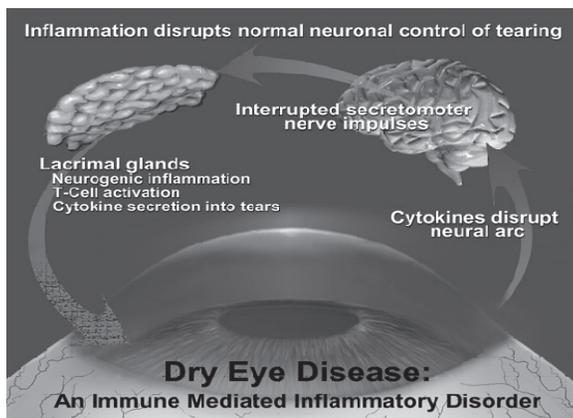




★ Dry Eye Syndrome

Dry eye syndrome is one of the most common problems treated by eye physicians. Over ten million Americans suffer from dry eyes. It is usually caused by a problem with the quality of the tear film that lubricates the eyes. Tears are comprised of three layers. The mucus layer coats the cornea, which is the eye's clear outer window. This forms a foundation so the tear film can adhere to the eye. The middle aqueous layer provides moisture and supplies oxygen and other important nutrients to the cornea. This layer is made of 98 percent water along with small amounts of salt, proteins and other compounds.



The outer lipid layer is an oily film that seals the tear film on the eye and helps to prevent evaporation. Tears are formed in several glands around the eye. The water layer is produced in the lacrimal gland, located under the upper eyelid. Several smaller glands in the lids make the oil and mucus layers. With each blink, the eyelids spread the tears over the eye. Excess tears flow into two tiny drainage ducts in the corner of the eye by the nose. These ducts lead to tiny canals that connect to the nasal passage. The connection between the tear ducts and the nasal passage is the reason that crying causes a runny nose.

In addition to lubricating the eye, tears are also produced as a reflex response to outside stimulus such as an injury or emotion. However, reflex tears do little to soothe a dry eye, which is why someone with watery eyes may still complain of irritation.

Dry eye syndrome has many causes. One of the most common reasons for dryness is simply the normal aging process. As we grow older, our

Dr. Susan Fromer attended the Global Health 2007 Roundtable Series on October 9th 2007

“How can U.S. Foreign Aid Support What Works for Global Health?”

The Series was developed with the Global Public Health Practice at McKinsey & Company.

Dr. Susan Fromer participated in a roundtable meeting to devise strategies to broaden the availability of eyeglasses throughout the developing world. This meeting was the fourth in the roundtable series.

bodies produce less oil – 60% less at age 65 than at age 18. This is more pronounced in women, who tend to have drier skin than men. The oil deficiency also affects the tear film. Without as much oil to seal the watery layer, the tear film evaporates much faster, leaving dry areas on the cornea.

Many other factors, such as hot, dry or windy climates, high altitudes, air-conditioning and cigarette smoke also cause dry eyes. Many people also find their eyes become irritated when reading or working on a computer. Stopping periodically to rest and blink keeps the eyes more comfortable.

Contact lens wearers may also suffer from dryness because the contacts absorb the tear film, causing proteins to form on the surface of the lens. Certain medications, thyroid conditions, vitamin A deficiency, and diseases such as Parkinson's and Sjogren's can also cause dryness. Women frequently experience problems with dry eyes as they enter menopause because of hormonal changes.

Symptoms

Symptoms of dry eye syndrome often include itching, burning and redness. Patients may also experience blurred vision which can improve with blinking. Ocular discomfort may occur while reading, watching television or doing computer work.

Detection and Diagnosis

There are several methods to test for dry eyes. The doctor will first determine the underlying cause by measuring the production, evaporation rate and quality of the tear film.

Special drops that highlight problems that would be otherwise invisible are particularly helpful to diagnose the presence and extent of the dryness.

Treatment

Cyclosporine ophthalmic emulsion 0.05% is the first therapeutic agent to treat the underlying immune-based pathology of dry eye disease. This new prescription eye drop known as RESTASIS® increases tear production, which may be reduced by inflammation on the eye surface in patients with Chronic Dry Eye.

Dry Eyes Continued on 2

When it comes to treating dry eyes, everyone's needs are a little different. Many find relief simply from using artificial tears on a regular basis. Some of these products are watery and alleviate the symptoms temporarily; others are thicker and adhere to the eye longer.

Preservative-free tears are recommended because they are the most soothing and have fewer additives that could potentially irritate the eyes.

Avoid products that whiten the eyes – they don't have adequate lubricating qualities and often make the problem worse.

Closing the opening of the tear drain in the eyelid with special inserts called punctal plugs is another option. This works like closing a sink drain with a stopper. These special plugs trap the tears on the eye, keeping it moist. This may be done on a temporary basis with a dissolvable collagen plug, or permanently with a silicone plug.

There are also simple lifestyle changes that can significantly improve irritation from dry eyes. For example, drinking eight to ten glasses of water each day keeps the body hydrated and flushes impurities. Make a conscious effort to blink frequently - especially when reading or watching television. Avoid rubbing the eyes. This only worsens the irritation.

Treating dry eye problems is important, not only for comfort, but also for the health of the cornea.



National Hockey League's New York Rangers

For the past six years Dr. Mark Fromer has performed eye examinations on the team before the start of the regular season. On September 13th 2007, Dr. Mark Fromer again traveled to the Rangers' camp and performed eye examinations on the players. Dr. Fromer remains committed to providing excellent ocular health to our New York Rangers.

We would like to wish the New York Rangers continued success.

Health Fairs

On 4/17/2007 Fromer Eye Centers attended the Health Fair at Truman High School in the Bronx and on 7/25/2007 attended the Well Care Fair at the Doctors Medical Group in the Bronx to educate the public on the importance of regular eye examinations, especially in high-risk populations.

Media Events

Interviews

- 8/25/2006 BET Viva America interviewed Dr. Mark Fromer on the importance of eye care among diabetics, especially in the high-risk populations like Hispanic communities.
- 10/10/2006 Dr. Mark Fromer was interviewed by Ocular Surgery News on diabetic retinopathy imaging and the latest technologies, the HRT (Heidelberg Retina Tomography), and where he sees diagnostic imaging headed in the future.
- 11/20/2006 Dr. Mark Fromer was interviewed by News 12 The Bronx and News 12 Brooklyn on dry eye syndrome and its prevention.
- 2/19/07 News 12 The Bronx interviewed Dr. Mark Fromer about the significant visual problems in the Hispanic community, with the focus on women's ocular health.
- 3/28/2007 Marisa Cespedes from Televisa interviewed Dr. Mark Fromer about the effects of Botox on patients with migraine headaches.
- 6/26/2007 Dr. Mark Fromer was interviewed live on HITN -TV (Hispanic Information & Telecommunications Network) by Malin Falu. Dr. Fromer answered the callers' questions regarding eye disease.
- 7/9/2007, News 12 The Bronx interviewed Dr. Mark Fromer on the importance of wearing sunglasses with ultraviolet protection. On this segment several costly sunglasses were compared to the economical pairs to see if they provide sufficient ultraviolet protection coverage.
- 8/27/2007 News 12 The Bronx interviewed Dr. Mark Fromer on the importance of annual eye examinations prior to school.



For more information on these interviews please visit us at www.fromereye.com

Sunglasses

Finding a pair of sunglasses is easier if you start thinking about your possible choices before you go shopping. It is important to learn which ones provide the best protection and comfort for your eyes.

What should you look for in a pair of sunglasses?

Good eye protection, comfort and style

Protection: Your sunglasses must provide protection from ultraviolet radiation, a component of sunlight that contributes to eye disease.

Comfort: Some are heavier than others and some types are more durable. The three materials that are commonly used for sunglass lenses are Polycarbonate, (a durable lightweight plastic), CR-39 (a plastic used mostly in prescription-grade lenses) and Glass (durable but much heavier to wear).

Styles: Since sunglasses don't have to be expensive to be effective, you don't have to spend a fortune to develop a nice collection.

For more information please visit us at www.fromereye.com

★ Benefits of Omega-3 Fatty Acids, Fish, and Vitamin D in Prevention of Age Related Macular Degeneration

Age-related macular degeneration (AMD) is a degenerative condition that affects the macula, the region in the center of the retina responsible for all central vision. AMD can produce rapid and severe vision loss, and is the leading cause of blindness in people over 50 in the Western world. With AMD, patients experience loss of central vision in varying degrees, while retaining their side or peripheral vision.

Omega-3 fatty acids may influence processes involved in the development of blood vessel and nerve-related diseases of the retina. For instance, docosahexaenoic acid (DHA) may protect the retina by influencing which genes turn on and off, while fatty acids overall may eventually form compounds that promote cell survival and proper blood vessel function, reduce inflammation and maintain energy balance.

Modifying diet to include more foods rich in omega-3 long-chain polyunsaturated fatty acids could result in a reduction in the risk of having neovascular AMD. Levels of serum vitamin D were inversely associated with early AMD but not advanced AMD. Milk intake was inversely associated with early AMD. Fish intake was inversely associated with advanced AMD.

It is speculated that vitamin D may reduce the risk of AMD by reducing inflammation or by preventing the growth of new blood vessels in the retina, which contributes to some forms of AMD.

Treatment

Treatments for macular degeneration include laser surgery, PDT/Visudyne, Macugen injection, Lucentis injection, Avastin injection and implantable medication.

★ Walk To Cure Diabetes

Fromer Eye Centers' staff, family and friends participated in the Juvenile Diabetes Research Foundations Walk (JDRF) held at Battery Park in lower Manhattan. Ladan Anavim from Fromer Eye Centers said, "It was a terrific day for the Walk to Cure Diabetes this year. The sun was shining, it was warm and everyone had a great time."



*Fromer Eye Centers' team raised over \$7,700.00.
The event brought in a total of \$2.7 million.*

We were also a proud sponsor of this event.

Educational Programs

- 10/25/2006 COPE lecture (Council on Optometric Practitioner Education), at the Regency Hotel to 90 optometrists by Drs. Mark and Susan Fromer on Diabetic Retinopathy & Blepharitis.
- 11/6/2006 Dr. Susan Fromer lectured on the Aging Eye to the senior citizens at the 92 Y in Manhattan.
- 11/10/2006 Dr. Mark Fromer lectured on HRT (Heidelberg Retina Tomography) for the diagnosis and management of retinal disease at The American Academy of Ophthalmology.
- 11/28/2006 Dr. Mark Fromer lectured on Red Eye to medical students at Saint Vincent Catholic Medical Center.
- 11/29/2006 Dr. Mark Fromer lectured to adults with type 1 diabetes at the Manhattan office on the latest studies and treatments of Diabetic Retinopathy.
- 3/13/2007 COPE lecture (Council on Optometric Practitioner Education), at SUNY School of Optometry in Manhattan to 60 optometrists on Diabetic Retinopathy by Dr. Mark Fromer.
- 3/22/2007 COPE lecture (Council on Optometric Practitioner Education), by Dr. Susan Fromer on the Aging Eye to 30 optometrists at Jade Restaurant in Forest Hills.
- 3/29/2007 Dr. Mark Fromer lectured on the Aging Eye to the physicians at NY Medical & Diagnostics Center in Queens.
- 4/26/07 Drs. Mark and Susan Fromer attended ASCRS (American Society of Cataract and Refractive Surgery). Dr. Mark Fromer lectured on Maculopathy.
- 5/21/2007 Dr. Mark Fromer lectured on Diabetic Retinopathy to the physicians at Montefiore Medical Group in the Bronx.
- 9/6/2007 COPE lecture (Council on Optometric Practitioner Education), at Jade Restaurant in Forest Hills to 30 optometrists on Allergy & Dry Eye by Dr. Mark Fromer.
- 9/19/2007 Dr. Susan Fromer lectured on the Aging Eye to 30 physicians at the Queens Medical Society.
- 12/11/2007 Dr. Mark Fromer lectured on treatment options for Macular Degeneration at the SUNY School of Optometry in Manhattan.

Our Vision is Your Vision

This is an exciting time in the world of eye care. Over the last two years we have seen tremendous advances in technology. This has enabled Fromer Eye Centers to provide our patients with an improved level of care.

The most dramatic changes have occurred in two areas. During the last two years, a multifocal implant has been designed by Alcon Laboratories which allows most patients to see at a distance, and to read without glasses, following cataract surgery. This has been an enormous breakthrough. Imagine your life without the need for glasses while performing your daily activities. At Fromer Eye Centers we have been at the forefront, providing more patients with this breakthrough lens than any practice in the tri-state area. We are excited to bring this new technology to our patients. To date we have received rave reviews from our patients who have had this innovative surgery.

In addition, Fromer Eye Centers has been actively involved in bringing the most up-to-date drug therapies for macular degeneration to our patients. This is personally very exciting for me. For the last three years we have been providing our patients with drug therapies that have saved or maintained their vision. This has changed the nature of our care to our patients. For the



Seated: Dr. Mark Fromer
Standing left to right: Dr. Susan Fromer,
Dr. Lisa Modesto, Dr. Danièle Jean and Dr. Julia King
Standing, Rear: Dr. Maurice Luntz
Not Pictured: Dr. Michael Schafrank

first time in ophthalmic history we have been able to halt the devastating loss of vision experienced by many macular degeneration patients.

For our diabetic patients we have been able to provide same-day angiography to detect retinal bleeding. This has enabled us to provide early laser treatment to help prevent loss of vision for our patients.

This year we have had the good fortune to add two new doctors to our staff to provide comprehensive eye care and contact lens fittings for our patients. We are looking ahead to provide additional subspecialty care to our patients in 2008.

On May 14th 2007, we reopened our newly remodeled Bronx location. The beautifully redecorated facility was designed with the comfort and convenience of our patients in mind and is equipped with new state-of-the-art ophthalmic diagnostic equipment.

Our mission remains the same. Fromer Eye Centers is committed to providing the highest quality of eye care to our patients in a friendly, compassionate manner. I would like to personally thank you for having confidence in our practice, and allowing us to take care of one of your most precious gifts, the gift of sight.

Sincerely, Mark Fromer M.D.

Diabetic Retinopathy • Sutureless Cataract Surgery • Glaucoma • Macular Degeneration
Age Related Diseases of the Retina • Laser Vision Correction • Botox

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