

MEDICAL



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

Blepharitis



What is Blepharitis?

Blepharitis is a chronic inflammation, a long term swelling of the eyelids and eyelash follicles. It may be caused by seborrheic dermatitis, acne, bacterial infection, allergic reaction or poor eyelid hygiene.

The eyelids crust, flake, scale or redden, and the smooth inside lining of the lids may become rough. In more serious cases, sores can form when the crusting skin is removed, the eyelashes may fall out, the eyelids can deform, the infection can spread to the cornea, and patients often suffer from excessive tearing.

Signs

- Watery or red eyes
- A gritty, burning sensation in the eye
- Itchy eyelids
- Red, swollen eyelids
- Flaking of the skin around the eyes
- Crusted eyelashes upon awakening
- Sensitivity to light
- Frothy tears
- Eyelashes that grow abnormally " (misdirected eyelashes)
- Loss of eyelashes

Treatment

Blepharitis can be difficult to treat. Treatment includes good hygiene, regular cleaning of the area to control signs and symptoms and prevent complications. If your condition doesn't improve, contact your doctor. He or she may prescribe an antibiotic cream or ointment. In severe cases, eye drops containing antibiotics and steroids may be prescribed. If your blepharitis is linked to an underlying cause such as dandruff or rosacea, treating those condi-

tions may alleviate the blepharitis. Blepharitis rarely disappears completely. Even with successful treatment, relapses are common. Paying extra attention to good hygiene at those times may help bring the condition back under control.

Self-care

If you have blepharitis, follow this self-care remedy once or twice a day: Apply a warm compress over your closed eye for 10 minutes.

- Immediately afterward, use a washcloth moistened with warm water and a few drops of baby shampoo to wash away any oily debris or scales at the base of your eyelashes.
- Rinse your eyelid with warm water and gently pat it dry with a clean, dry towel. You may need to deliberately clean your eyelid at the base of the eyelashes. To best accomplish this, gently pull the eyelid away from your eye to avoid accidental injury to the cornea from the washcloth. Ask your doctor if it's wise to also use a topical antibacterial solution after cleaning your eyelid in this manner.

Continue this treatment until your signs and symptoms disappear. Although you may be able to decrease the frequency of eyelid soaking and washing, you should maintain an eyelid care routine to keep the condition under control. If you experience a flare-up, resume once or twice daily self-care treatment. If you have dandruff, using a dandruff shampoo may help alleviate your symptoms.

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

HAPPY DIWALI!!

Affiliated Foot & Ankle Center, LLP

DR. VARUN (Ben) Gujral
In the practice of podiatric medicine and foot & ankle surgery
is proud to announce his new office location at:
2163 Oak Tree Road, Suite #108
(Inside the Chase Bank Building)
Edison, NJ 08820
(732) 662-3050

Varun (Ben) Gujral, DPM

IN AN EFFORT TO COMMUNICATE BETTER WITH THE COMMUNITY AROUND US, DR. GUJRAL IS FLUENT IN 3 DIALECTS OF THE INDIAN LANGUAGE:
HINDI, PUNJABI AND GUJARATI
IN ADDITION TO THE ENGLISH LANGUAGE

Total Family Foot & Ankle Care

- SHAINS AND FRACTURES
- Ingrown and Fungus Nails
- Diabetic Foot Care & Ulcers
- Bunions & Hammer Toes
- On-Site Physical Therapy
- Reconstructive Surgery
- Custom Made Orthotics
- Sports Injuries / Ankle Pain
- Diagnostic Ultrasound
- Shockwave Therapy for Heel Pain
- Heel Pain & Spurs
- Arthritic Conditions
- Pediatric Deformities
- Warts & Neuromas
- Corns & Calluses
- Hospital Consults
- Skin Disorders
- Digital X-Rays
- Ankle Braces
- Diabetic Shoes
- Vascular Testing

- Early morning, evening and Saturday hours to accommodate our patients needs
- Our office has been designed to significantly reduce waiting time
- Comfortable, friendly, welcoming atmosphere
- A convenient location (inside the Chase Bank building) with easy access on Oak Tree Road
- State of the art technology to provide the best patient care possible

Treating Pediatrics to Geriatrics

COMPLIMENTARY FOOT & ANKLE EXAMINATION AND CONSULTATION
CALL (732) 662-3050 • NO OBLIGATION. NEW PATIENTS ONLY
CUSTOMARY FEE IS \$150.00. TREATMENT & X-RAYS, IF NECESSARY, ARE ADDITIONAL.
MUST BE PRESENTED PRIOR TO VISIT. MOST INSURANCES AND CREDIT CARDS ACCEPTED.

2163 Oak Tree Road, Suite 108 • Edison, NJ 08820
(732) 662-3050 • Fax (732) 662-3049
www.footdoctorsnj.com

REHANA SAJJAD, MD. FACOG.
Obstetrics & Gynecology (Womens Healthcare, PC.)
62-54, 97th Place, Suite 2 E
Rogo Park, NY 11374
Tel: (718) 271-9900
Fax: (718) 271-9911

Gynecological

- Pap Smear
- Breast Exam
- Birth Control
- Leucorrhoea
- Abnormal Bleeding
- Menstrual Disorders
- Endometriosis / Fibroids
- Routine Gynecological Care
- Individual Patient Education
- Fertility Testing & Treatment
- Family Planning Including IUD Insertion

Obstetrical

- Prenatal testing
- Preconception counseling
- Comprehensive maternity care
- High risk pregnancy management

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