



★ We are pleased to announce the completion of our new web-site. ★
 ★ We have updated our web-site with new features and information that are important to you. Please visit us at www.fromereye.com ★

★ Restore Your Near Vision after Cataract Surgery

What is the ReSTOR Intraocular Lens?

AcrySof® ReSTOR® is the first and only IOL (intraocular lens) that provides cataract patients with and without presbyopia a quality range of vision. In clinical trials, 80 percent of patients reported "never" wearing reading glasses or bifocals following bilateral cataract surgery. The vast majority of patients who undergo cataract surgery today receive traditional IOLs, which typically require patients to use reading glasses or bifocals for near vision following surgery.

The AcrySof® ReSTOR® lens is a foldable intraocular lens that represents break through technology because of its unique, patented optic design, which allows patients to experience the highest level of freedom from glasses ever achieved in IOL (intraocular lens) clinical trials. It does not rely on the muscles, which weakens with age, to enable the eye to quickly change focus to see objects at near, intermediate and far distances. This allows 80 percent of cataract patients with and without presbyopia (age-related vision loss) the ability to see clearly without the aid of glasses or bifocals.

It is important to understand that while ReSTOR is a new technology, intraocular lenses are not new. Lens implant surgery for cataracts is the most commonly performed surgery in the U.S. and has been performed for more than two decades.

However, for years medical researchers have been eager to find a lens that would not treat cataracts but give patients the range of vision they wanted. Until recently, the only lens implant available was a "monofocal" lens that accommodated sight at a fixed distance, typically medium range. ReSTOR works by diffractive and refractive properties which allow an exceptionally high degree of freedom from any form of corrective eye glasses.

Ask us how ReSTOR® can help you see more clearly



★ Dr. Fromer's Research – Heidelberg Retina Tomograph (HRT)

Dr. Mark Fromer is one of the leading experts on HRT, a state-of-the-art diagnostic imaging device. HRT uses a laser beam to scan the patient's eye. The beam measures the optic disc and produces a topographical or surface image of the disc. The device then stores the images, and checks for signs of change at each follow-up visit to track disease progression. HRT enables eye care professionals to choose the best treatment for their patients based on their specific condition.

Today, HRT is mainly used for glaucoma patients. Dr. Fromer is one of the principle investigators in the country using this device for diabetic retinopathy, a condition that robs as many as 24,000 Americans of their sight each year.

Dr. Fromer recently shared his knowledge of HRT in two presentations to ophthalmologists. In April, he spoke on recent advances in HRT technology at the American Society of Cataract and Refractive Surgery Symposium and Congress in Washington, D.C. Then in June, Dr. Fromer presented a lecture to doctors at Saint Vincent Hospital on the clinical applications of HRT II technology. He described how HRT follows patients through treatment, then illustrated to the doctors the actual "before" and "after" images mapped with HRT to demonstrate how effective this prognostic device can be for patients with diabetic retinopathy.

★ The N.Y. Rangers ★



Once again, the Rangers have put themselves under the expert care of Dr. Susan Fromer and Dr. Mark Fromer to help them prepare for another grueling season. To skate their best and score their highest, the team has to have good vision. On August 12, Drs. Susan Fromer and Mark Fromer spent the day at Rangers camp making sure the team was seeing clearly and ready to hit the ice. The Rangers are in first place and having a tremendous season. Go Rangers!!!

Special Events and Speaking Engagements

Since our last newsletter, Dr. Mark and Dr. Susan Fromer have traveled throughout the area, sharing their vast knowledge of ophthalmologic techniques with members of the medical and eye care fields, as well as with the general public. As in years past, they have also offered their services free of charge to those in need.

Here are a few highlights:

March 30 – Dr. Mark Fromer spoke to primary care physicians at North Shore Hospital in Forest Hills about the diagnosis and treatments for the Red Eye.

April 7 – Dr. Mark Fromer discussed the challenges of treating the Aging Eye with primary care physicians at Saint Dominic in Jamaica, Queens.

April 19 – Dr. Mark Fromer gave two speeches on Diabetic Retinopathy -- one to primary care physicians at

Urban Health Plan in the Bronx, and the other to optometrists at the New York Academy of Optometry.

May 4 – Dr. Mark Fromer and Dr. Susan Fromer conducted CME lectures to group of 40 optometrists on Diabetic Retinopathy, and the Aging Eye at New York City's Red Eye Grill restaurant.

September 12 – Dr. Mark Fromer spoke to primary care physicians at North Shore Hospital about Diabetic Retinopathy and the Heidelberg Retina Tomograph (HRT), a state-of-the-art diagnostic tool.

October 6 – Dr. Mark Fromer returned to Sterling Glen Senior Living to inform the residents about the latest technologies in Cataract Surgery.

October 15 – Dr. Mark Fromer lectured on diabetic macular edema at the American Academy of



July 14 – Dr. Mark Fromer visited Sterling Glen Senior Living, an assisted living facility in Forest Hills, to inform the residents about the common age-related problem of Macular Degeneration and updated them on the latest treatments available.

Ophthalmology.

December 2 – Dr. Mark Fromer lectured on laser vision correction modalities to the doctors of North Shore Hospital.

Fromer Eye Centers Featured on Channel 12 News

On September 27, 2005, Channel 12 News in the Bronx once again featured Fromer Eye Centers, this time highlighting the latest in cataract surgery. Dr. Mark Fromer was interviewed by news correspondent, Tom Wait. He spoke about how most patients who undergo cataract surgery are still forced to rely on reading glasses or bifocals to see clearly close up. However, a break through in implant surgery is now allowing cataract patients an excellent chance of freedom from

glasses. The ReSTOR® IOL is the first lens that enables cataract patients to see significantly better at all distances (near, far, and in between) without reading glasses or bifocals.

Dr. Mark Fromer also spoke about the importance of eye care, especially in high-risk populations, including African American and Hispanic communities. The news segment stressed the importance of early detection, and regular eye examination.

Mother's Sight Restored - When Rose Smith came to see Dr. Fromer, her world was dark. The 35-year-old mother of two had developed thick cataracts in both eyes when she was a young girl from a condition called uveitis. As the condition progressed, her sight grew dimmer and dimmer.

Rose lost her sight during her pregnancy with her second child. She never saw her daughter's birth. She had to rely on others to tell her whether her child had blue eyes or brown eyes; to describe the shape of her daughter's face and the gentle lift of her first smile.

Other doctors had told Rose that her condition would

make cataract surgery too dangerous. However, she decided to see Dr. Fromer. He was able to remove both of Rose's cataracts and also remove the scar tissue that had formed on her retinas.

After the surgery, Rose was able to see for the first time in three years. She could drive a car and hold down a job. Best of all, she could finally see her daughter. After her surgery, Rose went home and looked at all of the photos that had been taken during her daughter's first three years of life. She returned to Fromer Eye Centers and her eyes filled with tears. Rose thanked Dr. Fromer for giving her the chance to finally see her daughter.

Optical Location: Bronx

Progressive Lenses – These aren't your parents' bifocals. Need bifocals or trifocals, but hate those unattractive and distracting lines running across the middle of the lenses? No one will know you're wearing bifocals when you get a pair of Progressive Lenses.

Progressive lenses are as close to natural vision as you can get with glasses. They smoothly transition from near to intermediate to far, improving your range of vision. When you choose progressive lenses, our highly skilled opticians can make

glasses to your exact specifications, needs, and budget.

Ask about the Seasonal Specials we're offering on progressive lenses and other eyewear products in our Optical Corner.

For more information please visit us at www.fromereye.com or call our offices:

Bronx: (718) 741-3200

The Latest in Laser Vision Correction

Beyond LASIK...

Wavefront Technology and CustomVue™ LASIK

Wavefront technology allows surgeons to perform customized refractive surgeries using information gathered from the patient's own eyes. During a pre-operative examination, light is projected onto the retina and a set of measurements called a wavefront is created. Data obtained from the wavefront exam is converted into a waveprint, a unique profile of the patient's optical system that is as personal as a fingerprint. Using the results of the wavefront procedure, surgeons can correct the particular refractive errors that obscure the patient's vision.

VISX™'s CustomVue procedure combines the technologies of the WaveFront and STAR S4 Excimer Laser systems for high-definition, high-accuracy laser vision correction. Benefits of the CustomVue process include faster treatment time, elimination of need for pharmacological pupil dilation, minimal heating of the cornea, capability of ignoring errors arising from torsional eye movements, variability of beam size and depth during spot scanning, and individualized treatment with images based on hundreds of data points

gathered from each patient's pupil.

An FDA clinical study reports that six months after the VISX CustomVue™ procedure:

- 100% of participants could pass a driving test without glasses or contacts
- 94% of participants could see 20/20 or better without glasses or contacts
- 74% of participants could see better than 20/20 without glasses or contacts

Many patients found their night vision was improved after the CustomVue procedure. In fact, in the clinical study, four times as many participants were very satisfied with their night vision after the procedure as compared to their night vision before with glasses or contacts.

Healthy Ideas, flexible health spending accounts

Today, most major companies offer these accounts allowing employees to distribute up to \$5,000 for a host of procedures ranging from cosmetic dental work to acupuncture, as well as LASIK.

The major benefit, all the money allocated to health spending accounts is tax free.

Similar to a 401K plan, the

money an employee decides to set aside is taken directly from his or her paycheck over the course of the entire year as opposed to one single withdrawal. It is important to plan ahead because unused money in flexible spending accounts will be forfeited. This year, the federal government has extended the deadline to spend the money in these accounts until April of the following year. But remember not only to plan to have the money set aside, plan to set aside time for having the procedures done.

Even without the benefits of insurance coverage or flexible healthcare spending accounts, having LASIK may still save people money in the long run. When compared to the cost of glasses or contacts over a 20-year period, LASIK becomes the less expensive option. Glasses, for example, would cost \$6,000 and soft contacts \$12,000, according to industry estimates. Most LASIK patients would probably agree that you can't put a price on the ability to wake up in the morning and see your alarm clock clearly.

20 Year Cost Comparison

Glasses	\$ 6,000
Soft Contacts	\$12,000
Disposable Contacts	\$16,000
LASIK	\$ 5,000

For more information please call 646-328-2508 and ask for Ladan Anavim, or visit us at: www.fromereye.com



The participants started in Battery Park and walked 12 kilometers (7.2 miles), over the Brooklyn Bridge, onto Cadman Plaza into Brooklyn Heights, and finally back over the bridge to return to Battery Park.

Juvenile Diabetes Research Foundation Walk

On September 18, Fromer Eye Centers' physicians, staff and their family members put on their sneakers and took to the streets of Battery Park to raise money for Juvenile Diabetes research. They were among the estimated 8,000 walkers who participated in this year's Juvenile Diabetes Research Foundation (JDRF) Walk.

Fromer Eye Centers' team raised \$3,900.00, and an estimated total amount of \$2.8 million was raised on that day to find a cure for children with diabetes.

To learn more about JDRF go to www.jdrf.com

Making Excellence in Eye Care a Family Tradition.

Fromer Eye Centers provides comprehensive eye care utilizing state of the art modalities, and treatment options. Our physicians are board-certified ophthalmologists and optometrists who have earned national reputations as clinicians and educators. Our practice provides routine and comprehensive examinations for eyeglasses and contact lenses. We offer treatments for cataracts, macular degeneration, diabetic retinopathy, glaucoma, corneal disorders, retinal detachments, uveitis, and cosmetic surgery.

Most of the patients seen in our offices have been referred to us by other eye care providers and physicians because of the highly specialized nature of our services. We are proud that other

physicians entrust us to care for their patients. In addition, many of our patients come to us through referrals from our own patients who are pleased with their care.

Our doctors are on the cutting edge of the latest surgical techniques and treatment options. Our physicians lecture on a regional and national level to further the knowledge of fellow physicians.

I would like to personally thank our patients for their confidence in the eye care services we provide. We are dedicated to providing you with excellent care. We wish you a healthy and happy new year!

***Fromer Eye Centers is committed to the future of eye care,
and to provide expert medical care with compassion.***

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

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