Dr. Rebecca Shields "Understanding the Angle in Glaucoma"

Non-CE Optometric Events:

September 7th: Young ODs of New York Bowling Night --sponsored by Fromer Eye Centers at Lucky Strike Bowling.

November 15th: "Updates in cataract surgery" at Serafina.

Some lectures were repeated to allow a larger audience. They were held at Fromer Eye Centers' Manhattan office.