

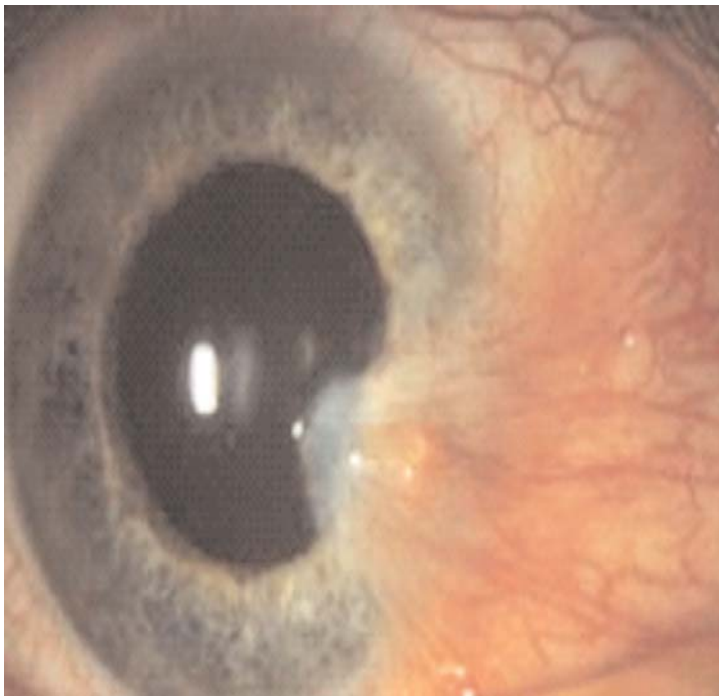
MEDICAL



FROMER
Eye Centers
WWW.FROMEREYE.COM

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

Pterygium



What is Pterygium (pronounced ter ig' ee um)

Pterygium is a raised, wedge-shaped growth of the conjunctiva. It is most common among those who live in tropical climates or spend a lot of time in the sun. Pterygia are reported to occur in males twice as frequently as in females.

Symptoms may include irritation, redness, and tearing.

Pterygium is nourished by tiny capillaries that supply blood to the tissue. For some, the growth remains dormant; in most cases, routine ocular evaluation reveals pterygia in asymptomatic individuals or in patients who present with cosmetic concern about a tissue "growing over the eye."

However, in other cases the pterygium grows over the central cornea and affects the vision.

As the pterygium develops, it may alter the shape of the cornea and may induce irregular corneal warpage (astigmatism), or even obscure the visual axis of the eye, resulting in diminished vision acuity.

In some instances, the vascularized ptery

gium may become red and inflamed, motivating the patient to seek immediate care. In other cases, the irregular ocular surface can interfere with the stability of the pre-corneal tear film, creating a symptomatic dry eye syndrome. If the pterygium invades the central Cornea, it is removed surgically.

Since pterygium is most commonly caused by:

sun exposure,
protecting the eyes from:
sun,
dust

and wind is recommended.

Instilling artificial tears liberally is also helpful to decrease irritation.

In some cases, steroid drops are prescribed to reduce inflammation.

For more information, please visit
www.fromereye.com
Manhattan - 212-832-9228
Forest Hills - 718-261-3366
Bronx - 718-741-3200

Medicinal Herbs

Agrimony

Scientific name: *Agrimonia eupatoria*

Medicinal value

It is a blend of the leaves that is used to treat liver ailments including jaundice, ulcers, diarrhea and skin problems. The leaves are also used as a diuretic. For external purposes it is used as a fomentation for athlete's foot, sores, slow-healing wounds, and insect bites.

Religious importance

It is believed that Agrimony is used for protection from spells, to banish negative energies and spirits. It also reverses spells and reverts them back to the sender. If Agrimony is put under head a deep sleep is caused that continues until it is removed.

Alfalfa

Scientific name: *Medicago sativa*

Medicinal value

It is used for treating anemia, fatigue, kidneys, peptic ulcers, pituitary problems, and for building general health, retaining water in the body, relieving urinary and bowel problems. This herb is effective for the treatment of narcotic and alcohol addiction.

Religious importance

It is believed that if this herb is kept in a container and placed outside home it prevents the house from poverty and hunger. Scattering the ashes of burned alfalfa protects property.

Allspice

Scientific name: *Pimenta dioica*

Medicinal value

It relieves toothache and is used as a mouth freshener for fresh breath.

Religious importance

It is believed that allspice enhances healing and is used to ask for money and good fortune it is used as a mixture.

Aloe Vera

Scientific name: *Aloe vera, Aloe spp.*

Medicinal value

The gel obtained from the inner part of the aloe leaf is used to treat burns, skin rashes, insect bites, healing wounds by drawing out infection, and preventing infection from starting and chafed nipples from breast-feeding. This gel can also be used internally to keep the bowels functioning smooth. It must be noticed that this medicine when taken internally causes intestinal cramping and there are other herbs that do this job better. This gel is best effective when used fresh rather than "stabilized" gels found in the stores. The fresh gel was used by Cleopatra to keep her skin soft and young.

Religious importance

It is believed that this plant if grown in the kitchen garden prevents burns and mishaps while cooking. It also prevents household accidents and safeguards against evils. It is reported that aloe was used to embalm the body of Christ.

REHANA SAJJAD, MD. FACOG.

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



62-54, 97th Place, Suite 2 E

Rego Park, NY 11374

Tel: (718) 271-9900

Fax: (718) 271-9911

Gynecological Obstetrical

- Pap Smear
- Prenatal testing
- Brest Exam
- Preconception counseling
- Birth Control
- Comprehensive maternity care
- Leucorrhoea
- High risk pregnancy management
- Abnormal Bleeding
- Menstrual Disorders
- Endometriosis / Fibroids
- Routine Gynecological Care
- Individual Patient Education
- Fertility Testing & Treatment
- Family Planning Including IUD Insertion

CALL
718
271
9900

For the finest OB/GYN care in the New York City area contact Womens Healthcare today!

Over 30
Insurance Plans
Accepted

- Aetna Health Plan
- Horizon Blue Cross
- New York Presbyterian
- Empire Blue Cross Blue
- Cigna
- Health Net
- Multiplan
- Wellcare
- Health Plus
- Performax
- United Health Care
- Health First
- Care Plus

CALL
718
271
9900

For your convenience:

- * State of the art offices
- * Multi-lingual Doctor and staff
- * Over 30 Insurances Accepted
- * Day & evening appointments
- * Affordable fees for those with no medical insurance

We also offer:

- * Ultrasound
- * Non Stress Fetal monitoring
- * Complete Laboratory testing
- * Colposcopy & Loop excision
- * Preventive care & wellness
- * Easy to understand answers to your questions

