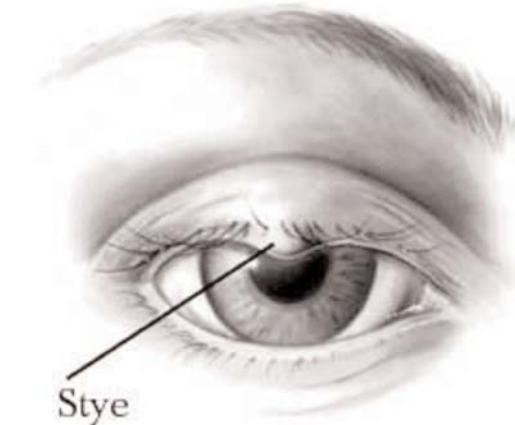


MEDICAL



Dr. Mark D. Fromer is a board-certified ophthalmologist since 1988

What is Chalazion or Stye



The eyelids have approximately hundreds of oil glands or meibomian gland that produce fluid to lubricate the eyes, these glands are located near the eyelashes.

A chalazion or stye is a small lump or pimple in the eyelid caused by a blockage of an oil gland, which represents an infection of the gland. Chalazia may vary in size from small, almost invisible lumps to rather large masses. Sometimes tender in their early stages, they are later painless and frequently will form a firm swelling in the lid. This lump can distort the eyeball and cause blurred vision if left untreated.

The doctor can make the diagnosis during a simple examination of the eyelids. Chalazia and styes are common and can usually be easily treated.

They may occur in the upper or lower lids, and in some cases causing redness, swelling and soreness. Recurrent chalazia, especially in adults, require biopsy to rule out meibomian gland cancer.

Signs and Symptoms

The followings are the most common symptoms of a chalazion. However, patient may experience symptoms differently. Symptoms may include:

- Raised, swollen bump on the upper or lower eye lid
- Often red
- May be tender and sore
- Sensitivity to light
- Increased tearing
- Blurred vision

Treatment

Many chalazia disappear without treatment after a few months. In the early stages, chalazia may be treated at home with the repeated use of warm compresses for 15 - 20 minutes followed by several minutes of light lid massage. This may soften the hardened oil blockage of the gland and promote drainage; it also helps

to reduce the swelling and makes the lid more comfortable. However, if the chalazion does not diminish or recurs, medical attention may be necessary. This may include draining of the chalazion along with the use of antibiotic and anti-inflammatory medications.

If you frequently develop a chalazion or stye, be sure to tell your

doctor. There may be steps you can take to slow their recurrence. In many cases, applying hot compresses to the eyelid on a frequent basis for several days will make the lump disappear. The more often you apply the compresses, the better the chance of reducing the lump without further treatment.

If you are anxious to get rid of the lump as quickly as possible or other treatments have not been effective, minor office surgery may be the best approach. This minor surgery takes only a few minutes.

A local anesthetic, similar to Novocain used by dentists, will be injected to make the procedure virtually painless. After the lump is removed, your eyelid may appear a little puffy and bruised for a few days. The surgery is generally highly effective with few complications. Also, your doctor may inject the lump with steroid medication which is often effective in shrinking and clearing the infection.

Prevention

Proper cleansing of the eyelid may prevent recurrences in people prone to chalazia. To help prevent a chalazion from forming, practice careful hygiene of your eye area.

This includes: Washing your eyelids daily with warm water and very mild soap or baby shampoo. Applying warm compresses to your eye at the first sign of eyelid irritation this will help reduce clogging of the glands.

For more information, please visit

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Medicinal Herbs

BLOODROOT

Scientific name: Sanguinaria canadensis
Medicinal value

It is bet to use as a mouthwash as it helps reducing plaque cavities.

BASIL

Scientific name: Ocimum basilicum
Medicinal value

This herb is bet of the treatment of stomach cramps, vomiting, fevers, colds, flu, headaches, whooping cough, and menstrual pains. Furthermore, it reduces stomach acid and contributes to the cure of ulcers. To withdraw poison of insect bite from the body this herb is used externally. The herb is known for eliminating worms from the intestines and when applied in oil form to treat skin acne.

BAYBERRY

Scientific name: Myrica cerifera

Medicinal value

This herb, strengthens blood vessels, increases circulation and also augments the vitality of the total body systems. Even vaginal infections can be cured by tea of Bayberry that stands good for gargle, sore throat and tonsillitis.

BERGAMOT

Scientific name: Monarda citriodora

Medicinal value

This herb also known as Oswego tea and

Bee Balm is good for the treatment of nausea, vomiting, cold and flu. If used in oil form is an effective treatment for acne, coughs, fevers, tension, stress, and depression.

BISTORT

Scientific name: Polygonum bistorta

Medicinal value

For the treatment of diarrhea and dysentery the herb is boiled and drunk several times a day. It also acts as a dressing for cuts and wounds when mixed with echinacea, myrrh, and golden seal.

Blackberry

Scientific name: Rubus villosus

Medicinal value

It is an infusion of leaves that is good for the treatment of diarrhea and sore throat. It is often used as syrup prepared from the root.

BLACK COHOSH

Scientific name: Cimicifuga racemosa

Medicinal value

For the treatment of arthritis this herb is used a lot as it improves blood circulation. This herb is often used to cure delayed and painful menstruation besides being used as a conjunction with other herbs in treating menopause symptoms. It is advisable not to be used during pregnancy. Black Cohosh can be poisonous in large doses.

REHANA SAJJAD, MD. FACOG.

Obstetrics & Gynecology (Womens Healthcare, P.C.)



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