



**FROMER**  
Eye Centers

our vision is  
your vision

**2014**

Visit our website: [www.fromereye.com](http://www.fromereye.com)  Connect with us on Facebook

- Mark Fromer, M.D.
- Susan Fromer, M.D.
- Brian Brazzo, M.D.
- Maayan Keshet, M.D.
- Nikola Ragusa, M.D.
- Meir Baalhaness, M.D.
- Carolyn Graeber, M.D.
- Jason Compton, O.D.
- Diane Calderón, O.D.
- Rebekah Young, O.D.
- Marina Su, O.D.
- Juliana Boneta, O.D.
- Jocelyn Cercone, O.D.
- Caitlyn Kennedy, O.D.

**Dr. Carolyn Graeber, pediatric ophthalmologist**

Dr. Carolyn Graeber is a specialist in pediatric ophthalmology and adult strabismus. Her expertise is in the treatment and surgical management of pediatric cataracts, pediatric glaucoma, cross-eye, and eye misalignments in children and adults with the use of adjustable sutures, nasolacrimal duct obstruction, ptosis, and all other eye diseases that affect children. [www.fromereye.com/pediatric.php](http://www.fromereye.com/pediatric.php)



Congratulations to Dr. Maayan Keshet, who has been elected to the Medical Advisory Board at The Eye - Bank for Sight Restoration.

**IF I CAN SEE, MY EYES MUST BE HEALTHY? NOT ALWAYS**

Annual eye examination can detect early warning signs. Make an appointment for a comprehensive eye examination every year.

Visit us at [www.fromereye.com](http://www.fromereye.com)

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Tel: 212.534.1020
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Forest Hills, NY 11375  
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  - 3130 Grand Concourse  
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Dr. Mark Fromer is the Eye Surgeon Director for the **New York Rangers** (National Hockey League)



and is an Honorary Police Surgeon

**DR. FROMER'S MESSAGE**

2013 has been an exciting year at Fromer Eye Centers. It has been a year of significant technological advances, and added services for our patients. We have also seen the opening of a new office and expansion of our existing offices to better accommodate our patients. In addition, we have continued in our pursuit of excellence in training new eye care professionals in nationally accredited programs.

After much anticipation, we have recruited Dr. Carolyn Graeber to expand our pediatric eye care services. Dr. Graeber comes with exceptional training from the Childrens' Hospital at the Massachusetts Eye and Ear Infirmary, an internationally acclaimed program. She is currently serving our offices in the Bronx, Harlem, and Queens. She offers expert care in the diagnosis and management of pediatric eye disease and strabismus surgery.

We have opened a new pediatric eye care center in the Bronx to serve the children of the community. The services and level of attention provided to our patients is unparalleled. In addition we have added a second retina specialist to our team, Dr. Meir Baalhaness, who joins us with a wealth of knowledge in the diagnosis, management and surgery of retinal disease. We are currently looking to further expand our retinal team this year with the addition of a third retinal specialist. Here at Fromer Eye Centers we have created the largest multidisciplinary team for eye care in New York City, encompassing (Continue on Page 2)

### (Continued Dr. Fromer's Message)

fourteen eye doctors and growing. Our team consists of eye care specialists within every major subspecialty including, retina, pediatrics, glaucoma, oculoplastic surgery, cornea and anterior segment disease, low vision, laser vision correction, and contact lens care, to name but a few. In our Harlem office we have expanded our scope of care and our availability dramatically. We are the only non hospital based multidisciplinary eye care group in Harlem. We are pleased to offer our patients the highest level of eye care available in our Harlem location. Within the next two years we have an ambitious plan to build the first eye hospital in Harlem with both clinical care and operating rooms available for our patients.

Our ocular disease residency program continues to grow in conjunction with the SUNY College of Optometry. We have renewed our pledge with SUNY to continue to train optometric residents within our centers. We are proud to produce highly educated optometrists to meet the community's eye care needs.

This year we began an extern program for students at the SUNY College of Optometry as well to better educate their students in the medical management of eye diseases. We continue to train ophthalmic technicians to serve your needs and currently have the most extensive training program for ophthalmic technicians in the city.

Technologically, we have brought to Fromer Eye Centers the most advanced equipment available in the country.

This February we will break ground on our Ambulatory Surgical Center in the Bronx. It is one of only five centers in New York City to gain approval from the Department of Health. We are looking forward to opening this site in the fall of 2014. Our goal is straight forward. We aim to provide to our patients the most technologically advanced care with the finest trained doctors and staff. I remain excited and invigorated as we move towards 2014 to provide our patients the best care possible. We appreciate your confidence in the care that we provide for one of your most valuable possessions..... your sight.

Sincerely, Dr. Mark Fromer

Congratulations to our doctors; Marina Su, Rebekah Young and Jason Compton. They are now Fellows of the American Academy of Optometry (FAAO)



## INTERVIEWS

my health news daily

The New England Journal of Medicine 4/3/2013 Star Shaped Cataract

A man in Austria developed a star shaped cataract in his eye after he was punched six months earlier and his vision started to decline." It's very common for cataracts to form after the eye takes a hit" said Dr. Mark Fromer, an ophthalmologist at Lenox Hill Hospital in New York City, and eye surgeon for the New York Rangers hockey team. Dr. Fromer went on to explain that punches, the balls used in sports, as well as air bags in the cars are most often the cause.



When the eyeball is struck, the energy of the blow sends shock waves through the eye that can disrupt the nature of the eye's lens, causing it to become opaque in regions. In most cases, cataracts look more like a vaguely shaped cloud, and can be white or yellowish.

This case was reported in April of 2013 in the New England Journal of Medicine.

### Protecting your eyes and why it's important

Eyewitness News 3/7/2013 NEW YORK (WABC)



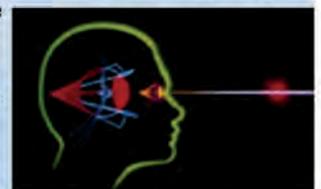
It's a cloudy day, but both 26 year old Jamal Rodney and I are wearing our sunglasses. You might not think to do it on a day like this, but there's good reason. Sunglasses block ultraviolet sunlight that still gets through the clouds. "UV light from the sun can produce cataracts, macular degeneration, skin cancer and can produce growths on the surface of the eye," said Dr. Mark Fromer. Jamal lost his right eye after it was struck by a baseball bat when he was only three years old. It's especially important that he preserve his remaining vision. Now Jamal wears protective glasses when he plays sports. Protect yourself in the workplace, in the factory or in front of your computer. You might want to get computer glasses with a weaker prescription to read your monitor. Many of us wouldn't think of special computer lenses, but they may reduce eye strain. Dry hot air or any forced heated air can dry out the eyes. Get a humidifier. And contacts, no matter what you hear, don't sleep with them. People who sleep with their contact lenses and don't take care of them, often develop severe corneal ulcers and corneal scars because of that," Dr. Fromer said. Another good idea is to read drug labels. Drugs are one of the common causes of dry eyes.

### FDA Approves 'Bionic Eye' for Rare Vision Disorder Health Day Reporter 2/7/13



An implanted sight-enhancing device, some are calling the "bionic eye" is the first of its kind to gain approval for use in the United States. According to the U.S. Food and Drug Administration, the new Argus II Retinal Prosthesis System can help patients with a genetic eye disease called retinitis pigmentosa regain some sense of vision. About 100,000 Americans are believed to be affected by the illness, which causes a gradual deterioration of the eyes' photoreceptor cells.

The new device uses a tiny video camera attached to eyeglasses that transmits images to a sheet of electrode sensors that have been sewn into the patient's eye. These sensors then transmit those signals to the brain via the optic nerve. The device helps replace the damaged cells of the retina and helps patients see images or detect movement. "It's a start, it's a beginning," said Dr. Mark Fromer, an ophthalmologist at Lenox Hill Hospital in New York City. "It's going to be exciting for people who currently just see light or dark. They will see shapes and that will be life-altering for them." "The biggest thing to me was being able to see the crosswalk lines on the street so I can safely cross streets in Manhattan," one user said. "The most exciting day to me was October 27th, in 2009," another testified. "It was the first time I was able to see letters on the monitor screen during a test of visual perception. I had not seen letters since 1994, so that was huge." A third person said he had a 17-year-old son, "and I don't mind telling you how much and I mean, how happy that made me, not only to see the silhouette of my son, but to hear that voice coming and saying, 'Yeah, it's me, Dad. I'm here and I love you.'" People with retinitis pigmentosa suffer damage to the light-sensitive cells of the retina. As these cells slowly degenerate, patients lose side vision and night vision and later on, central vision. The disease can cause blindness.



The FDA's approval is limited and it is labeled as a "humanitarian use device," meaning the Argus II can be used only for fewer than 4,000 patients per year.

spokesperson confirms Daily News analysis that Secretary of State is wearing glasses to correct vision problems after concussion and blood clot. A close inspection of Hilary Clinton's glasses worn during her Wednesday testimony on Benghazi shows an adhesive Fresnel prism, which is usually used to 'bring things into focus' for those with double vision or muscle weakness in the eye. A Clinton spokesperson confirmed that the new specs are related to her head trauma. Close-ups of Secretary of State Clinton taken during her Senate testimony Wednesday revealed that her head injury last month left her with lingering vision problems. "If she's wearing a Fresnel prism, then she has double vision without it," said Dr. Mark Fromer, medical director of Fromer Eye Centers. Dozens of light vertical lines could be seen glinting across Clinton's left lens in photos taken Wednesday during her dramatic testimony. Dr. Fromer said the press-on prism, which can also be used to treat muscle weakness in the eye, helps bring images into focus.



**March 7, 2013 the right-eye injury sustained by Marc Staal**

On Tuesday night, during the third period of the NY Rangers game at Madison Square Garden, Marc Staal was struck by a deflected puck. It is believed it is not vision or career-threatening, according to the Rangers. "Marc Staal was examined by Dr. Mark Fromer, ophthalmologist, and Dr. Mendel Markowitz, maxillofacial surgeon." The club announced in a statement released "The injury has improved significantly and Marc is expected to fully recover."



**my FOXdc.com**

**By Barbara Bronson Gray**

Health Day News Reporter January 8, 2013

Archeologists investigating an ancient shipwreck off the coast of Tuscany report they have stumbled upon a rare find: a tightly closed tin container with well-preserved medicine dating back to about 140-130 B.C. A multi-disciplinary team analyzed fragments of the green-gray tablets to decipher their chemical, mineralogical and botanical composition. The results offer a peek into the complexity and sophistication of ancient therapeutics. The research highlights the continuity from then until now in the use of some substances for the treatment of human diseases and also shows the care that was taken in choosing complex mixtures of products, olive oil, pine resin and starch in order to get the desired therapeutic effect and to help in the preparation and application of medicine. The medicines and other materials were found together in a tight space and are thought to have been originally packed in a chest that seems to have belonged to a physician. Giachi said that the composition and shape of the tablets suggest they may have been used to treat the eyes, perhaps as an eyewash and also to treat wounds. The shipwrecked boat, the Relitto del Pozzino, was found in the Gulf of Baratti in 1974 and first explored eight years later. In addition to the pills, archeologists found other remnants of early medicine: a copper bleeding cup, a tin pitcher, 136 box-wood vials, and tin containers. The tablets were well preserved for the last 2,000 years because the cylindrical tin container which they were stored, was hermetically sealed by the natural degradation. Dr. Mark Fromer, an ophthalmologist at Lenox Hill Hospital in New York City, said it makes sense that the medicine that was discovered on the ship was an eye wash to treat dry eye, a common condition even today. "It's easy to make saline, which has a pH acid balance close to tears," he explained. "It's fascinating to realize that the problems that faced men and women thousands of years ago haven't changed."



January 4, 2013 – A new study from Australia may offer a new way of identifying people at risk of glaucoma years before vision loss happens. Glaucoma is a leading cause of blindness. Vision damage often occurs gradually. Most people with the eye disease do not realize they have it until a good deal of their sight has been lost. If caught early, though, there are medications and procedures that may help treat glaucoma. In the study, researchers were able to predict who was at increased risk of developing the eye disease with some accuracy by measuring blood vessel thickness in the retinas of study participants using a computer-based imaging tool. Those with the narrowest vessels at the beginning of the study were four times more likely to have developed glaucoma a decade later. The disease involves damage to the optic nerve, which relays images from the retina to the brain. Early detection is key, but without regular eye exams, most people don't know they have a problem. "We call this disease a 'thief of vision' because most people with it have no idea that they have lost sight until it is too late to bring it back," In the study, researchers from the University of Sydney followed nearly 2,500 adults, aged 49 and older, for 10 years. None of the participants had glaucoma when they entered the study. Compared with the group as a whole, those people who were diagnosed with the eye disease during the following decade were older, had higher blood pressure, and were more likely to be female. The researchers concluded that measuring retinal-vessel narrowing could help identify people at risk for glaucoma. But they added that blood pressure and other factors that can contribute to vessel size would need to be considered. The study appears in the latest issue of the journal of Ophthalmology. The researchers say that the findings also highlight the importance of having regular eye exams as people age. The American Optometric Association recommends eye exams for adults aged 18 to 60 every two years and every year for adults 61 and older, or as recommended by their eye doctor. Eye surgeon Mark Fromer, MD, of Lenox Hill Hospital in New York City, agrees that having regular eye exams is the best protection against vision loss associated with aging. "It remains to be seen if this approach will help us identify people at risk for glaucoma sooner," he says. "We have a number of tools now to help us do that, but we've got to get people in our offices to use them." In addition to glaucoma, regular exams can detect other eye diseases associated with aging, including macular degeneration and cataracts.

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**'Hairy Eyeball' Caused by Rare Tumor**  
January 2, 2013

A rare tumor in a 19-year old man caused hair to grow on his eyeball, researchers report. The tumor, called limbal dermoid, was benign and had been present since birth. It gradually grew in size until it was about 5 mm in diameter and sprouted several black hairs, said the researchers from Tabriz University of Medical Sciences in Iran. Limbal dermoids are uncommon — an eye doctor may see just one or two cases during his career, said Dr. Mark Fromer, director of Fromer Eye Centers in New York City and an ophthalmologist at Lenox Hill Hospital, who is not involved in the Iranian man's care. These tumors contain tissue normally found in another part of the body. Most frequently, limbal dermoids contain hair follicles, but they can also contain other tissues, including cartilage and sweat glands said Dr. Fromer.

These tumors can cause astigmatism (blurred vision), but usually don't cause dramatic vision problems. That's because they typically do not cover the center of the cornea, an important part of the eye for vision, said Dr. Fromer. It can be removed for cosmetic reasons, but their removal typically doesn't change patients' eyesight, Dr. Fromer said. Dr. Fromer currently has a female patient with a limbal dermoid that contains hairs, but she does not want it removed. "It hasn't grown or changed and it doesn't physically bother her," said Dr. Fromer.

**my health news & daily**

**HUFFPOST HEALTHY LIVING**



**Ocular Disease Residency Program for Optometric Residents**

Fromer Eye Centers has started the first private practice Ocular Disease Residency Program in New York. The program is based in the Bronx, New York. The residents will have an opportunity to undergo unique experiences that includes rotations with optometrists and six subspecialty ophthalmologists. The nationally accredited program will provide clinical, didactic and academic components.



## Juvenile Diabetes Research Foundation Walk

On Sunday September 29, 2013, Fromer Eye Centers' team raised over \$5,000.00 at the JDRF walk. Visit us on our facebook page to see all the pictures.

### OPTICAL LOCATION

3130 Grand Concourse in Bronx

We accept the optical insurance plans for most unions. For more information and to find out if we accept your plan please call the Optical Department **718-879-5728**

## EDUCATIONAL PROGRAMS TO THE OPTOMETRIST AND PHYSICIANS IN THE REGION

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

On **Wed 2/6/2013** and **Wed 2/13/2013**

**Dr. Nikola Ragusa**, lectured on "Gonioscopy" and **Dr. Mark Fromer**, lectured on "A Day in the Life of a Clinician."

On **Wed 5/22/2013** and **Wed 5/29/2013**

**Dr. Mark Fromer**, lectured on "A Day in the Life of a Clinician", and **Dr. Maayan Keshet**, lectured on "HSV Keratitis Diagnosis & Management."

On **Wed 10/2/2013** and **Wed 10/9/2013**

**Dr. Maayan Keshet**, lectured on "HSV Keratitis Diagnosis and Management" and **Dr. Kenneth Schor**, lectured on "A Day in the Life of a Clinician."

**The above lectures were repeated to allow for a larger audience. They were held at Fromer Eye Centers' Manhattan office.**

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• Laser Vision Correction • Age Related Retinal Diseases • Plastics, Cosmetic & Reconstructive Eye Surgery • Botox

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