



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.**

As 2016 comes to a close, I would like to share with you our experiences and future goals here at Fromer Eye Centers. Fromer Eye Centers has always sought to provide an outstanding level of care for our patients. We continuously strive to bring you the finest sub-specialists from the nations top academic programs. We have left no stone unturned to provide the most sophisticated technology available to our patients.

This year, we have doctors who have joined us with fellowship training in retina and glaucoma to add to both of those departments within our institution. We have also grown the pediatric department and our general eye care team.

We have opened the doors of the newest ambulatory surgical center in the five boroughs dedicated to performing state of the art eye surgery. Our center is unparalleled in the technology and staff available to our patients. Laser cataract surgery has been added to our centers to become one of the few centers in the country that perform this highly sophisticated surgery, allowing rapid healing and excellent results.

We continue to add staff to improve our patient experience. With the dramatic changes in the last four years, healthcare has seen an addition of millions of enrollees in healthcare plans. Unfortunately, the number of eye doctors has decreased, which has placed an enormous strain on the system. Electronic health records have been mandated, which has slowed the process of evaluating our patients. We are consistently working to find ways to expedite the process of our patient care in lieu of the many new constraints placed on the system. The government's plan for healthcare in 2017 is still unknown. The only thing I can be sure of is our mission. Since 1953, we have brought the highest standard of eye care to New York City, which we will continue to provide compassionately in a comfortable setting. We will continuously strive to bring the highest level of care to every patient who walks through our door and comes to us for assistance. I thank you for trusting us with one of your most valuable assets; your sight. May 2017 be a year of true vision for us all.

Sincerely, Mark Fromer MD  
Medical Director Fromer Eye Centers

**2016 Educational Programs for the Optometrists in the Community  
All Continuing Education (CE) courses were approved by the Council on  
Optometric Practitioner Education(COPE)**

February 3rd, 10th and May 5th Deepika N. Shah,  
"Management of Severe Ocular Surface Disease"

September 7th and 14th Suzanne Walter, O.D., F.A.A.O.  
"An Introduction to Scleral Lenses"

June 24th Suzanne Walter, O.D., F.A.A.O. "The Ageing Eye"

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

Optical Location

3130 Grand Concourse in Bronx

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



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

MANHATTAN

HARLEM

BRONX

FOREST HILLS

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FROMER  
Eye Centers

2016  
A Year in Review



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Bronx  
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Forest Hills  
718-261-3366

## Our Professionals

Mark Fromer, M.D.  
Susan Fromer, M.D.  
Brian Brazzo, M.D.  
Liwu Grace Chen, M.D.  
Carolyn Graeber, 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.  
Thuy Tran, O.D.  
Elizabeth Yusupov, O.D.

## New Laser Technology in Cataract Surgery

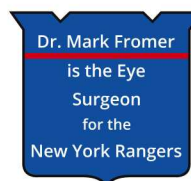


LenSX Laser

A cataract is a clouding of the natural lens of the eye. During cataract surgery, the cloudy natural lens is removed and replaced with a clear synthetic lens, also known as an intraocular lens, to restore vision. Until recently, a special ultrasound instrument was the only device used to remove the natural lens. Now, the LenSX Laser can be used to not only remove the cataract, but also make the incision. The LenSX Laser is an effective technological advancement that ensures the highest level of precision throughout every step of the cataract surgical procedure.

## Premium Lenses in Cataract Surgery

Until recently, the only lens implant option was a fixed-focus lens. Typically designed for correcting distance vision, the fixed-focus lens left the patient needing reading glasses to see at near. New multifocal lenses are now available that allow patients to not only see far away, but also at near without wearing glasses. Advanced lenses may also correct astigmatism at the time of surgery. Your doctor will determine which lens is right for you.



Dr. Mark Fromer is the  
Eye Surgeon Director for the  
New York Rangers (National Hockey-  
League) and an Honorary Police  
Surgeon





## Statins May Ease Macular Degeneration

**Healthier Living News / February 4, 2016**

High doses of cholesterol-lowering statin drugs -- medicines such as Lipitor, Crestor and Zocor -- may help people with a common eye disease called macular degeneration, a study suggests.



## Study Compares Drugs for Common Diabetic Eye Disease

**Health Day News / February 29, 2016**

People with diabetes are at risk for blurred vision or even a loss of vision from a condition called macular edema. Three drugs for the disease -- Avastin, Eylea and Lucentis -- vary widely in price, but new research suggests that all work equally well for patients with mild vision loss. However, when diabetic macular edema leads to more severe vision loss, researchers found Eylea to be the better choice.



## Experts Undecided on If Seniors Should Get Routine Vision Checks

**Health Day News / March 1, 2016**

Primary care doctors typically check vision with an eye chart test. This does not identify early stage of macular degeneration or cataracts in people who do not report vision problems. "It remains clear that the elderly population is at risk for a number of sight-threatening diseases that can be treated, leading to better visual outcomes," said Dr. M. Fromer in the interview.



## Vitamin C and Cataracts

**Health Day News / March 24, 2016**

A healthy amount of vitamin C might keep cataracts at bay. The key is to get the nutrient from foods rather than a supplement, researchers say. While many believe that vitamin C helps ward off colds, a new study suggests the nutrient might prevent something more serious -- cataracts.



## Mini-Camera on Glasses Helps Blind People "Read"

**Health Day News / May 5, 2016**

A device mounted onto eyeglasses enables people who are considered legally blind to "read" and perform other day-to-day activities, according to researchers. The device, called OrCam, features a miniature camera with optical character-recognition technology. The camera deciphers text and then "reads" it to the user through an earpiece. The device can even be programmed to recognize specific faces and commercial products, according to the report.



## Americans Are Severely Nearsighted

**Health Day News and U.S. News / June 21, 2016**

About 9.6 million Americans are severely nearsighted, a new study finds. Rates of nearsightedness -- also known as myopia -- in the United States rose from 25 percent in the early 1970s to 40 percent around 2000, the study authors said.



## Improper Use of Contact Lenses

**Health Day News / August 18, 2016**

Unsafe use of contact lenses, such as sleeping with them or using the same pair for too long, is triggering serious eye injuries for many Americans, a new report finds. In fact, eye damage occurred in nearly 20 percent of contact lens-related eye infections reported to the U.S. Food and Drug Administration over 10 years, researchers say.



## When Diabetes Strikes, Get Moving to Lower Risk to Eyes

**Health Day News / August 4, 2016**

Study finds the association between inactivity and heightened odds for diabetic retinopathy. People with diabetes who remain inactive may have higher odds for a vision-robbing eye condition, new research suggests.



## Why Don't People Have Orange or Golden Eyes?

**Laura Geggel, Senior Writer September 7, 2016**

The animal kingdom is full of creatures with wacky-colored peepers: great horned owls sport stunning golden eyes, while cats see through bright green, yellow or even orange eyes. So why don't humans show such colorful oglers? Actually, these amazing animal eye colors aren't all that different from those of people, said Dr. Mark Fromer. When people talk about eye color, they're actually referring to the color of the iris, a ring of muscle (known as the sphincter) within the eye. If the iris contains a lot of melanin, or pigment, then the eye will appear brown, Dr. Fromer said. As the amount of melanin decreases, eye color shows up as hazel, green or blue.



## Immune-Based Drug May Ease Chronic Uveitis

**Health Day News / September 7, 2016**

People with chronic eye inflammation known as uveitis may be able to keep the condition at bay with the immune-suppressing drug Humira (adalimumab), a new study finds. According to Dr. Mark Fromer, "Humira effectively achieved disease control after stopping steroid treatment."



## Replace Your Sunglasses Every Two Years

**Fox 5 / September 9, 2016**

Everyone has that favorite pair of sunglasses, but if you've been hanging onto those shades for a while, researchers now say it is probably time to let them go if you want to keep your eyes healthy. A new study suggests that after two years, you should swap out your sunglasses, no matter the size, the shape, discount or designer. Scientists developed what they call an aging test using a sun simulator lamp to find out how well sunglasses hold up against UV rays. It found that lenses start to wear down in about two years, exposing your eyes to dangerous UV rays. According to Dr. Mark Fromer, UV rays can cause cataracts and macular degeneration.

## Colorblind Artist

**An interview with Dr. Susan Fromer**

**Semaine, a film by Daniel Arshams. September 2016**

What is colorblindness? Color blindness, or color vision deficiency, is the inability to perceive color differences under normal lighting conditions. Color blindness affects a significant percentage of the population. People usually have three types of cone cells in the eye. Each type senses either red, green or blue light. [www.semaine.com/stories/daniel-arsham](http://www.semaine.com/stories/daniel-arsham)

## Eye Surgery Centers of New York

**November 1, 2016 THE BRONX**

A Bronx eye care facility is the first to begin performing a new and rare eye vision correction procedure. Doctors at the Eye Surgery Centers of New York on the Grand Concourse in the Bronx say it's all thanks to a new type of laser. Doctors say the new laser breaks up the existing cataract by using light beams, instead of making an incision in a patient's eye. The surgery traditionally involved a high-powered ultrasound instrument to break up an existing cataract. Each surgery takes about 15 minutes. Doctors say that there are only five of the new lasers in New York City and two of them are in the Bronx.



## Kevin Coughlin Regained Eyesight After 20 Years

**CBS News, December 3, 2016**

After 20 years of being blind, Kevin regained his sight. Doctors were amazed. "I'm not aware of another case like this in medical history in which a true Optic Neuropathy resolved itself after 20 years. So it's a fantastic story," Dr. Susan Fromer said.



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