




our vision is
your vision

Winter 2011

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- Mark Fromer, M.D.
- Susan Fromer, M.D.
- Maurice Luntz, M.D.
- Brian Brazzo, M.D.
- Anthony Panarelli, M.D.
- Maayan Keshet, M.D.
- Daniele Jean, O.D.
- Lisa Modesto, O.D.
- Jason Compton, O.D.
- Diane Calderon, O.D.
- Rebekah Young, O.D.

LATEST NEWS IN EYE CARE

RECENT ADVANCES IN CATARACT SURGERY

A Cataract is a clouding of the natural lens of the eye. The most common reason for cataract formation is advancing age. If you have been told that you have a cataract, there is no need to be overly concerned as you are not alone. Each year in the United States, more than 2.5 million people have cataract surgery. Once your cataract has been removed, it can now be replaced by a new permanent intraocular lens implant. Today, your cataract surgeon is able to offer you the choice of a multifocal lens implant. A multifocal lens implant provides excellent vision after cataract surgery at a variety of distances without glasses. Prior to the advent of multifocal lens implants, most patients would require glasses after surgery for both distance and close vision. Toric lens implants are also now available to correct astigmatism allowing patients to see distance clearly without glasses. These are wonderful new advances in cataract surgery that should be discussed with your eye care professional.

DIABETIC RETINOPATHY TREATMENT

Diabetic retinopathy is caused by damage to the small blood vessels of the retina, which results from poorly controlled blood glucose levels in diabetics. Intravitreal Avastin injection treatments for patients with diabetic macular edema yielded better visual outcomes than laser treatment alone. Combined treatment with laser therapy and Avastin injections markedly reduces the retinal edema caused by diabetic retinopathy. The Avastin injections are performed following the laser treatments. They are virtually painless and have resulted in markedly improved vision for patients receiving these treatments. These new treatments offer patients hope for improved vision.

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On Friday September 17th 2010
Dr Mark Fromer and
Dr Jason Compton
attended the Rangers Camp for a
final eye examination before the
team went on the ice.

Dr. Mark Fromer is the
Eye Surgeon Director for the
New York Rangers
(National Hockey League)

Fromer Eye Centers Welcomes Doctors Maayan Keshet, M.D. and Anthony Panarelli, M.D.



Dr. Maayan Keshet

is a board-certified cornea and external disease specialist who offers the latest treatments and modalities in cornea, cataract, and refractive surgery. After graduating Tufts University School of Medicine with top honors (Alpha Omega Alpha), she went on to complete an ophthalmology residency at the Albert Einstein College of Medicine in New York. She completed a fellowship in cornea and external diseases at the Tufts Medical Center and Ophthalmic Consultants of Boston in Massachusetts. Dr. Keshet speaks fluent Spanish, French, and Hebrew.



Dr. Anthony Panarelli

is a board-certified pediatric ophthalmologist who specializes in strabismus in children and adults, as well as amblyopia and all aspects of pediatric eye care, including cataracts, nasolacrimal duct obstructions, glaucoma, uveitis, and retinopathy of prematurity. Dr. Panarelli completed his pre-medical training at Georgetown University. After graduating from Albert Einstein College of Medicine of Yeshiva University, Dr. Panarelli went on to complete a residency in ophthalmology at the New York Eye and Ear Infirmary, where he served as chief resident. He then completed a fellowship in pediatric ophthalmology and strabismus at Saint Louis Children's Hospital of Washington University.

A NEW APPROACH TO RETINAL VEIN OCCLUSIONS

Retinal vein occlusions are commonly seen in most eye care offices. A retinal vein occlusion is a blockage of the portion of the circulation that drains the retina of blood. The arteries deliver blood to the retina. With blockage of any vein, there is back-up pressure in the capillaries, which leads to hemorrhaging and fluid leakage into the retina.

A steroid intravitreal implant is a notable new therapeutic option for eyes with retinal swelling caused by retinal vascular disease. The implant may reduce the risk of vision loss as well as improve both the speed and incidence of visual improvement. This is a very exciting treatment because it can be given as an injection and has a long duration. The implant slowly delivers dexamethasone, one of the most highly potent steroids, over a 6-month period. This is a revolutionary approach to treating venous occlusive disease.

To improve our services every year, the doctors and staff at Fromer Eye Centers attend ASCRS (American Society of Cataract and Refractive Surgery) and AAO (American Academy of Ophthalmology).

Lectures;

On 9/22/10 in Manhattan, Dr. Mark Fromer lectured on Ancillary Testing for the Diagnosis & Treatment of Ocular pathology and Dr. Brian Brazzo lectured on Cosmetic and Reconstructive Eyelid Surgeries. At this lecture, 90 eye doctors attended.

On 5/6/10 in Forest Hills, Dr. Mark Fromer lectured on New Diagnostic Modalities for Diagnosis & Treatment of AMD and Dr. Susan Fromer lectured on Glaucoma Evaluation & Treatment. At this lecture, 50 eye doctors attended.

On 2/3/10 in Manhattan, Dr. Mark Fromer lectured on The Latest Technologies in Diabetic Retinopathy and Dr. Brian Brazzo lectured on Evaluation & Treatment of Eyelid Lesions. At this lecture, 85 eye doctors attended.

The above lectures were CE approved by Council on Optometric Practitioner Education.

Fromer Eye Centers would like to recognize and thank our patients that are veterans and active servicemen and servicewomen.



HAROLD KAUFMAN
Petty Officer Second Class
WWII Veteran



Paul Rom was on duty at Pearl Harbor during the Japanese bombing.
WWII Veteran



Some interesting facts about your eyes:

- They use 65% of your brainpower; the most out of any body part.
- They can process about 36,000 bits of information an hour.
- They are the second most powerful body part next to the brain.
- Only 1/6 of the eye is showing.
- The actual eye is always working and never sleeps.
- They control 85% of all the knowledge you will ever get.
- The approximate weight of a human eyeball is about 28 grams.
- Men can read fine print better than women.
- The most crucial part of your eye is as delicate as a wet tissue.
- The normal person blinks about 10,000 times a day.
- The images that are sent to your brain are actually upside down and backwards.
- Your eyes adjust in just milliseconds in order to keep balance whenever you move your head.
- Your pupil changes in size in order to let in the right amount of light.
- The only part of the body that doesn't contain blood vessels is the cornea.
- The human eye can distinguish about 500 shades of gray.
- The average human eye is about 1 inch in diameter.
- Your eyes begin to develop 2 weeks after conception.
- Your eyes are always the same size from birth, but your nose and ears never stop growing.
- Color blind doesn't mean they only see black and white, but they just can't see things in as many colors as people who are not color blind.
- The #1 cause of blindness in the US is diabetes.

Most eye diseases go undetected until it is too late.

Let us take better care of this delicate, precise, and priceless part of your body.

Make an appointment with your eye doctor today.

**Request an appointment anytime:
Send us an email at info@fromereye.com.**

Dr. Mark Fromer's interviews;

- Daily News, December, 2010: Holiday toy safety.
- CBS News, December, 2010: Eating more fish could mean better vision as you age.
- CBS News, July, 2010: Smart shades for summer rays.
- Daily News, July, 2010: Cosmetic contact lenses that are worn by pop star Lady Gaga.
- CBS News, April, 2010: 3D TV, is it bad for your eyes?
- Web MD, April, 2010: 3D TV, is it bad for your eyes?

What eyewear frames suit me best?



Here are some points to consider before choosing a frame. You need to determine your face shape and coloring and consider these points when choosing a frame;

- Make sure that the eyes are positioned in the middle of the lens. If they are close-set, avoid large frames.
- The eyebrows should align with the top bar of the glasses.
- Keep in mind that oval faces are balanced on top and bottom, and can support any type of frame.
- A thin face seems wider and shorter with larger frames. Also frames that have color, width or trimming near the sides will also broaden the face.
- For a square face, try round frames made of thin metal to soften the angular look.
- Remember that round faces should avoid round frames, wear boxy or rectangular frames.
- Balance a heart-shaped face, which has a wide forehead and angles down to a small chin, with frames that are wider at the bottom than at the top.
- A diamond-shaped face, which has a narrow forehead, wide temples and an angular chin, should wear small frames in geometric or oval shapes to minimize the horizontal distance between the temples.
- Choose smaller frames if there is facial hair such as a beard. Large frames will further mask the features.
- Small heads should stick with small frames. Make sure the glasses aren't any wider than the widest part of the face.
- Large heads should select large frames that fit comfortably. Avoid glasses that appear to squeeze your face or temples.
- In addition to the face shape, your coloring also determines the choice of eyewear frames. People are either warm colored (yellowish skin tone) or cool colored (bluish skin tone).
- People who have warm coloring should go for eyewear frames that are in the colors of gold, camel, orange, copper, khaki, peach, cream, coral, and off-white. Those with cool coloring, have the choice of plum, black, pink, blue, gray, and magenta for eyeglass frames. Remember, dark frames can weigh down the face and making it appear heavier.

**We can help to find the correct style that suits your face.
Visit our optical corner in Bronx.**

2010 has been an exciting year at Fromer Eye Centers. We have undertaken several projects to enhance your eye care. By the end of this year we will complete our Bronx Eye Center. The good news is that we will double the size of our current facility this year. This will allow us to accommodate our patients in a more comfortable environment and reduce our wait times substantially to better serve you. In addition, we have added two new surgeons to our staff to offer our patients the highest quality in eye healthcare. Dr. Maayan Keshet, is a corneal specialist with superb training in the diagnosis and treatment of corneal diseases. We have also added Dr. Anthony Panarelli, a pediatric and eye muscle specialist.



On Sunday, October 3rd 2010 about 30 of Fromer Eye Centers' staff, friends and family joined the Juvenile Diabetes Research Foundation walk to cure Diabetes at Battery Park in Manhattan to raise money for the research. This year, the Juvenile Diabetes Research Foundation marks 40 years of progress towards a cure.

Over the last six years Fromer Eye Centers' team has raised over \$30,000.00

Dr. Panarelli is here to serve the ocular needs of your children. We will be opening a pediatric section to our center which will be the first of its kind in the North Bronx. All of our doctors attend national meetings to enhance their skills every year. Many of our doctors lecture to their peers at these meetings. We continuously purchase state of the art equipment to provide our patients with the most technologically advanced service available in the country. At this time, I would like to reiterate that our goal is to provide the finest eye care available in a compassionate manner. Each staff member is selected carefully to give you the best possible experience at Fromer Eye Centers. We appreciate your trust in allowing us to provide the health care for one of your most valuable assets; your eyes. I wish you all a year of health and happiness.

Dr. Mark Fromer

**Medical Director
Fromer Eye Centers**

**Diabetic Retinopathy • Sutureless Cataract Surgery • Glaucoma • Macular Degeneration • Pediatric Eye Care • Cornea disease
• Botox • Laser Vision Correction • Age Related Retinal Diseases • Plastics, Cosmetic & Reconstructive Eye Surgery**

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