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Focused on keeping our offices environmentally friendly with the use of green products

★ RTVue Optical Coherence Tomography (OCT) For Retina Analysis

RTVue is an ultra-high speed, high resolution Optical Coherence Tomography (OCT) retina scanner used for retinal imaging and analysis. It is based on the next generation Fourier-Domain Optical Coherence technology just emerging from clinical research in the last two years. RTVue is the first Fourier Domain OCT to be introduced in the United States and is the only OCT that is cleared by the U.S. Food and Drug Administration for both corneal and retinal imaging. The ultra-high speed and high resolution features enable the FD-OCT to visualize the retinal tissue with ultra-high clarity in a fraction of a second. The result is extremely high definition imaging that provides more biological detail and functional advantages for improved diagnosis and clinical management.

OCT is an optical ultrasound that gives detailed information about the retina and anterior segment. Structural assessment with retinal imaging devices has become an indispensable tool for clinicians. It provides a means to augment the clinical exam and it has increased our understanding of disease pathogenesis. Diseases such as diabetic retinal disease, macular degeneration, and retinal vascular diseases can be more accurately diagnosed and managed with this new technology.

OCT is a non-invasive new technology to detect and manage retina diseases



RTVue – OCT retina scanner

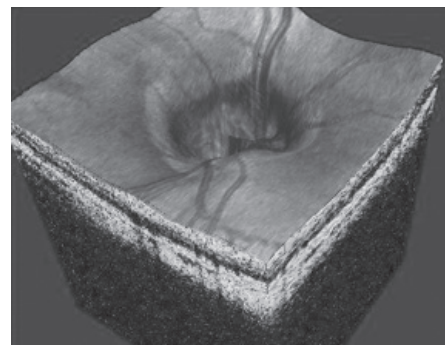


Image of an OCT retina scan

Optical Coherence Tomography (OCT) uses a principle called low coherence interferometry to derive depth information of various retinal structures. This creates cross-sectional images through the retina.

Dr. Mark Fromer is working with Optovue to explore this new technology and its practical clinical applications. There are currently less than 200 of these units in clinical practices in the United States. Dr. Fromer lectured to physicians in New York City and at the American Academy of Ophthalmology in Atlanta in the fall on this new technology. Fromer Eye Centers will continue to remain on the cutting edge of emerging technology to bring improved eyecare to our patients



Susie Brown

Patient Spotlight Ms. Susie Brown

Susie Brown first came to the practice in 1968 as a patient of Dr. Alfred Mamelok (Dr. Mark Fromer's step father). Ms. Brown has been in our practice for many years and even remembers Dr. Mark Fromer during his years as an intern.

Thank you Ms. Brown for your faith in our doctors.



National Hockey League's New York Rangers

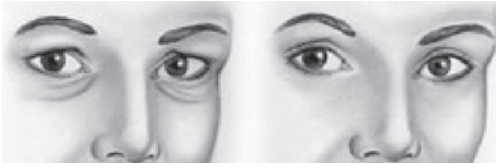
Dr. Mark Fromer joined by Dr. Danièle Jean and Dr. Lisa Modesto performed eye examinations on the players at the Ranger Camp Training Center.

Everyone at Fromer Eye Centers wishes the New York Rangers a great season in 2009.

The Most Common Eyelid Problems

Blepharoplasty

Blepharoplasty, or eyelid surgery, is a surgical procedure that removes excess folds of skin, fat and atrophied muscle in the upper or lower lids. As eyes age, the delicate tissue around the eyes begins to stretch and can produce sagging in the eyelid and bagginess below the eye. However the problem can be genetic as well and affect some individuals even in their early teens.



Sometimes a blepharoplasty can improve an individual's vision but the main objective of the surgery is to give a younger, "fresher" look to the eyes.

Ptosis

Ptosis refers to the droopiness of the upper eyelid. It results from a deficiency in the action of the elevating muscle or its tendon. Ptosis can be congenital or acquired;



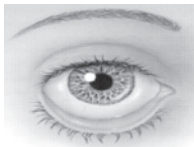
Congenital ptosis (either inherited or a birth defect) is almost always caused by the inadequate development of the elevating muscle and is noted shortly after birth. Rarely, adult ptosis may be caused by muscular disease as well.

Surgery for muscular ptosis is directed at tightening the elevating muscle tissue or, in severe instances, by connecting the paralyzed lifting mechanism to the healthier muscles of the eyebrow via an internal suspension system. While such procedures can lift the eyelid higher, the dystrophic muscle can never be made normal and so some degree of functional deficiency in opening and closing will always persist.

The vast majority of cases are acquired ptosis (develop after birth) and are the result of aging, trauma, or muscular and neurologic disease. Here, the problem is related to a deterioration of the elevating tendon rather than the muscle itself. The surgery is intended to reattach the stretched muscle to its normal location or remove excess skin that weighs the eyelid down.

Ectropion

Patients with ectropion have a sagging lower eyelid that leaves the eye exposed and dry. The supporting structure of the lower eyelid may be compared to a hammock, with a cartilage-like stiffener attached by two tendons to the socket bone on either side of the eye. If the tendons become stretched, the lid may lose its normal adherence to the eye surface and sag outward.



In the presence of ectropion, wind and dust may dry and irritate the delicate tissue lining the back of the exposed eyelid. Tearing develops when the tear duct drain at the edge of the eyelid drifts away from the eyeball and can no longer pick up moisture. Eventually, an eye with ectropion may develop scarring.

Dr. Brazzo

We are pleased to announce that Dr. Brian Brazzo has joined Fromer Eye Centers. Dr. Brazzo specializes in oculoplastic surgery. He has extensive experience in cosmetic and reconstructive surgery of the eye lids.

Dr. Brazzo is a graduate of Harvard Medical School and the University of Pennsylvania. He completed his post-graduate training in ophthalmology at the Manhattan Eye, Ear & Throat Hospital and was an American Society of Ophthalmic Plastic & Reconstructive Surgery Fellow at the William Beaumont Hospital in Michigan.

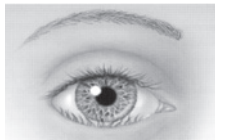
Dr. Brazzo is currently active in ophthalmic research. He is an editor of numerous books on oculoplastic surgery, and is a featured lecturer and author of numerous articles and papers. He is recognized as one of the most experienced oculoplastic and cosmetic surgeons in the area.

We are happy to continue the tradition of providing our patients with the highest quality of eye care available.

Ectropion eyelid surgery is designed to tighten the stretched tendons and shorten the stretched lid.

Entropion

Entropion is a condition in which the lower eyelid turns inward. The most common form of entropion develops from a weakening and stretching of the tendons supporting the eyelids to the orbital rim of bone. This allows the unstable eyelid to rotate inward against the eye. Pain from lashes and skin rubbing against the cornea can be severe, and the risk to vision is immediate.



Another form of entropion is associated with scarring from trauma or infection on the back lining or internal structures of the eyelid. While uncommon in the United States, this variant of entropion is a leading cause of blindness in underdeveloped countries.

Surgical correction on the more common type of entropion entails rotating the lid margin back to its normal position by tightening the tendons and the tendon-like sheath.

PRACTICE HIGHLIGHTS

Dr. Modesto is now offering low vision services including the use of state of the art magnifiers and telescopes. In the coming year Dr. Jean will offer cosmetic prosthetic devices to our patients. We welcome back Dr. King from her maternity leave. Dr. Luntz continues to offer his patients the most advanced glaucoma care available. Dr. Susan Fromer currently performs the most advanced forms of cataract and glaucoma surgery in New York City.

★ Walk To Cure Diabetes

It was a gorgeous day and about, 40 of our staff, friends and family joined the Walk To Cure Diabetes held at Battery Park in Manhattan on October 5th from 9am to 1pm. We walked over the Brooklyn bridge and back. Breakfast and lunch were served and there was some terrific entertainment.

Fromer Eye Centers', a proud sponsor of this event, raised \$5,000 this year.

[Go to Jdrf.org](http://Jdrf.org) to learn more about the event.



Fromer Eye Centers' team raised over \$5,000.00.

Media Events

Interviews on TV and in the newspaper;

From September 2007 to September 2008, Dr. Mark Fromer wrote a weekly article on eyecare for India Weekly.

For more information visit their website

[India Weekly – Go to website/Interviews/Ask the Eye Doctor](#)

Dr. Mark Fromer was interviewed from News 12 Bronx in January 2008. Dr. Fromer discussed the fact that African-Americans are more likely to get glaucoma at an early age. The eye disease is caused by fluid build up in the eye. The increased pressure damages the optic nerve and can cause blindness. Quick and painless tests can determine if someone has glaucoma. Aside from African-Americans, other groups high at risk for developing glaucoma are people with diabetes, high blood pressure, thyroid disease, extreme nearsightedness, or a family history of the disease.



In January 2008 Dr. Susan Fromer was interviewed live on the Medical Insight program on Cyrus TV. Cyrus TV is New York's first Farsi-language television station, hosted and produced by Dr. Helen Shirazi. During this program, Dr. Susan Fromer discussed the vision problems that occur by age including cataracts, glaucoma, and macular degeneration. Dr. Fromer answered callers' questions from around the country.

In March 2008, Marisa Cespedes from Televisa Station interviewed Dr. Mark Fromer about the affects of Botox on patients with migraine headaches. In this segment Dr. Fromer discussed how Botox has been used to treat many conditions. It can also reduce or eliminate frown lines, forehead creases and crows feet near the eyes. In 2002 Botox was FDA approved for cosmetic use; some patients who had received Botox for cosmetic reasons reported that their headaches or migraines also improved.

Educational Programs

- 1/11/08 COPE lecture (Council on Optometric Practitioner Education), at SUNY School of Optometry, Dr. Mark Fromer lectured on Antibiotic Therapy for Ocular Infections to thirty five optometrists.
- 1/30/08 COPE lecture (Council on Optometric Practitioner Education), at Opia Restaurant in Manhattan, to ninety five optometrists. Dr. Susan Fromer lectured on Dry Eye and Dr. Mark Fromer on Seasonal & Perennial Allergic Conjunctivitis.
- 5/15/08 COPE lecture (Council on Optometric Practitioner Education) at Jade Eatery to thirty five optometrists. Dr. Mark Fromer lectured on Diagnostic and Treatment of Age Related Macular Degeneration.
- 9/9/08 COPE lecture (Council on Optometric Practitioner Education), at SUNY School of Optometry to forty optometrists, Dr. Mark Fromer lectured on Antibiotics resistance to therapy for ocular infections.
- 9/17/08 COPE lecture (Council on Optometric Practitioner Education), at Opia restaurant, to over one hundred optometrists, Dr. Mark Fromer lectured on Antibiotic Therapy for Ocular Infections, Dr. Susan Fromer lectured on Glaucoma Evaluation and Treatments and Dr. Brazzo presented some of his interesting surgical cases.

Our Vision is Your Vision

This is an exciting time at Fromer Eye Centers and a year of great progress in eye care. We have introduced many new technologies and advanced treatments to our patients, like Avastin for patients with macular degeneration, diabetic retinopathy and high blood pressure. New medications like this have brought the hope of improved sight to many of our patients.

Of special note this year, we have obtained one of the few Spectral domain ocular coherence topography (OCT) units in the country. This new technology allows our doctors to more accurately assess the state of the retina and to detect how patients are responding to their treatments. During this coming year I will be lecturing nationally on this new equipment and teaching other eye care professionals how to use the technology.

We have also purchased new equipment to accurately assess intraocular lens measurements for our cataract patients. We continue to offer our patients the newest multifocal and toric lens implants following cataract surgery



Left to Right (Standing): Dr. Brazzo, Dr. Luntz, Dr. Jean, Dr. Calderón, Dr. Modesto, Dr. King and Dr. Compton
Left to Right (seated): Dr. Susan Fromer and Dr. Mark Fromer

which will allow many of our patients to see at distance and read close up without glasses or contacts.

Dr. Brian Brazzo, a well known oculoplastic surgeon in New York City, has recently joined Fromer Eye Centers. Dr. Brazzo specializes in cosmetic & reconstructive surgery of the eyes including eye lifts, Botox, and fillers to remove wrinkles. Dr. Compton and Dr. Calderon are our newest additions to our professional staff. They are both extremely well versed in general eye care, post operative care, and fitting difficult contact lens cases. Please join us in welcoming these exceptional doctors to our practice.

Our staff is committed to bringing to you the highest level of eye care available in a compassionate and friendly manner. Our vision is your vision.

Thank you for your confidence in Fromer Eye Centers.

Sincerely,

Mark Fromer M.D. – Medical Director Fromer Eye Centers

**Diabetic Retinopathy • Sutureless Cataract Surgery • Glaucoma • Macular Degeneration • Botox
Laser Vision Correction • Age Related Retinal Diseases • Plastic, Cosmetic & Reconstructive Eye Surgery**

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